



Presents

Kilimanjaro and Wildlife Safari

Tanzania Safari Tours & Packages:

Tanzania is a country of legends, of Great White Hunters and the intrepid explorers of the past. Tanzania, the largest country in East Africa, offers possibly the **ultimate exotic adventure**, in a spectacular world. Legendary names, Serengeti, Kilimanjaro and Ngorongoro reach into the ancient memory, instilling awe.

Tanzania's extensive networks of National Parks are working to protect and conserve an area that affords one of the **highest concentrations of wildlife** in the world where literally millions of animals eternally roam in search of grassland. This safari makes the most of varied programmed in Northern Tanzania in a trip which offers the full flavor of the sights and experiences and obviates any backtracking. See and feel the real Africa. Enjoy privacy and freedom in an area with abundant wildlife.

Tanzania Activities

Tanzania safari activities include a trek to the top of Mt Kilimanjaro, hot-air ballooning over the Serengeti, swimming with Dolphins off the island of Zanzibar and snorkeling and scuba diving around the coral reefs of nearby Pemba and Mafia.

At MEM Tours and Safaris we are passionate about sharing the land we know and love... let us guides you to this African treasure.

Top 5 things to do and places to see

- Migrations in the Serengeti
- Unique eco system of the Ngorongoro Crater
- Olduvai Gorge
- Mount Kilimanjaro
- Spice islands and Zanzibar

Kilimanjaro Machame Trip 7 and Safar 2days

IMPORTANT THINGS TO KNOW (also, see the other travel tips found on the FAQ site)

You will need visas for entry to Tanzania. Though you can get these in right at the point of entrance, your travel will go smoother if you get them in advance through the respective embassies. (Please check at <http://www.tanzania.go.tz> if you will need VISA or for closest place you can apply VISA you may also download VISA form from this site)

Make a photocopy or list of the following items: Passports (including the page with the visa stamped in them and the pages with photos and data), plane tickets, yellow booklet showing your yellow fever vaccination, list of all medications you might require, listing of all travelers' cheque numbers, list of serial numbers for cameras, etc. Keep this list someplace apart from where you keep these other items.

Keep track of your passport above all. Loss of a passport can destroy your trip and cost considerable money during the time required to replace it.

On your international flight, pack as if the airline might lose your bags. Keep things you will need right away in your carry-on. It seldom happens, and almost always the bags arrives a couple of days later, but this way, if the bags do not arrive with you, you will be able to continue on your safari while the airline finds them.

WHAT TO DO WHEN YOU'RE BAGS GET LOST AT THE AIRPORT

We naturally hope you don't lose your bags, but it does happen. If your bags do not show up, do the following:

Report the problem to your air carrier **INSIDE THE AIRPORT** at the Baggage Claim - before passing the CUSTOM -and fill out the required paperwork.

Request compensation for your inconvenience (often \$50.00 for emergency purchases and a bag with simple toiletries and a tee shirt)

Ask them when they expect the bag will arrive and tell them where you will be based on your itinerary. LEAVE THE KEYS AND/OR COMBINATIONS WITH THE AIRLINE so they can clear the bags through customs.

Ask the airline to go with you to advise Customs Officer that bags were lost so there will be no problems further in getting your bags cleared when they arrive.

To make it easier please provide this address to the Airline

MEM Tours and Safari LTD
Station Road Opposite, Nakumatt Supermarket Main Entrance,
P.o Box 146 – Moshi
Tel: + 255 27 2754234 / 2750669
Cellphone: +255 754 482791 / 786 880111
Att: Mohammed O.Shabhay

Leave your claim form with our Airport representative so that we can collect your bag on your behalf from Airline.

You must bring:

- Valid passport (International arrival)
- Valid visa - if required (see section pertaining to your trip)
- One other picture ID (e.g. driver's license)
- Photocopy of passport page to carry in wallet
- Air tickets
- Expense money
- Recommended inoculations
- Travel insurance

MEM Tours and Safaris will ensure that you're Tanzanian Safari holiday plans are taken care of to ensure your peace of mind.

Machame Route: Much less traveled than the **Marangu Route**, but still the next-most used route up the mountain. Trekkers stay in tents each night on the climb (this is the same with other routes except Marangu route). The Machame route offers a much better mountain trekking experience and more wilderness than any other route.

The Campsite and gates (with corresponding elevations) are as follows:

- Machame gate (start of trek) (5718 ft/1730 m)
- Machame camp (9927 ft/ 3018 m)
- Shira Camp (12355 ft/3756 m)
- Karanga Valley (optional camp, used by 7-day climbers)
- Barafu Camp (high camp before summit) (15239 ft/4633 m)
- Mweka Gate (end of trek) (5423 ft/1649 m)
- Mweka (Descent) (10204 ft/ 3102 m)

Option I) Western Breach: An alternate approach to the summit is via the harder Western Breach route. Instead of hiking across the Barranco Valley to Barafu Camp, trekkers divert to the Arrow Glacier Camp at the base of the Western Breach. The climb up the Western Breach gains 2,800' in about 1.25 miles, on a very steep trail. There are a few sections of rock scrambling to climb on the Western Breach, so it is considered the more difficult approach. If covered by ice and snow, the Western Breach could be very intimidating. However, in the dry season, I was quite comfortable going up it. Under good conditions this is not considered a "technical climb." Some groups begin their climb up the Western Breach at around midnight, and follow a schedule like the one described above (Barafu). However, many companies offer the choice of climbing the Western Breach during the daylight, and camping within the volcanic crater just below the peak. With this option, you can enjoy the spectacular views on the long, steep climb in the day time (and you can also see where you are hiking, which to me seems like a real plus).

(See below of Fact and Fiction of Western Breach by visit our site <http://www.memtours.com>)

Option II) Barafu: The majority of people camp at Barafu Camp (15,100') before their summit bid. Trekkers usually begin their 4,100' climb around midnight. They climb in the cold temperatures and darkness up a steep slope of soft scree to the crater rim (at Stella Point). From there it is another one hour walk up a gentler slope to Uhuru Peak, the highest point on the mountain. If things work-out perfectly, climbers see a beautiful sunrise from the peak. Climbers then descend 7,000' (Millennium Camp) or 9,000' feet (Mweka Camp). This approach route makes for a very difficult 12-18 hour day for most people. But this is not the case on those who visit and stay at Kibo crater.

One benefit of the Machame route is its quick rise to relatively high elevations (~10,000 ft/~3,040 meters), and a short ascent to the Lava Tower site (~15,000 ft/~4,560 m) before descending back to Barranco Camp (12,700 ft/3,870 m) on the same day. This follows the climber's adage 'climb high, sleep low', and helps altitude acclimation. The initial steep ascent also helps climbers acclimatize better.

The Machame route starts from Machame Gate and travels upwards through the montane rainforest, characterized by dense vegetation, a muddy trail and short sections of steep climbs. The first campsite, Machame Camp, is right after the dense tree cover in an area with lower but still thick bushlands. The second day continues through increasingly sparse trees and bushes into moorlands. Picturesque hanging mosses often cover trees and offer an ethereal quality to the landscape.

The day finishes with Shira Camp, which is on a small plateau in the high moorlands, and features views of Kibo in the northwest and Mount Meru towards the east. White necked ravens can be seen throughout the day. There is also a set of small caves a short walk from the campsite known as the Shira Caves.

The third day starts in the moorlands and moves into alpine desert, with fewer trees and more rocks. The highest point is the base of the Lava Tower, after which the trail descends into the Barranco Valley. More vegetation is present in this zone, especially the area just before the campsite. This area is called the 'Garden of the Senecias' which features many of the huge senecia plants. Shorter lobelia plants are also present.

Kilimanjaro Machame Trip 7 and Safar 2days

The fourth day starts with the ascent of the Barranco Wall, which is considered a scramble in climbing terms. The top of the Wall has attractive vistas of Kibo and the surrounding landscape. The trail continues with many up and down sections across small streams and rivulets, and finally crosses the Karanga River to the Karanga campsite.

The fifth day follows the path up and across a rocky zone, finishing at the high camp Barafu. Very little vegetation can be found on the inhospitable terrain. A field of sedimentary rocks litters the ground like many broken mirrors. (Note - the 6 day trek omits the Karanga campsite, and climbers continue directly to Barafu on the same day.)

The summit is usually attempted on the very early morning of *the Sixth day* (around midnight). Barafu is also used as a summit campsite for the Umbwe route. Climbers typically take somewhere between 5-7 hours to ascend, using headlamps and cold weather gear.

The first milestone is Stella Point (18,652 ft/5,685 m), which is on the crater rim. Following Stella Point, the trail continues for another 30 mins to the summit - Uhuru Peak. The descent back to Barafu takes roughly 4 hours. Some climbers 'scree slide' down the slope, which entails skidding/running down the loose gravel at medium speed. From Barafu, climbers typically take a short break, and continue downwards through the alpine desert and ensuing moorlands to Mweka Camp.

The Seventh day and final day has trekkers continue through the montane forest to Mweka gate. Troops of black-and-white colobus monkeys can often

Arrival:

Day 1 Arrival in Tanzania

Arrive at Kilimanjaro International Airport on date Bus # Arrive at am/pm you will be picked up with our representative from Kilimanjaro International Airport to Hotel in Moshi where you will spend a night before safari begins on the next day. You will have the opportunity to go over any last minute questions. At this point you will also have the chance to leave a bag behind with anything you don't need on this trek. Your left-behind gear will be secured at the storage room and will meet you as soon as you back from the trip. Stay overnight at Hotel B&B

Mt. Kilimanjaro Summit Trek

Machame Route

Day 2: Machame Gate 1800 M (5,904 ft) to Machame Hut 3,000 M (9,840 ft)

Hike time: 7.5 hrs, Elevation changes: +1200 M (3,936 ft)

Estimated distance: 10km (6 miles), Final elevation: 3000 M (9,840 ft)

Waypoint	MACHAME START	S3 10.406 E37 14.338	5718 ft GPS Altitude
Waypoint	MACHAME HUT	S3 05.721 E37 15.975	9927 ft GPS Altitude

Early pick-up drive to Machame gate (5,904') where trekking formalities take about 30 minutes (depend with the number of climber). From the gate, we begin our trek following an easy track for the first hour through the dense forest. The path continues to follow the ridge, rising steadily with several steep sections. The gradient eases slightly as the forest merges into heather covered ground we will reach Machame Hut in 10 km (6.2 miles) after a 1,200-meter (3,936') ascent and 5-7 hours of walking. (B, L, D)

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Day 3: Machame Hut to Shira Hut (12,300')

Hike time: 7 hrs, Elevation change: +800 M

Estimated distances: 6km, Final elevation: 3800 M

Waypoint	SHIRA CAMP	S3 04.028 E37 16.576	12355 ft GPS Altitude
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From the Machame Hut we cross the stream onto its west bank and follow the path up the steep rocky ridge criss-crossing a few times before reaching Shira Hut at the base of a semi-circular wall of rocks. We will have ascended 900 meters (3,000') in 5-7 hours and about 6 km (3.72 miles) of walking. (B, L, D)

Day 4: SHIRA CAMP to BARRANCO HUT (12,956 ft.)

Hike time: 5 hrs, Elevation change: +100 m (328 ft)

estimated distance: 6 km (4 miles) Final elevation: 3950 m (12,956 ft)

Waypoint	BARRANCO CAMP	S3 05.741 E37 19.777	13066 ft GPS Altitude
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Today is the last of the "easy days". It is about a 7-hour superb hike. We pass the Lava Tower, around the southern flank of Kibo, and slowly descend into the spectacular Barranco Valley, interspersed with giant lobelia and senecia plants. After arriving at our most spectacular campsite, everyone stands in awe at the foot of Kibo Peak, looming high above, on our left. Our camp is only 465 feet higher than where we were last night, but during the day, we will have climbed to just over 14,000 feet. This is one of our most valuable days for acclimatization.

Day 5: BARRANCO HUT TO KARANGA VALLEY (13,743 ft.)

Hike time: 3.5 hrs, Elevation change: +240 M (787 ft)

Estimated distance: 4km (2.5 miles), Maximum elevation: 4190 m (13,743 ft)

Final elevation: 4000 M

Waypoint	Karanga Camp	S3 06.655 E37 21.165	12940 ft GPS Altitude
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On the eastern side of the valley, across the stream is the Barranco Wall - a 950 ft. barrier of volcanic rock. Although it is tall and looks steep, it is very easy to climb. This is our first challenge of the day. The views from the wall are nothing less than magnificent. The rest of the day is spent skirting the base of Kibo peak over our left shoulder. We descend down into the Karanga Valley, where we rest up for the night before the tough climb up to Barafu hut.

Day 6: BARAFU CAMP (15,088 ft.)

Hike time: 3.5 hrs, Elevation changes: +410 M (1,345 ft)

Estimated distance: 4km (2.5 miles), Final elevation: 4600 m (15,088 ft)

Waypoint	BARAFU CAMP	S3 05.956 E37 22.690	15239 ft GPS Altitude
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First thing, you will be making a steep hike out of the valley. The air starts getting quite thin, and you will be running short of breath. It is a tough, but rewarding uphill to the rocky, craggy slopes at the camp. Barafu means, ice in Swahili, and it is extremely cold at this altitude. So, go to bed early because we will be waking you at midnight for the final leg to Uhuru Peak.

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Day 7: BARAFU to UHURU PEAK (19,340 ft.) to Mweka CAMP (9,550 ft.)

SUMMIT DAY!

Summit time: 7 hrs, Elevation change: +1300 m (4,264 ft)

Estimated distance: 5km (3 miles), Final elevation: 5896 m (19,340 ft)

Descent time: 5 hrs, Elevation change: -2800 m (-9,184 ft)

estimated distance: 12km, Final elevation: 3100 m (9,550 ft)

Waypoint	Kibo crater rim	S3 04.682 E37 21.759	18471 ft GPS Altitude
Waypoint	KILIMANJARO SUMMIT	S3 04.585 E37 21.240	19098 ft GPS Altitude

Dress warmly, because we start climbing around midnight, on the steepest and

most demanding part of the mountain. The moon, if out, will provide enough light, and we will reach the Crater rim by sunrise, after a 7 hour hike, and welcome a new dawn.

From the Crater rim, rugged Mawenzi Peak is a thrilling sight, with the Kibo saddle still in darkness beneath you, and the crater's ice-walls looming ahead. We now continue to Uhuru Peak (1-2 hrs.) This is the highest point in Africa, and the world's highest solitary peak (19,340 ft). It is the best view in Africa! The descent is invigorating. It is a good idea to have a little rest once in awhile as you continue down back to Barafu Camp (4 hours), and then down the Mweka route to Mweka camp (5 hours). This is where we spend our last night on the mountain.

Day 8: MOSHI

Descent time: 4 hrs, Elevation change: -1250 m (4,100 ft)

estimated distance: 10km (6 miles), Final elevation: 1828 m (5,996ft)

Waypoint	Millennium Camp	S3 07.918 E37 22.339	12599 ft GPS Altitude
Waypoint	Mweke Hut	S3 09.383 E37 22.027	10204 ft GPS Altitude
Waypoint	Mweke Gate	S3 13.176 E37 20.479	5423 ft GPS Altitude

In the morning we walk down to the road head. This takes about 3 - 3^{1/2} hours after a lunch, it is time to say "kwahehi" to the porters. We then get a lift back to the Aishi Protea- Bed and Breakfast

Wildlife Safari

Day 9: Lake Manyara

Lake Manyara National Park

Approx time for game drive is: 6 hrs

After Breakfast in the hotel you will visit Lake Manyara National Park. Lake Manyara is a shallow, alkaline lake which attracts masses of pink flamingoes. The park is well known for its herds of elephants, and for its unusual tree-climbing lions. This was the location for the comprehensive research and subsequent book "Among the Elephants" by Iain and Oria Douglas-Hamilton. The park is also home to hippos, baboons, giraffes, zebra, wildebeest, and is particularly good for bird watching with over 380 species having been recorded. You will be staying at Lake Manyara, Lake Manyara Lodge or drive to the rim of Ngorongoro Conservation Area and stay at the Ngorongoro Lodge (B, L, D)

Day 10: Ngorongoro to Moshi

Ngorongoro to Moshi 270 Km

Time: 180 min

Estimated game view in the crater 6 - 7 hrs.

The early descending to Ngorongoro it does always help to enjoy your game view if the weather is permit you will descend 2,000 feet into the magnificent crater to view wildlife. Here a nearly perfect balance of predator and prey exist within the 102 square miles of the crater floor. Experience an unforgettable spectacle of African wildlife: a teaming world of elephants, rhinoceros, lions, hyenas, zebra, wildebeest, to name a few, living in harmony in this self contained environment. At the end of the day you will leave the Ngorongoro Crater and then drive to Moshi

Kilimanjaro Machame Trip 7 and Safar 2days

Price for this Combo trip is USD 1800 per person. (3 pax - 5 pax) USD 1750 (6 pax - 8 pax) (Category B) and for Category A USD 1920 - 1850(6 to 8 Pax)

Land Costs Include:

- All the hotel accommodations mentioned (double occupancy) B&B
- All transportation in Tanzania for those on the regular (official) schedule
- All transport specify to this program
- All meals specify in this program - B, L, D = **B** = Breakfast **L**= Lunch **D** = Dinner **B&B** =Bed and Breakfast
- All park fees for participants and staff
- Guides and Porters Salaries - During Kilimanjaro Climb
- Car - Toyota Land cruiser Open roof Hatch for Safari

Land Costs Do Not Include:

- Meals and hotels outside the regular itinerary
- Excess-luggage charges and airport taxes
- Personal gear
- International vaccinations (yellow fever required)
- Single-room supplement for hotels
- Medical/Evacuation trip insurance
- Charges incurred as a result of delays beyond the control of Moshi Expedition and Mountaineering
- Tips and gratuities

Packing suggestions and additional travel tips

Assuming that you intend on traveling on safari during your stay in Africa, you should make every effort to pack your belongings into one large waterproof duffel bag or backpack and one 'carry on' style bag for cameras, valuables and day trips. Chances are you will have limitations in your safari vehicle and, in some cases; travel on small aircraft (if part of your itinerary) limits you to 15 kgs / 33 pounds. If you plan on doing a lot of souvenir shopping, you might consider carrying another bag tucked in your suitcase to help judge your limits.

Important - For persons crossing the Atlantic Ocean from North America and connecting in Europe to Africa, International air carriers limit carry on bags to one and checked bags to two per passenger. Persons departing from Europe have weight restrictions on bags as well, varying with the carrier.

If you are doing a lot of traveling and need to carry more than the suggested items, keep in mind that you may be required to leave them at the town hotel.

Laundry service in Tanzania is often a bargain but not in the Lodges.

Advice - The customs and culture of East Africa, especially in coastal areas and Zanzibar are conservative. Revealing or very tight clothing should be avoided.

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MEN'S CLOTHING (suggestions)

1 pair of comfortable shoes that would be appropriate for a nice restaurant
1 pair of sturdy shoes or boots for hiking, preferable waterproof*
1 pair of sandals to use when walking to the shower at camps, etc.
3-4 pair of socks
1 nicer long slacks for use in restaurants (please note that shorts are not appropriate in Zanzibar Town)
1-2 pair of long casual slacks
1-2 pair of shorts
1-2 belts
1-2 swimming suits
3-4 golf/tee shirts
2 long sleeve casual shirts
1 dress shirt (tie optional depending on if you think you might visit a top restaurant)
1 sweater or light jacket
1 rain poncho
1-2 hats (VERY IMPORTANT FOR SUN PROTECTION)*
1 pair sunglasses*
Prescription glasses if used with back-up pair suggested (note: contact lenses are difficult to use on safari due to the high amount of dust.)

WOMEN'S CLOTHING (suggestions)

1 pair of comfortable shoes that would be appropriate for a nice restaurant
1 pair of sturdy shoes or boots for hiking*
1 pair of sandals to use when walking to the shower at camps, etc.
3-4 pair of socks
1-2 pair of panty hose
1 nicer skirt for use in restaurants (please note that shorts are not appropriate in Zanzibar Town)
1-2 pair of long casual slacks
1-2 pair of shorts
1-2 belts
1-2 swimming suit
3-4 casual short sleeve blouses
2 long sleeve casual blouses
1 sweater or light jacket
1 rain poncho
1-2 hats (VERY IMPORTANT FOR SUN PROTECTION)*
1 pair sunglasses*
Prescription glasses if used with back-up pair suggested (note: contact lenses are difficult to use on safari due to the high amount of dust.)



TOILETRIES

you should bring a tooth brush, tooth paste, razor, shaving cream and other toiletries with you as those available in Africa are expensive and often not of good quality.
Insect repellent with Deet.*
Sun screen with high level of protection*
Common drugs such as aspirin, cough drops, Pepto Bismol, etc.
Vitamins that you might normally take
* these items are very strongly suggested.
If you suffer from motion sickness, don't forget to use your preferred medication - patch or tablets.

ACCESSORIES

some other things you might consider for your trip:

- binoculars
- water bottles
- pens, paper, journal
- a good novel or two
- Zip-Lock type bags to keep the dust and moisture out of stuff and keep your wet swimsuit in
- A couple large plastic trash bags to wrap stuff in should it rain (your bags may travel on racks on top of the vehicle)
- Money belt or similar. The best is a pouch that fits in front inside your shirt or slacks.

Additional packing list for Camping Safaris (on the more basic trips)

- two or three medium size towels
- soap (in a plastic soap dish for easy travel) & shampoo
- sleeping bag
- Tip - If you are not planning on camping often, you can usually find buyers for sleeping bags and other items if they are in good, clean condition.
- Warm clothing for the evenings (Ngorongoro night time temp. often drops to about 5 °C)
- (head) flash-light
- First aid kit
- Rain gear

We can also rent you equipment for a fee

Health Information's

Trekking on Mt. Kilimanjaro has unique medical implications. Fortunately, the nature of the mountain allows a large number of non-technical, less prepared climbers to reach the summit. All routes on Mt. Kilimanjaro can be safe but preparations must be made to ensure safety. Epics are easier to prevent than extricate oneself from, and thorough planning has significantly reduced mountain sickness cases in our company.

Persons trekking on Mt. Kilimanjaro should be in excellent physical condition with a reasonable goal being the ability to run four to five miles in forty-five minutes. There is no absolute medical contra-indication for climbing to this altitude except for certain cardiac and pulmonary diseases for which effected persons should consult their physician. Good conditioning will allow the trekker to enjoy his work at altitude, without total fatigue.

Here at M.E.M

In preparation for your trip we include good food, water and protection from the elements. The trekker should consume three to four liters of fluid and eat approximately four thousand calories of food a day. Most estimates by exercise physiologists rate consumption of calories at five thousand per day for trekkers, but weight loss will be inevitable as it is almost impossible to force this many calories down. Appetite tends to fall away and the planned menu must be especially appetizing to entice one even to cook it. A diet high in carbohydrates seems to help reduce symptoms of acute mountain sickness and increase a blood oxygen level as well as being in high calories. We provide a type of food, which will give carbohydrate in lunch and breakfast, and protein food in dinner. A large variety of fruit flavorings are also conducive to increasing fluid intake and preventing dehydration.

Our Advice

any trek, except for solo ascents, requires team thinking. All must establish good communication between team members and set known goals. Every individual will have personal desires and these should be honestly expressed and "aired" prior to ascend. Much tension and hostility can be avoided in this manner.

Mountain Gear

we want to make sure you have all the gear you may need for ascending because the cold can cause problem ranging from minor discomfort to deadly hypothermia. Preparation is always the solution. A person should dress in layers so that proper ventilation can be achieved. It's easy to become overheated while climbing, which produces large amount of perspiration, causing dehydration and a wet body and clothes. Stopping physical activity in such a condition can be a "chilling" experience; also the temperature change between sunlight and shade, day and night is large, so it's best to have extra warm clothes available.

Three major routes of heating loss occur:

- a) **Evaporation**, which is mainly cause by wind blowing across the body, so use a wind - breaker.
- b) **Conduction**, this is when the heat loss by sleeping direct on the ground, to prevent this loss use the insulation pad like closed-cell foam or air mattress.
- c) **Radiation** that is best controlled with reflective material, hats should be worn. The old adage is "cold feet, put on your hat". A person can lose 30% of his or her body heat via head because the vessels of the scalp cannot constrict in response to cold, thus losing valuable warmth.

There are two serious forms of **cold pathology**

Frostbite is the destruction of soft tissue, usually in the finger and toes, secondary to the freezing of fluid into crystals in and around the cell of the tissues. Its initial presentation is whitening of the skin; it then turns red and feels hard. Frostbite is usually accompanied by numberless and tingling sensation. Blisters and the darkness of the skin are larger signs. Privation is the key, good wool mittens" warmer than gloves because of physical limitations of the insulations properties of an individually wrapped finger." with over mitts are important. Wool socks and good mountaineering boots provide adequate protection for the feet.

Hypothermia is the lowering of the body's core temperature, and is considered mild to 35 deg centigrade, moderate to 30 degree centigrade. A person can go from normal to severe hypothermia very quickly, particularly if immersion in cold water occurs. Although they can be tremendously uncomfortable, cold feet and toes do not indicate hypothermia, as they do not accurately reflect core temperature. Unfortunately regular fever thermometers do not work well in these temperature ranges. Predisposing factors include improper ventilation and layering of clothes; allow one to become wet from rain or perspiration, inadequate clothing, exhaustion and starvation. The first sign of hypothermia is shaking chills and mental, emotional and intellectual dulling. A person with these symptoms should be keep active and warmed with additional clothing, and near a fire or other hating source. Psychological preparation is good, but has no real temperature changing effect.

To prevent such emergencies the technique of controlled bivouacking is important to lean. If bivouac is a possibility, a bevy bag, preferably Gore-Tex and good quality sleeping bag are essential when embanking on any camping routes.

Hypoxia is low oxygen in the air, which occurs with increasing altitude. This is reflected in the body by low oxygen in the blood called hypoxemia.

Hypoxemia usually noticeable above 3,500 meters and it marked above 5,000 meters. It is heralded by shortness of breath even with mild exertion. The body responds to hypoxemia by acclimatization. There three physiological effects of acclimatization. The most immediate change is due to chemical being released to help the blood free more oxygen for the tissues.

Current medical thought is that high altitude disease is related to decrease breathing while sleeping at altitude. Thus, the adage, "*climbing high sleep low*". It is known that at high altitude many trekkers hear their tent mates breathing periodically, with long pauses between breaths "Cheyenne-stroke breathing". This is considered normal, within limits, but thought to be related to mountain diseases. Specific high altitude diseases are divided into three categories: -

Acute mountain sickness "AMS" is the most frequent high altitude disease, and is a failure to acclimatize. Symptoms include headache (common), nausea, vomiting, anorexia, fatigue, insomnia, swelling of hands, feet or face (peripheral edema), and decreased urine output. Nearly all trekkers will have some of these symptoms. Persons with severe symptoms should stop ascending and consider descent for a few days. These symptoms can be reduced or prevented by slow ascent and acclimatization. DIAMOX "acetazolamide", a mild diuretic, has a side effect of preventing acute mountain sickness. It is not a substitute for slow ascent or acclimatization.

No one knows why a small number of trekkers get the potentially deadly high altitude pulmonary edema or high altitude cerebral edema is unknown. The most single denominator is rapid ascent without acclimatization. HAPE and HACE have not been shown to be associated with sex, race, physical conditioning, or previous symptoms free high altitude work.

Pulmonary edema is heralded by increased shortness of breath even at rest, gurgling breath sounds "riles", which can be heard with an ear directly placed on chest "the sound like hair being rubbed together next to the ear"; and sometimes the production of a frothy white sputum. The patient usually has a cough and may produce this sputum, blood tinged." always assume with these symptoms high altitude pulmonary edema until proven and do not make mistake of treating just for pneumonia."

Cerebral edema is heralded by severe headache and incoordination. Hallucinations frequently occur, but are usually denied. There are several medical diagnostic signs but only a couple which do not require equipment for testing: 1) a headache unresponsive to aspirin or acetaminophen with codeine; 2) ataxia "incoordination". The test for the latter is heel to toe straight in straight line. All people will have some problems with this at high altitude due to cold and clumsy boots, so have a second person walk the line for comparison with the possible HACE patient. If a person cannot walk a competent heel to toe straight line, he or she is considered to have HACE until proven otherwise.

Exhaustion: obviously, both mental and physical exhaustion are part of mountain climbing.

Forcing fluids and forcing eating can minimize physical exhaustion; neither of which is pleasant at high altitudes. Adding curry or cayenne pepper to food can usually encourage intake of fluid in most trekkers.

Mental exhaustion is tougher to prevent and treat. It is important to be in a good psychological condition, but setbacks and fatigue can frustrate a person into depression. Forcing oneself to carry regular routine of duties at all altitudes seems to add some sense of stability, which can help.

Feet: probably the most common and painful maladies in the mountain are sore feet and blisters. Prevention here is also the best approach. Boots should be well broken in and two or three pairs of socks should be worn. Some prefer wearing tennis or running shoes up to the actual base of technical climb, or until cold conditions are reached.

Lacerations and Abrasions: when a laceration (cut), or abrasion (scrape), occurs on the mountain, there are two main treatments: a) pressure on all bleeding sites; this will stop bleeding if held long enough; and b) scrubbing the area well with plain soap and water; antibacterial soap is best, but any other soap will do. Do not place creams or ointments of kind on cuts or scrapes. They make the wound moist and slow healing. Besides they do virtual nothing to kill bacteria. Wounds heal better clean and dry no matter how big.

Sunburn: the strength of the tropical sun is easily underestimated. Its destructive U.V rays penetrate cloud and are more powerful with increased altitude; snow is also a very effective reflector. (60% to 95 %) This reflected light is the most damaging as it often sticks normally unexposed skin, such as the nose and chin. The lips, neck, and the backs of the knees are also very vulnerable sites. Protection is in the form of barriers: silk scarf for lower face and neck, hat, beard, long-sleeved shirt, long socks, etc. The ones containing Para-amino benzoic acid (PABA) or PABA esters such as Pabanol, Pre Sun, are the most successful. Choose on with a high sun protection factor 5% or no 8 at least, and apply before exposure to sunlight and at intervals depending on the degree of sweating.

Violent Injury: Some simple rules: a) Check breathing, pulse and then reassure the patient. b) Prevent further injury. c) Keep warm and dry feed and hydrate. d) Splint for fractures, both for comfort and control internal breathing. e) Trekkers rarely need or request pain medication. Once given, it decreases the injured climber's ability to cooperate or make decisions. f) Send for help if someone is available and give complete information on the situation.

Equipment Check list for trekking:

Each and every item on this list has been chosen to maximize your comfort and safety while hiking on the mountain. Please read through the entire list very carefully. If you have any questions about items on this list, or about the suitability of your own equipment, please contact us, or a reputable mountaineering equipment dealer.

FOR THE HEAD AND FACE:

- **Pile or Wool hat:** Bring one that covers ears -- a balaclava type is excellent.
- **Shade Hat:** Visor hats with good brims are essential for protection from the equatorial sun.
- **Sunglasses:** Essential for eye protection in the tropics and at altitude. Bring a good quality pair, preferably with an IREX protection rating of 100. Attachable side shields are necessary, or bring glacier glasses.
- **Sunscreen:** Bring plenty of complete sun block with a sun protection factor (SPF) of 15 or more. Unless you have spent time in equatorial sun you will probably underestimate the amount necessary, so bring lots. Sunscreen is difficult to find in Tanzania.
- **Lip Balm:** With SPF rating of 15 or higher.
- **Bandanas:** Tied around the neck, they give good sun protection. Can also be used for cleaning glasses, as wash cloths, etc. They dry very quickly.

FOR THE UPPER BODY:

- **T-Shirts:** Two T-shirts that you don't mind getting dirty while on the mountain. Synthetic is best -- no cotton on summit day.
- **Upper Body Layers:** For climbing the mountain we recommend you have three warm layers for the upper body. Items must be made of wool, synthetic or pile. Make sure all layers fit comfortably over each other and supply good insulation. A good combination is a long underwear top, a sweater, and a pile jacket or heavy wool shirt. Cotton items do not provide adequate insulation and are completely useless when damp.
- **Rain Parka:** Afternoon showers are common in East Africa, especially on the mountain. Bring a good parka of Gore-Tex or waterproof nylon that has been "seam sealed".
- **Wind Shirt:** (optional if you have Gore-Tex rain gear) A nylon wind shell (not waterproof), roomy enough to fit comfortably over all upper body layers. Gore-Tex is good for both this wind shirt and for the rain coat.
- **Poncho:** (Optional) Quick and handy protection for body and rucksack. Poor protection in windy rain.
- **Gloves or Mittens:** Wool or pile. One pair of heavy mittens and a light pair of gloves work well.
- **Mitten Shells:** One pair to go over your mittens. These are for use against the winds sometimes encountered in the crater and on the way to the summit.

FOR THE LEGS:

- **Quick Dry Hiking Shorts:** 1 pair. Good for hiking at lower elevations on the mountain.
- **Long Underwear Bottoms:** One pair. Wool or synthetic.
- **Wool, Bunting or Pile Pants:** One pair that fit loosely and is comfortable. These are essential to be worn over the long john bottoms.
- **Rain Pants:** Bring a good pair of rain pants of Gore-Tex or waterproof nylon that has been "seam sealed".
- **Wind Pants:** (optional if you have Gore-Tex rain pants.) One pair. These are used often on the mountain for protection against wind. They should be breathable nylon and roomy enough to fit comfortably over wool or pile pants.
- **Tights:** Lycra types are best. These are comfortable to hike in, help prevent nettle stings, provide good warmth on cool misty days, dry fast and prevent sunburn.
- **Undergarments:** Enough for the duration of the trek.

FOR THE FEET:

- **Thin Socks:** Two pair of synthetic socks to wear under heavy wool socks. These help prevent blisters and keep feet dry.
- **Thick Socks:** Six pair of heavy wool or synthetic socks to wear for warmth with hiking boots.
- **Hiking Boots:** One pair medium weight hiking boots large enough to be comfortable with one liner sock and one heavy wool or synthetic sock.
- **Gaiters:** One pair of either high or low gaiters made of breathable material to keep dirt and snow out of your boots.
- **Tennis Shoes:** These are to wear in camp after a day of hiking.

FOR SLEEPING:

- **Sleeping Bag and Stuff Sac:** On the mountain temperatures can get down to zero degrees Fahrenheit at night so bring a warm bag.
- **Sleeping pad:** A closed cell foam camping mattress is OK. An inflatable Thermal Rest type is more comfortable.

FOR DRINKING:

- **Water Bottle:** Two, one liter wide-mouthed plastic bottles.
- **Water Treatment:** This is very important. The water in East Africa is not unhealthy although its flora content is different from what you are used to. To keep your system running normally we recommend you bring two bottles of "Potable Aqua" or "Polar Pure", crystal iodine in a bottle, to treat drinking water. Filtration pumps are also effective, but costly and rather bulky.
- **Water Flavoring:** Wyle's lemonade, Tang, Gatorade, etc. These mixes are hard to come by in Tanzania and make treated water taste much better. Double bag these.

FOR CARRYING YOUR GEAR:

- **Frameless Pack:** A medium size comfortable pack is adequate to carry personal gear. The pack should fit properly and have a good waist belt. Side pockets are recommended for soft packs. Personal loads with camera gear, water for the day and warm clothes are often between 18 and 25 pounds.
- **Pack Cover:** Something waterproof to cover your pack when hiking in the rain. Otherwise bring a large plastic bag to line the inside.
- **Duffle Bag:** Medium size with lock for mountain gear. This will go into our mountain bag that the porters will carry.
- **Duffle Bag:** Large enough to hold your non-mountain gear. This will meet you at the hotel after the climb.

FOR PERSONAL HEALTH AND COMFORT:

- **Toiletries:** Bring enough for entire trip. Keep simple and light. Few toiletries are available in Tanzania, however, so bring enough for all your needs.
- **Ear Plugs:** To block out snoring and hut noise, to insure peaceful rest.
- **Flashlight and/or Headlamp:** Important on summit day and just plain handy in camp. Plenty of batteries.
- **Pocket Knife:** Simple Swiss Army type with scissors.
- **Personal First Aid and drug Kit:** Please see recommended list below.
- **Trail Munchies:** Although plenty of snack food is provided, trekkers like that taste of home in their pack. Touted as an important accessory by those who have brought them in the past!
- **Hot Drink Mixes:** We will provide plenty of coffee, cocoa and tea, but non-caffeinated drinks are not readily available here. Bring a supply of your favorite herbal teas.
- **Towel:** For washing up in camp, a small one is fine, or you can use a bandana.
- **Towelettes:** Such as "Wash'n'Dries" for general hygiene.
- **Spare Glasses:** For contact wearers in dusty conditions and any eyeglass wearer while on vacation.
- **Umbrella:** Very useful against rain and sun. Most guides use one.

RECOMMENDATIONS FOR YOUR PERSONAL FIRST AID AND DRUG KIT:

We will have gauze, tape, aspirin, medicated soap, antibiotic ointment, antacid tablets, some antibiotics, pain killers, eye treatments, and anaphylaxis kit, Imodium, Compazine and Diamox. Because of liability problems, prescription drugs will only be dispensed in emergencies. We suggest you bring the following medical items. Please discuss this with your physician prior to coming on this expedition.

- **Intestinal disorders:** Compazine. 25mg rectal suppositories, for severe nausea, vomiting. Imodium to decrease diarrhea and cramping. Tetracycline, Cipro or Bacrin antibiotics for initial treatment of severe diarrhea. Activated charcoal has proven to be an effective first stage treatment.
- **Cuts and scrapes:** It s wise to bring a supply of "Band-Aids" to treat those abrasions that sometimes occur.
- **Infections:** Antibiotic ointment for cuts and abrasions. Erythromycin or amoxicillin tablets for skin or soft tissue infections.
- **Blisters:** It is wise to bring your own small supply of blister treatment items to insure that you avoid letting any blister get out of hand.
- **Headaches:** Tylenol and Tylenol with codeine** to help relieve possible altitude headaches. Nothing stronger than codeine should be taken for fear of masking potential severe altitude problems while on the mountain.
- **Insomnia:** Halcion** 15mg tablets. In high altitude mountaineering restlessness is not uncommon and sleep is very important. Halcion is a light sleeping pill; we do not recommend using any sleeping pills above 15,000 feet.

High Altitude Sickness: Diamox** (acetazolamide) 250mg tablets to be taken twice a day from 13,000 feet to the top. This drug is widely used in high altitude mountaineering and is very highly recommended by our staff

INSURANCE

a) Health Insurance

it is compulsory to have full medical, **emergency evacuation** and repatriation cover for the period of time you are away.

b) Cancellation and Curtailment

you might have to cancel or curtail your safari due to unforeseen circumstances. If you cancel a trip close to departure date for any reason you could lose all that the safari was going to cost you. Should you have to leave the safari early, we cannot refund you the portion of the safari you do not complete. Dependant on the reason for cancellation and curtailment, insurance may cover you for this eventuality.

c) Baggage & Money Insurance

it is advisable to take out baggage and money insurance, especially if you are carrying a large amount of cash or expensive and valuable camera equipment. You should always carry such equipment as "carry-on" luggage. Do not put anything of value in your checked baggage!

Claims

If you anticipate an insurance claim upon your return, be sure to document as accurately as possible any accident, injury or loss. Doctor's notes and police reports will aid any claim

Packing Your Duffel Bag

Clothing and equipment:

Please travel light. You will be allowed two separate pieces of luggage on safari: one duffel bag and one day pack. There will be opportunities to do laundry along the way and it is always easier in airports and in camps to move a lighter bag. In an effort to make life easier for trip members we supply all bedding on our safaris in Africa. The following list is for all trips.

Luggage

- 1 duffel bag, internal frame pack or soft suitcase. A duffel bag should be strong and durable, preferably of nylon, with full length zipper and handles. Due to the limited space on the safari vehicles, all your clothing and gear must fit in this bag; no exceptions are allowed. We recommend a minimum duffel of 30' x 14' and a maximum size of 36' x 18'. Remember that 20 kg weight limit applies (Tanzania 15 kg). Hard suitcases are usually scuffed or damaged in transit and are inappropriate.
- 1 small padlock to lock suitcase or duffel.
- 1 day pack; for camera gear, water bottle and personal items needed during the day. Some packs have side pouches which are great for storing water bottles.