



ORIZABA EXPEDITION TRIP INFORMATION PACKET

TRIP INFORMATION

Location: Central Range, Mexico

Days: 7

Trip begins in Mexico City, Benito Juárez International Airport (MEX)

PRICE INCLUDES:

- Mountain Professionals Guides, Ryan Waters and Assistant Guide
- Transfer from Mexico City Airport to Tlachichuca and back
- 3 Nights accommodation in Tlachichuca at Hotel including most meals.
- Transfer to and from mountain via 4x4 vehicle.
- All hut or camping fees for the climb.
- Assistant at mountain hut to watch gear.
- All meals and cooking gear on mountain.
- Group climbing equipment, including tents.
- Access to satellite phone.
- Daily news from the team.

PRICE DOES NOT INCLUDE:

- Items of personal nature, individual travel costs, delays, taxis, etc
- Personal clothing and climbing gear
- Alcoholic drinks and personal snacks

Important Travel/Flight information:

Please arrive in Mexico City Airport on 27th before 2:00 p.m. This will allow us to collect our entire team in one transport van.

Please schedule your departure flight for March 4th after 1:00 p.m.

PROJECTED ITINERARY:

Please see the day-to-day meals that are included in your trip cost. The letters (B,L,D) for each day indicate that breakfast, lunch or dinner is included in the cost of your trip.

- DAY 1:** Arrive in Mexico City Airport and gather as a team for private van transport to Tlachichuca (7,000'). Dinner and evening lodging at our hotel included.
- DAY 2:** We will do an expedition overview and gear check. Enjoy our local operator's hacienda and wonderful meals. Lunch will be free to explore the small town. Breakfast, Dinner and Hotel Included.
- DAY 3:** Transport via 4-wheel drive to Piedra Grande Hut (13,972') on Orizaba and take a small acclimatization hike. Sleep in hut. (All Meals Included)
- DAY 4:** Acclimatization hike to set up high camp and return to sleep in the hut. (All Meals Included)
- DAY 5:** Hike to high camp/sleep in tents. (All Meals Included)
- DAY 6:** Summit Orizaba and return to the hut, transport to Tlachichuca in 4x4 transport and sleep in our hosts hacienda. (All Meals and Hotel Included).
- DAY 7:** Breakfast in our hotel and private transport van back to Mexico City Airport for your return flight home.



THE CLIMB:

Making a successful ascent of Pico de Orizaba is an incredible achievement. It is the third highest mountain in North America. The summit of Orizaba is 18,880 ft. (5636m) above sea level.

It is a true big mountain, one that rises from the surrounding plains rather dramatically so it is exposed to all the usual weather changes one would expect on a mountain of such height. So we want to be mentally prepared for all conditions while on the! mountain. The first acclimatization days hiking on the lower sections would range from warm with trekking pants, all the way to very cool at night. The climb itself is a high mountain environment. If you follow the gear list and come prepared with everything we recommend, then you will be prepared for anything the mountain will throw our way.

The Normal Route is a moderate to straight forward technical climbing route. There are some sections of rock where we use hands and feet to ascend short sections of rock, essentially what is called 'scrambling', The rest of the route is moderate angle 35 degree, firm snow. It will require folks to be fit and motivated day to day to get ourselves in position at the highest camp to make a summit climb.



TRAINING:

The most important thing to think of when training for Pico de Orizaba is to remember “the better shape you are in, the easier and more enjoyable the climb”. You do not have to be an expert climber or have lots of high altitude trekking or climbing experience. What you need is to be fit in your cardiovascular system and good hiking shape. Being mentally prepared and excited about the challenge is equally important in our opinion. We encourage people to use a goal like this as an excuse to get in great shape. Part of the fun of going on expeditions is the preparation. It is a lot easier to go to the gym or hit the trail for a nice hard hike, if you know you are going to a mountain and it is fun to see yourself getting more and more fit as the trip gets closer. Our training mentality for big climbing peaks is to train to go up and over the mountain, not just to get to the top.

This is one of the worlds' great climbs/treks. Each individual should be in good “hiking shape” and capable of traveling for a full day with a relatively light pack that includes extra clothing, lunch, water bottle, camera, etc.

In short, the best way to get in shape for the trip is to start early, get on a nice regiment of walking in the hills, biking, walking up stairs, and running. A nice way to do it is to slowly increase your regiment as time goes on, so you can feel that you are making progress.

STAFFING:

Your climb will be led by a senior Mountain Professionals veteran Orizaba and Himalayan Mountain Guide Ryan Waters and assisted by our local Mexican guides.

IMMUNIZATIONS:

NO REQUIRED IMMUNIZATIONS to enter and receive your visa at the airport.

VISA:

Please make sure your passport is valid for 6 months after the trip and has empty pages in it. You do not need an advance visa to enter Mexico. You will receive a visa upon arrival at the international airport.

ADDITIONAL INFORMATION:

Please start taking precautions regarding your health from the moment you step onto the plane for travel. This should include washing hands regularly and drinking only bottled water from this point until you reach your home country. It is recommended that you brush your teeth with bottled water while traveling. On the mountain, we will be treating our water via boiling or filtration.

It is a very good idea to bring some low level pain medication such as ibuprofen and/or aspirin with codeine can also be useful for bad headaches or stomach cramps with diarrhea.

Please bring a small personal bottle of alcohol hand-sanitizer to keep in your pack throughout the trip.

PACKING INFORMATION:

The best method for transporting your personal gear and clothing is to use 1 lockable duffle bag and bring a backpack type bag as your carry on to the plane (Your actual on mountain climbing pack can serve as your carry on for the flights to Mexico).

Bring one small bag which will be used as a storage bag for all your personal things you do not want to take to the mountain, as well as town clothes. These will be locked in storage at the hotel prior to leaving for the mountain gate. This is known as your Storage Bag.

You will be carrying your mountain backpack during the trip and have an additional 40 lb./ 18 kg. limit of additional gear, clothing, sleeping bag, personal snacks, books, cameras etc. This is known as your Mountain Bag which will be in your lockable duffle and left at the hut during the climb. Please stay within the 40 lb./ 18 kg. limit.

A travel wallet that you can hang around your neck and place inside your shirt is a safe way to carry your money and travel documents. Other tips for this type of travel include the following:

- Carry a photo copy of your passport page and extra passport sized ! photographs of your self.
- Arrive at the airport with plenty of time to ensure your baggage is within ! weight limits and is properly checked through all the way to the destination.
- There is no need for expensive watches or other jewelry that can only draw unwanted attention to a foreign traveler.





FOOD:

All the meals during the mountain expedition are included in the cost of the trip. Please see the detailed day to day explanation of when your meals are included. Meals on the expedition will be prepared by our very competent and skilled ! local guides. Breakfasts will include things such as fruits and vegetables, bacon, eggs, toast, hot cereal, tea and coffee.

Most lunches will be prepared as simple trail lunches on movement days. Please have on hand additional snacks to supplement lunch such as fruits and nuts, or salty snacks. Energy bars are a great supplement for calorie intake. For guidelines, you should plan to bring about 2 Lbs./ 1Kg of assorted snack foods.

Dinners will consist of soups, fruits and vegetables, rice and pasta dishes, chicken and desert. Our cool staff works very hard to have fresh meats and vegetables at the mountain hut and at high camp, ensuring a constantly varied and satisfying menu. Our goal is to have everyone feeling full and ready for rest each and every night.

BRINGING MONEY:

Personal spending dictates the amount. \$150 in cash in small U.S. bills (20's and 10's are helpful for breaking. This is plenty for small money for along your travels, buying presents, beverages, and some snacks.

Bring it... if you do not use it on the trip, you still have it...and can take it back home, many times we see people wishing they had brought more US dollars just for purchasing presents, alcoholic drinks, or general celebration after our climb. There are ATM machines in the airport. You can easily pull out cash in the local currency if need be.

TRANSPORT TO THE MOUNTAIN:

We will be riding in 4x4 trucks during the to and from the mountain hut portion of the trip. These clothes can be left in your Storage Bag during our time on the mountain. It is o.k. to use cotton clothing during this section of the trip. The easiest way is to simply bring some light, comfortable clothes, similar to travel or trekking clothes that are dedicated for the time in town and remain in the Storage Bag until you are ready to use them.

We will be staying in a nice little lodge so it is nice to have dedicated clean clothes.

Note The Lodge is cool in the evening as it is high in altitude. Bring an extra sweater or fleece warm layer.*

FIRST AID:

Small personal first-aid kit. Our team will be carrying a full expedition kit. This kit will include high altitude medications as well as a complete expedition kit with antibiotics and wound management. If you choose to carry a personal kit, contents could include:

- Personal prescription medications in their original containers
- Over-the-counter anti-diarrhea medication
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- If you have a history of severe allergic reaction - Epinephrine auto-injector (e.g., EpiPen)

COMMUNICATIONS:

While in Tlachichuca: You have access to hotel telephones and a simple internet cafe at the hotel or if we are in town.

While on the Orizaba: We will have a satellite telephone that you can use at a cost of \$5 u.s. per minute.

Our team will post dispatches throughout the entire trip, with text and photo descriptions on the Mountain Professionals website under the NEWS tab Friends and family can follow the adventure there.

CHARGING ELECTRONICS:

Please bring spare batteries for electronics. If you need to charge something while in town you will be able to use the outlets in the hotels. You should think through any cords and chargers you would need as well as a converter for the local plug. Universal kits are available in outdoor/travel stores.

While on the climb our team will be carrying a 10-watt solar panel with a universal charger input that will accept USB, however it is much easier for individuals to carry a small personal solar system or battery for charging of iPhones, or music players. There are countless small solar systems for USB charging available.





MOUNTAIN PROFESSIONALS ORIZABA HISTORY:

Mountain Professionals is in a strategic position to offer over 10 years of experience leading expeditions to the summit of Pico de Orizaba. Our senior guides have worked in Mexico for many years and have developed a top-notch trip to climb Orizaba. From our very comfortable hotel to the private transports and superb camp meals, we have fine tuned each and every detail along the way for a seamless experience.

We have operated multiple expeditions each year since 2005. Our trips have enjoyed a very high success rate of approximately 95% and many of our expeditions have 100% summit success. This is due to our careful acclimatization schedule and professional guide staff.

CONTACT INFORMATION:

Mountain Professionals Direct Line:

(1) 303.956.9945

admin@mtnpprofessionals.com

Main Contact: Ryan Waters, Director

Secondary Emergency Contact While on Expedition:

Lore Vazquez Morton, Administration

lore@mtnpprofessionals.com

USEFUL RESOURCES:

Trip Insurance:

Travel Guard - www.travelguard.com

Rescue Insurance:

Global Rescue - www.globalrescue.com