

ESSENTIAL INFORMATION

TANZANIA: CLIMBING MT. KILIMANJARO

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of two (2) blank visa pages for entry and exit stamps.

A tourist visa is required for U.S. and Canadian passport holders for entry into Tanzania. There are currently three options available as outlined below. A&K recommends a visa on arrival.

Visa on Arrival: A tourist visa can be obtained on arrival at all international airports and land borders in Tanzania. The current fee for a multiple-entry* visa is USD \$100 (subject to change without notice). The fee must be paid in cash in either U.S. dollars or local currency. **Tanzania requires multiple-entry visas for U.S. passport holders. Canadian passport holders can also purchase a single-entry visa for USD \$50.*

Electronic Visa (eVisa): To apply for an eVisa, visit eservices.immigration.go.tz/visa. The current fee for a multiple-entry visa is USD \$100 (subject to change without notice). Read and follow all instructions carefully to ensure a smooth arrival in Tanzania. Please be aware that the eVisa system is still in its early stages and reports of technical problems and confusing instructions with the eVisa website are common.

Visa Stamp: A visa stamp in your passport can be obtained either by applying directly to a Tanzanian consulate or through a visa processing service. While there are additional costs involved in using a visa service, this option is available for guests who prefer assistance in the visa process.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

VACCINATIONS

A yellow fever vaccination is only required to enter Tanzania if you are arriving from, or have transited through, a yellow fever-endemic area in South America or Africa – including East African countries such as Kenya and Uganda. This means that if your itinerary includes visits to both Kenya and Tanzania, you may be asked to show proof of yellow fever vaccination when entering either country. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it. If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

STAY HEALTHY ON THE ROAD

A Kilimanjaro Climb is an active program involving long, strenuous walks and steep ascents. A robust level of fitness is necessary. Also, because of the high elevations you will encounter during the climb, you may experience altitude sickness. Please consult with your doctor to discuss your plans to participate in this type of journey.

CASH & CREDIT CARDS

Tanzania has a cash-based economy. Cash transactions can be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit

cards are accepted on a very limited basis, mainly in the largest shops, hotels and lodges. Access to ATM machines is available in large cities such as Arusha and Dar es Salaam, but limited in rural areas.

OF SPECIAL NOTE: PLASTIC BAGS IN TANZANIA

The government of Tanzania has implemented a ban on plastic bags. The ban applies to “carrier and flat bags,” primarily targeting bags from shops and grocery stores, but also extending to duty-free bags and bubble wrap. If tourists have those types of bags visible while in the airport, they are likely to be confiscated. Bags designed for multiple use, such as zippered cosmetic bags, are not included in the ban.

PACKING LIST & BAGGAGE RESTRICTIONS

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BAGGAGE RESTRICTIONS

Porters can carry a maximum load of 44 pounds (20 kilograms) per person on the trek. Please take only what you need for the climb and leave the rest of your luggage at your lodge, where you can reclaim it at the end of your journey. Personal daypack loads are generally between 18 and 25 pounds (8 and 11 kilograms).

Please be aware that laundry services are not available during your Kilimanjaro climb.

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to collect and manage your luggage for you.

PACKING LIST

The items included in this list have 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 the list or about the suitability of your own equipment, please contact A&K, or a reputable mountaineering equipment dealer.

For The Upper Body

Upper Body Layers: For climbing the mountain, we recommend you have three warm layers for your upper body. Items should be made of wool, fleece, down, synthetic or pile. Cotton items do not provide adequate insulation and are completely useless when damp. Make sure all layers fit comfortably over each other and supply good insulation. A good combination is a lightweight top, heavyweight top and a pile, down or synthetic down jacket or waterproof jacket.

Thermal Jacket: down or synthetic down (not essential as long as you have a good waterproof jacket and at least 2 good fleeces)

Lightweight Tops: Two or three. Wool, fleece, synthetic or thermal wear.

Heavyweight Tops: Two or three. Wool, fleece, synthetic or thermal wear.

Waterproof Jacket: Made of Gore-Tex or waterproof nylon that has been "seam sealed." Afternoon showers are common in East Africa, especially on the mountain.

Wind Shirt: Nylon wind shell (not waterproof) roomy enough to fit over all upper body layers. (Not necessary if you are using the Gore-Tex raingear listed above.)

Poncho: (Optional) Quick and handy protection for the body and rucksack, but please be aware that ponchos offer poor protection against the wind.

Thermal Gloves or Mittens: One pair of heavy mittens and a light pair of gloves will be adequate for both occasions when needed.

Mitten Shells: One pair to go over your mittens. These are for use against the wind often encountered in the crater and on the way to the summit.

For the Head and Face

Pile or Wool Hat: A versatile balaclava type, that can convert from hat, to head band, to ski mask, to neck scarf, is excellent.

Scarf: To wrap around your head, face, neck for added warmth.

Shade Hat: Visor hats with good brims are essential for protection from the equatorial sun. Also good for wearing around camp.

Sunglasses (or glacier glasses) AND Ski Goggles: Essential for eye protection from sun, wind and altitude. Bring a good quality pair, preferably with an IREX protection rating of 100. Attachable side shields are recommended.

Sunscreen: Bring plenty of complete sun block with an SPF rating of 15 or higher.

Lip Balm: With SPF rating of 15 or higher.

Bandanas: Tied around neck for optimal sun protection. They can also be used for cleaning glasses, or as washcloths, etc. They dry very quickly.

Eye Drops: To help keep eyes moistened and relieve irritation from wind, dust and ash.

For the Legs

Quick Dry Hiking Shorts: Two pair. For good hiking at lower elevations on the mountain.

Long Underwear Bottoms: Two pair. Wool, synthetic or thermal wear.

Wool, Fleece, Bunting or Pile Pants: Three pair that fit loosely and are comfortable. These are best worn over the long john bottoms. Also good for use in camp. Jeans are NOT a good choice.

Rain Pants: Bring a good pair of rain pants of Gore-Tex or waterproof nylon fabric that has been "seam sealed".

Wind Pants: (optional if you have Gore-Tex rain pants.) 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 type are best. These are comfortable to hike in, help prevent nettle stings, provide good warmth on cool misty days, dry fast and provide sun protection.

Undergarments: Wear properly fitted undergarments to avoid excessive sweating and provide protection from the cold out. Thermal wear is recommended.

For the Feet

Thin Socks: One pair for each day of trekking. Synthetic socks to wear under heavy wool socks. These help to prevent blisters and keep feet dry.

Thick Socks: One pair for each day of trekking. Heavy wool or synthetic socks to wear for warmth with hiking boots. These should be changed every day to prevent unnecessary humidity build-up in your boots. Note: you may want to pack a couple of additional pairs in the event that rain or mud is encountered during your trek.

Hiking Boots: One pair medium weight hiking boots. Boots should be waterproof, well broken-in and large enough to be comfortable with one liner sock and one heavy wool or synthetic sock. Note: it is suggested that you pack your hiking boots with your carry-on luggage or wear them on the plane. In the event your checked luggage is delayed you will, at least, have your own boots with you. Boots would be very difficult to rent on-site.

Gaiters: One pair of high gaiters made of porous fabric to keep dirt and snow out of your boots.

Tennis Shoes: These are to be worn in camp after a day of hiking and for hiking at lower, warmer altitudes.

For Sleeping

(Note: You will be provided with a cot, thermal mattress, and a hot water bottle.)

Sleeping Bag and Stuff Sac: On the mountain temperatures can fall to as low as 0° degrees Fahrenheit at night so bring a warm bag.

Camping Pillow (optional): Pillows are provided in tents, but you may wish to bring your own, especially if you are allergic to certain materials or require a certain type of pillow.

For Drinking

In an effort to minimize our ecological footprint and to maintain the pristine environs of Mount Kilimanjaro, Abercrombie & Kent does not carry bottled water along on Mount Kilimanjaro treks. During your climb you will be provided with drinking water (and meals/drinks that require water will be prepared with water) that has been made potable by a combination of filtering the water using Katadyn water filters and purifying the water with purification tablets. A&K supplies all water purification materials and you need not bring any with you from home.

We recommend that you bring with you from home a “camel” type backpack with a built in water bladder, and also 2 two liter wide-mouthed plastic water bottles to be filled each day with drinking water. Water bottles made from synthetic materials that are resistant to boiling and freezing are recommended.

For Carrying Your Gear

Lightweight Frameless Daypack: A medium size comfortable pack is adequate to carry personal gear (camera, snacks, water for the day, warm clothes, etc.) The pack should fit properly and comfortably and have a good waist belt. As noted in the “For Drinking” section of this document, a “camel” version with a built-in water bladder and side pockets is recommended. Please note that personal daypack loads are generally between 18 and 25 pounds.

Pack Cover: Something waterproof to cover your pack with when hiking in the rain. Otherwise, bring a large plastic bag to serve as an inner liner to prevent the rain from getting between the backpack and the back.

Medium Soft-Sided Duffle Bag: With lock for mountain gear. This will go into our mountain bag that the porters will carry. Framed backpacks and suitcases cannot be used, as the porters who accompany you on your climb will not carry them.

Large Soft-Sided Suitcase or Duffle Bag: Large enough to hold your non-mountain gear. This will be stored at your hotel where you can collect it after the climb.

Plastic Bags: Several, to double bag your sleeping bag and clothes on the mountain. Depending on the season, it can rain for longer periods than one might anticipate. Clear bags are recommended to make it easier to see the contents of the bag for later use as opposed to having to rummage through the whole bag.

Walking Sticks or Hiking Poles: Especially helpful during sustained descents.

For Personal Health and Comfort

Toiletries: Bring enough for all of your needs for the entire trip, but keep simple and light.

Ear Plugs: To protect against wind and to block out tent noise (such as snoring) to insure peaceful rest.

Flashlight and Headlamp: A small, powerful flashlight. A headlamp is also essential, particularly for the last leg of the climb, which takes place at night. Be certain to pack some extra batteries as well.

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 and Cold Drink Mixes: Coffee, cocoa and tea are provided during your climb. However, for your own taste away from home we suggest that you bring a supply of your favorite herbal teas, powdered soup mix, powdered Gatorade or Kool-Aid etc.

High Energy Snacks: High-energy snack bars, chocolate bars, trail mix; peanuts, granola and other such snacks will help keep your energy levels up between meals during the hike.

Entertainment: Playing cards, books, MP3 player etc. are very useful during down time and leisure time in camp and/or days when you reach camp early.

Camp Towels: Two towels and a bar of soap for wash up in camp.

Hand Towels: Small ones are fine.

Towelettes: Such as "Wash 'n' Dries" for general hygiene are also recommended.

Hand Sanitizer: 1 small bottle or tube of anti-bacterial hand sanitizer gel.

Urine Bottle: To allow you to urinate in your tent at night rather than go outside.

Spare Pair of Prescription Eyeglasses: For those who use contacts, the glasses will come in handy during periods of high wind and/or of dusty conditions.

Simple Travellers' First-Aid Kit: Containing any basic items that you feel may be needed, including anti-diarrhea tablets. If you require a particular medication or prescription, take an adequate supply to last through your entire trip, as it may not be available locally. On the mountain, you are likely to need moleskin for blisters and a good supply of pain relief medicine for altitude headaches (we strongly recommend checking with your physician with regards to which pain relief medication is best suited to you and for use at high altitudes), as well as any high-altitude medications prescribed by your physician.

Of Special Note for Guests taking a safari extension to their Kilimanjaro Climb

For your time at safari camps/lodges, we suggest that you repack some of the very same clothing that you brought with you for your main program into the complimentary A&K Duffel provided to you. Pack just enough clothing for your time in the bush.

We recommend comfortable and casual clothing in natural, "breathable" fabrics. Choose versatile styles that can be layered—temperatures may vary considerably in the course of the day. For game viewing, wear neutral colors (though not camouflage, which is illegal in game parks and reserves). Dark colors tend to attract insects. Footwear should be comfortable and casual.

Pack some insect repellent with a high percentage of DEET to protect against flying insects such as mosquitoes and tsetse flies. (Note: many properties provide insect repellent in rooms/tents. However, you may wish to bring your own preferred brand.)

TIPPING GUIDELINES

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A Mount Kilimanjaro climbing trek involves the cooperative work of not only your Head Guide (Expedition Leader) and Assistant Expedition Leader, but also many behind the scenes support staff such as porters, cooks and camp staff, which you may never actually encounter during your trip as they travel ahead of the group carrying gear and setting up camp for your arrival. While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) for the Mount Kilimanjaro portion of any **Climb Kilimanjaro Group** or **Tailor Made** journey.

Total suggested gratuity amount per person for the entire trek: USD \$420-\$480.

The entire amount should be presented to the Expedition Leader on the last day of the climb. He will then distribute among the staff as follows:

Expedition Leader	\$150 per person for the entire trek
Assistant Expedition Leader	\$50 per person for the entire trek
Camp Cook	\$50 per person for the entire trek
Camp Crew	\$50 per person for the entire trek
Porters (approx. 4-6 porters per person)	\$30 per person, per porter for the entire trek

For other services, we suggest the following gratuities depending on the type of journey:

	Climb Kilimanjaro Group Journeys and Extensions	Tailor Made Journeys
Safari Driver-Guide on acclimation day-trip to Arusha National Park	\$15 per person	\$15 per person
Group Extension Safari Guide	\$15 per person, per day	Not applicable
Safari Driver-Guides	\$10 per person, per day	\$15 per person, per day
Hot Air Balloon Pilots (if applicable)	\$10 per person	\$10 per person
Safari Bush Lodges and Permanent Tented Camps	Included	\$10 per person, per day – Gratuities are accepted at each property and shared among the staff.
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.