



**Alaska Mountain Guides
International Inc.**



Kilimanjaro Pre-Departure & Travel Information

Arusha: Arusha is the starting and ending place for our trip. It can easily be reached by daily flights from Europe. We will meet you at Kilimanjaro International Airport for the short drive to Moshi. You will be met by a driver with a sign that says "Alaska Mountain Guides" if there is any mix up you can call 255-27-2750011 / 2754240 / 2753105

Moshi: We stay in Moshi the first and last night of our trip. Our accommodations here are very comfortable. The Springlands Hotel has a pleasant staff, good food, clean rooms, and a refreshing pool. If there is any mix up in communications you can call them at 255-27-2750011 / 2754240 / 2753105

Airline Tickets: Make certain that your ticket matches the full name on your passport. Please make certain that we have your flight and arrival information so that we can meet you at the airport! Make certain to reconfirm your flights.

Airline Routing: Flights go through Europe then nonstop to Nairobi and then on to Arusha. We will meet you at the airport unless other arrangements have been made.

Visas: It is best to get your visa for Tanzania before your trip. You will need for a single entry visa for Tanzania. Passports Plus <http://www.passportsplus.com/> (888) 821-8472 -Please allow one month for processing. The application asks for a Tanzanian contact, use: Zainab Ansell P.O. Box 1990 Moshi, Tanzania Tel. 255 27 2750011

Immunizations: We recommend that you check with your doctor for the most current immunization information. If you have received immunizations, either in the past, or for this trip, make certain to bring your immunization book/card. You can go to the Center for Disease control website to learn more. <http://www.cdc.gov/travel/> Malaria medication is recommended.

Photocopy All Documents: Make certain to copy your passport, airline tickets, credit cards, traveler's checks, immunization book etc. This can be very helpful in the event that anything is lost or stolen.

Travel Insurance: We highly recommend travel insurance. In many cases travel insurance will help cover medical expenses, evacuation costs, lost baggage, travel delays, and other costs in the event of cancellation of the trip. The choice of insurers is up to the participant. However, many of our participants use AIG/Travel Guard. It is one of the only plans that covers high altitude climbing and has significant benefits if purchased within 15 days of making your trip deposit. Further information can be found at: <http://mountainguidesinternational.com/insurance.html>

Baggage: Flying to and from the U.S. you are allowed two 70 lb. bags. If you travel through other countries for a stopover you will be charged excess baggage fees for anything over 44lbs. (20 kilos) each flight. If possible, pack your backpack and gear inside a large duffel bag. This protects your things more as you are traveling.

In Alaska and the worlds great ranges!

1.800.766.3396

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Arrival/Departure Taxes: Currently there is no arrival tax in Tanzania. There is a departure tax for leaving which is approximately \$20.

Currency: Traveler's checks and cash are both easily exchangeable. Credit Cards also work well, but not at our hotel.

Spending Money: We recommend bringing at least \$500 cash or travelers checks for restaurants, gifts, and travel after our climb. Always carry a credit card for emergencies as well.

Tipping: We ask that you budget \$100 to \$150 for tips to the local guides, porters and cooks. This does not include tips for your American Guide (approx \$50 to \$100) or drivers on Safaris (\$10 to \$20 per day)

Language: Swahili is the main language, but English is common.

Trekking Difficulty: All trekking is moderate with the average trekking day being about 4 to 6 hours. The summit day will take from 8 to 12 hours. This is a strenuous climb to 19,340 feet. Participants should be in good shape and ready to cope with the demands of hiking at high altitude.

Training: As with any strenuous trek or climb the appropriate training before hand will ensure you the best possible experience. Don't hesitate to contact us if you have any questions on specific training programs.

Drinking Water: All of our water will be treated with Iodine, water filters, or boiling.

Medical: Please make certain to answer the questions regarding health on your registration form. We also recommend that everyone check with their doctor to learn about the possible effects of high altitude and hot climates. If you require any personal medications, or, have any pre-existing medical problems, make certain to re-confirm with your guide upon arrival.

Length of Trip: Machame Route Trips are 10 days. 7 days on the mountain and 3 days in town. Most flights arrive in the evening (9:00PM) on day 1. The following day includes a pre trip meeting, a possible hike, and relaxing by the pool. We begin the climb on day 3 and we return to the hotel on day 9. Day 10 is either the start of the safari or airport transfer. Lemosho trips are 11 days.

Do not hesitate to contact us if you have any questions, or, if you would like any additional information.

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