

Kilimanjaro Health and Travel Information

Prior to your departure you will receive a confirmation letter with last minute details and specific information about your airport pickup and transfer when you arrive in Africa. This letter will also confirm your emergency contact numbers for Berg Adventures in both North America and Tanzania. The notes below will help you prepare for your adventure.

Overview

Our climb and trek dates are inclusive of travel time to and from North America. We are happy to make additional transport and hotel reservations for those arriving early or staying late. As expeditions to Africa may require pre-trip preparation, we will work with you to ensure you have the proper health requirements, airline reservations and visas.

We recommend Travel Time (tel: 425-641-9980). They know BAI itineraries well and can assist in purchasing air tickets, preparing your visas and supplying government health requirements. (Most travel agencies offer visa services and we will assist you should you want to apply for your visa(s) directly).

Arrival in Tanzania

Berg Adventures will pick you up outside the International Terminal at the Kilimanjaro Airport in Arusha and transfer you directly to your hotel. Please refer to enclosed daily itinerary. If you are arriving or departing outside our scheduled itinerary we can make arrangements to pick you up at the airport for an additional cost.

Trip Cancellation

We highly recommend trip cancellation insurance for this expedition. Enclosed please find information on trip cancellation insurance. As there are many unforeseen circumstances that may occur during or leading up to the trip, we highly recommend trip cancellation insurance. In many situations, this may be the only way to receive a refund for unused services.

Travel Notes

In Tanzania, where you will meet your guide and the rest of the staff, the climate is cool, night time highs of 48F/9C in July, so a light jacket is a useful part of your travel attire. On safari, climbers typically wear long pants (lightweight trekking pants) and a light long/short sleeve shirt.

Physical Conditioning

You are expected to be in excellent physical condition for this trip following the guidelines below.

Our expeditions require strength & endurance. Being in sound physical condition is the single most important aspect for climbers to maximize their climbing potential. The better your physical condition, the more likely you are to perform well and have an enjoyable experience. The most frequent comment we have received over the years is that climbers have underestimated the fitness level needed to fully enjoy their trip. Additionally, inadequate fitness will affect the atmosphere, pace, and overall enjoyment of the climb for all participants. Physical conditioning should be approached on two fronts:

If you have a pre-existing condition, such as heart disease, asthma etc., a written consent from a physician is necessary.

We highly recommend checking with your physician before undertaking any strenuous activity.

Cardiovascular conditioning is traditionally improved by an aerobic activity that is sustained for at least 45-60 minutes. Suggested activities include running, bicycling, swimming, stepping, etc. Strength conditioning is traditionally improved by training with free weights or Nautilus machines. Begin training at least four months prior to your departure. Focus on endurance, walking hills and climbing stairs. Start slow and gradually add distance, time and some weight to a backpack. Try to hike 4 to 6 hours a few times before your trip, ideally on a trail with elevation gain.

Notes on the Climb

Kilimanjaro at 19,339ft is an extreme, high altitude climb and is often underestimated. You should be comfortable walking 4-8 hours per day. Summit day is the most demanding portion of the climb, typically involving 3 to 8 hours for the ascent (depending on the route taken) and 6 hours for the descent. You are expected to be in excellent physical condition for this trip.

Visas

As of April 2002, visas for both Tanzania and Kenya are available for U.S. and Canadian citizens upon arrival. We strongly recommend however that you obtain your visa(s) in advance for the sake of convenience. If you are flying directly from North America via Europe to Arusha, Tanzania's Kilimanjaro International Airport you will only need a visa for Tanzania.

For US citizens, please forward a Tanzanian Visa application form, along with a passport-sized photograph, directly to the Tanzanian Embassy in Washington, DC.

For citizens in other countries please contact the Tanzanian Embassy of your country for further information.

The Embassy of the United Republic of Tanzania
2139 R Street NW
Washington, DC
20008
Tel: (202) 939-6125 or (202) 884-1080
Fax: (202) 797-7408

For Canadian citizens, contact the Embassy of the United Republic of Tanzania in Ottawa at (613) 232-1500 or (613) 232-1509.

If you are arriving in Nairobi, Kenya, and transferring via bus to Arusha, you will need a "multiple entry" visa for Kenya.

We always recommend bringing a few extra passport-sized photos with you when traveling overseas.

Contact Information for your Visa Application

Tour Operator: Berg Adventures International
Contact Address in Tanzania:
The Arusha Hotel
P.O. Box 88
Arusha, Tanzania PH 255-27-250-7777
Places visited in Tanzania: Arusha, Kilimanjaro National Park, Tarangire, Ngorongoro, Serengeti

Immunizations and Travel Health

You will receive a copy of the booklet "The Pocket Doctor" by Dr. Stephen Bezruchka prior to your trip. We encourage you to skim through it and keep it for reference as you prepare for your trip and while you are traveling.

Good information for travelers and their physicians is available at www.cdc.gov/travel Click on the East Africa section. You can also call the CDC at their National Headquarters in Atlanta at 404-332-4559.

Before traveling, you should visit a travel medicine clinic in your area, or see your family physician. Explain your itinerary and obtain the recommended immunizations and prescription drugs.

Recommended immunizations

For most people, the following will be given:

- q Hepatitis A
- q Typhoid
- q Yellow Fever

Recommended prescription drugs:

- § Anti-malarial drugs
- § Broad-spectrum anti-biotics such as Ciprofloxin for common travelers' stomach distress
- § Mild sleep aid to help you overcome the effects of jet lag
- § Diamox to aid in acclimatizing to higher altitudes

* Please have your doctor advise you on any medications you are currently taking and their interaction with both the above recommended drugs and with the effects of high altitude

Recommended over-the-counter drugs:

- § An aid for irregular stomachs, such as Imodium, is a good idea
- § Laxatives are also sometimes useful because of irregular schedules and the effects of jet lag

Besides your personal drugs, keep your first aid kits simple. BAI guides will carry complete medical kits, so a few personal items such as band-aids, moleskin, and antibiotic soap will be enough.

Water

All your drinking water on the mountain will be purified, but in hotels and restaurants outside North America you should not drink tap water, so we suggest you buy bottled water (it is available everywhere) or bring your own iodine water purification tablets.

Staying Healthy

Common sense is useful. Wash your hands frequently. The longer you are in Africa the more resistance your system will have. Light consumption of alcohol or no alcohol at all on the flight over and early in the trip will help. For the most part, try to keep things as normal as possible for your body as it undergoes the stress of travel. Try to sleep through the night and stay awake all day in the new time zone. If you use caffeine at home, use it on the trip. Always drink a lot of bottled water, or purified water, to keep hydrated. Earplugs and / or blindfolds are very useful for sleeping on planes and in tents when you are on the mountain.

We recommend that you do not get any pedicures before your expedition. Pedicures really take a toll on the strength of the skin on your feet and can cause major problems for trekkers and climbers. Reward yourself with a pedicure when you return!

Personal Expenses and Money

Please review the cost included / not included on your itinerary.

Food: Anyone who has already traveled with Berg Adventures knows we always provide snacks

and treats along the trail. However, if there is a certain candy bar, trail mix or energy bar you particularly like, please bring some along for yourself.

Cash: The currency you bring to Africa is very important. You can not draw cash advances off your credit card in Tanzania. Certain charges, such as extras at hotels, and souvenirs at some shops can be put on credit cards, and it is smart to do this when possible.

Budget your cash for tipping and small expenses like souvenirs, snacks and drinks. Tanzanian Shillings and U.S Dollars both work everywhere you will be, but you will not have access to additional currency if you run out.

Bring large denominations of US bills \$50 and \$100 and some \$20's. Your bills should be new and undamaged. You can change to local currency for tipping and small cash expenses. Banks and change booths in Tanzania do not give good rates and often will not accept US \$1, \$5 and \$10 bills.

Travelers' Checks: Not accepted everywhere and often a commission is charged when they are changed. Do not bring.

Credit Cards: Do not bring your American Express card, it is not accepted. Visa and MC are accepted, but expect to pay a 6% to 20% commission to be charged.

ATMs: ATMs are now available and dispense local currency.

Tipping: It is strongly established and is expected, but optional. Travelers frequently comment that they wish that they had brought more for tips.

Tipping on Kilimanjaro

Guides, porters and cook are generally tipped on the following basis:

- § The rate recommended is \$200-\$250 per climber for the mountain portion, depending on size of trip (an expedition of 12 climbers with 38 porters, 4 guides, 2 cooks, for an average tip of \$150.00 per climber). Climbers on smaller groups should expect to pay more.
- § Tips are handled by your Western guide at the end of the climbing portion of the trip

Tipping on the Safari

- § Your safari guides get \$10-\$15 per day from each passenger

Tipping at the hotels

- § Also optional
- § Baggage porters \$0.50-\$1 per bag
- § Restaurant staff \$1 per person per meal

Emergency contact

The best way for family or friends to contact you in emergency is through our office: 1-866-609-4148 or (403) 609-4148. In emergencies after business hours you can contact our on-call phone: (403) 609-7071.

Our office in Tanzania is at (255) 27 254-8449.

Contact with our office

As we pride ourselves on personal service we encourage you to contact our office at any time. Direct emails can be sent as follows:

Leila Silveira – leila@bergadventures.com

Wally Berg – wally@bergadventures.com

Shelley Freeman – shelley@bergadventures.com