



NOLS ALUMNI TRIP
CLIMBING MOUNT KILIMANJARO
APRIL 5-13, 2018 – 9 DAYS

Features of This Trip:

- 8 moving days
- Summit attempt Kilimanjaro—19,340' – the top of Africa!
- Cultural interaction, including porters to carry the gear
- Incredible scenery of the Western Breach, Shira Plateau, and the Great Barranco Wall
- Group Size: 12 participants, 2 instructors, and several local guides and porters

Minimum Age: 18

Median Age: 39

Cost: \$3,575 + tips for porters (\$300 USD per person) —Also, consider trip insurance. NOLS Alumni recommends travelguard.com, which offers a variety of plans.

Trip Description:

Join a small group of NOLS grads, friends and family on an attempt to climb to the summit of Tanzania's Mount Kilimanjaro (19,340'). This 9-day expedition allows time to climb the tallest peak in Africa as well as opportunities to see the surrounding countryside and culture of Tanzania. You and your group will live in this unique equatorial alpine environment while learning about the geology, glaciology and unusual flora and fauna found on Mt. Kilimanjaro. While in the forests, you may see Cape Buffalo, elephant, bushbuck, and monkeys. Porters will accompany the group and carry the majority of the group camping gear and food. Your route travels muddy trails, steep rocky scrambles, through thick jungle, and across hard snow.

The Environment:

The weather on Kilimanjaro is diverse and transient. The climb begins in a belt of wet tropical forest before shifting to zones of lower temperatures and less rainfall. The summit is covered in glacial ice, with sub-freezing temperatures and clouds that usually produce snow. This climb occurs during the wet season (between March and early June) when temperatures tend to be warmer, and there are fewer people on the mountain. Rainfall is typically concentrated in the forest, but the higher elevations can be quite clear.

Curriculum:

This trip focuses on many traditional NOLS skills, including map reading, hiking, and group travel. Participants can learn new outdoor skills with friends, family, and a group of fellow grads. The instructors will present information necessary for the group to travel comfortably and can present topics desired by the participants— including natural history, NOLS' leadership topics, and relevant local human history.

Alumni trips, though more relaxed than a typical NOLS course, are not full-on vacations or guided experiences. They are self-reliant expeditions through remote areas where evacuation to modern medical facilities can take several days. Throughout the trip, you will travel outdoors and care for yourself. The expedition format emphasizes hands-on learning and application of skills in a variety of situations.

Trip Logistics:

The course begins and ends in Arusha, Tanzania at the Kilimanjaro International Airport (JRO). NOLS will provide transportation from the airport into town where the group will enjoy a relaxing evening before beginning the hiking trip the next day. Arusha sits on the eastern edge of the Great Rift Valley where the weather is moderate and pleasant. Meals and bottled water are provided at the Hotel during the start and end of the trip. Park fees are included in the tuition.

From Arusha, the group will be driven to the base of Kilimanjaro where we will hike about five hours to the Machame Hut. The climb to the summit will occur over a series of moving days and one day of acclimation and rest. The group will attempt the summit on the seventh (and longest) day in the field. You will return to Arusha's 4J Hotel on the ninth day for showers and to prepare for departure on the following day. On April 14 participants will be shuttled to Kilimanjaro International Airport for their departure flights.

Accommodations:

The group will stay at the Arusha's 4J Hotel on April 5 and 13. Luggage can be stored there through the duration of the trip. It may be possible to stay at the 4 J Hotel if you arrive in Tanzania early— please check with us for details.

Your Days on the Trail

The trip includes seven moving days and one layover day in the backcountry. Typical days start around 7 a.m. with a staff-prepared hot breakfast and packing up camp. Lunches on the trail are a nice mix of a cheese, vegetables, chicken sandwiches, boiled eggs, fruits, and juice. There will also be cookies, nuts and dried fruits. After full days of hiking through the forest and up the mountain's slopes, the porters will set camp each night. Darkness on the equator falls about 7:15 p.m. Temps range from 65-70 F at the base of the mountain and 0 to -15 F near the top. Rain, fog, mist, and blue skies are common.

Training, Altitude and Medications:

Being physically fit enables you to take full advantage of this opportunity; it also enhances the group's strength as a whole, contributing to the ultimate success of the expedition, regardless of whether the summit is attained.

It is essential that participants arrive in very good physical condition and health. High altitude mountain travel is demanding. We strongly encourage you to consider your physical conditioning now and to design appropriate fitness goals before the trip starts.

Discuss the use of Diamox (acetazolamide) with your doctor. If you and your doctor decide to use altitude medications, you will need to bring your own and study the effects of high altitude and human physiology before hand. Here is a useful resource:

<http://www.webmd.com/a-to-z-guides/altitude-sickness-topic-overview>

April 2017 Kilimanjaro Alumni Trip Itinerary:

Travel to and from Tanzania Your trip begins and ends in Arusha, Tanzania. Please tell us your flight plans (alumni@nols.edu) so	April 4	Depending on your country of origin and exact travel route, many people will leave the US on this day. We recommend that you consider departing NO LATER than this day to provide for travel delays, jet lag, misplaced baggage, etc.
	April 5	A NOLS representative will pick up participants at Tanzania's Kilimanjaro International Airport (code: JRO) and transport to the 4J Hotel in Arusha (elevation 4,600'). There is time for jet lag recovery, relaxation, and dinner. Lodging, dinner, and bottled water are provided by NOLS.
	April 6	Breakfast at hotel. Instructors will check your gear after which you will depart for Machame Park Gate (elevation 5,992') for drop off. Start the 5 hour hike through the temperate forest to Machame Hut (9,911').
	April 7	After breakfast, we start a ~4-5 hour hike through giant heather shrubs and moorland to camp at Shira Caves(12,595').
	April 8	After breakfast, hike from Shira Caves to Barranco via Lava Tower – (15,180') and dropping down to camp at 13,077'. ~7 hrs hiking.
	April 9	Rest day with day hikes around the camp
	April 10	Hike from Barranco to Karanga campsite. This day starts with scramble up the Breakfast Wall. This takes ~4 hours to reach Karanga (13,235').
	April 11	Hike to Barafu Hut (15,295'). This takes ~2.5hours. There will be a possible acclimatization day hike after reaching camp.
	April 12	Wake up before midnight for some snacks. Start for the summit at midnight and depending on the pace and weather, possibly summit at sunrise on Uhuru Peak—the summit of Kilimanjaro! (19,340'). Afterwards, hike down to Barafu for breakfast or brunch. Continue down to Mweka Hut (10,204'). This will be a long day.
	April 13	Hike down to Mweka Gate for 3-4 hours. Say goodbyes to your guides and porters and head back to Arusha and 4J hotel for clean up and rest. There will be a lunch stop in Moshi Town before getting to Arusha. There will be a group dinner this evening. Lodging at the 4J Hotel and dinner are included.
April 14	NOLS will shuttle people to Kilimanjaro International Airport (JRO)	

that a NOLS staff member can meet your flight and shuttle you the ~75-minute drive to the 4J hotel in Arusha.

At the end of the trip NOLS supplies transportation to Kilimanjaro International Airport (JRO). There will be one trip by NOLS to the airport on April 14. The trip is officially over this morning. NOLS is not responsible for your wellbeing in Tanzania after the course ends.

Special Notes

Our advice is to **start preparing immediately!** It may take up to three months to obtain passports, visas, inoculations, and make travel plans. You will need a passport, a Tanzania Visa, inoculations, and airline reservations.

Passport

You will need a valid passport for the duration of your stay. Keep a photocopy of your passport I.D. page, along with extra photos, in a separate place, and bring this to Tanzania. This will speed up the reissue process if your passport is lost or stolen.

Your passport must be valid (check the expiration date) for at least six months after your intended date of departure from Tanzania or you will be denied entry into Tanzania.

Tanzania Visa

There are three ways to obtain the necessary Tanzanian Tourist Visa to enter Tanzania.

1. Receive your tourist visa at the Kilimanjaro International Airport (JRO) upon entering Tanzania. **Many travellers to Tanzania choose this option and it is generally a very easy process. You will need to have \$100 in cash. NOLS Alumni recommends this method.**
2. Apply for a Visa through the Tanzanian U.S. Embassy. This process can be somewhat cumbersome and requires 60-days lead time to ensure you have your visa before you fly to Tanzania.
3. Obtain your visa through a visa expeditor. This is quicker and the most costly of the options, but you will have your visa before travelling.

All three of the above methods should work. You should choose whichever method puts you at greatest ease. **When applying for your visa, please note that the purpose of your visit is "leisure or holiday," not study. NOLS is categorized as a business in Tanzania, not a school.**

You may need local contact information for your visa application:

NOLS East Africa - P.O. Box 15259
Arusha, Tanzania. Telephone: +255766597431

Arriving in Arusha

Upon arrival in Arusha you will immediately proceed to immigration or passport control. At the immigration desk, your passport and visa will be inspected and stamped (At this point you will process your Tanzanian visa if you have not done it in the States). At the immigration desk you will need to obtain a free "Visitor Entry Permit" (this is in addition to the visa) as a tourist. **Ask for a month-long Visitor Entry Permit. There is no fee for the entry permit.**

Then collect your luggage, move through Customs, and exit.

If you've provided us your flight information (alumni@nols.edu), a NOLS staff person will meet your flight with a NOLS sign. If you are uncertain about anyone who presents himself or herself as a NOLS employee, do not accompany them anywhere. Once in Tanzania, please call our East Africa Program Director at +255766597431 if you have concerns or if your airport pickup goes awry.

Storage of Personal Belongings

Personal belongings may be stored at the NOLS facility for the duration of your trip. Due care will be taken to prevent theft or damage of your stored items. **NOLS does not assume any liability for lost, stolen, or damaged personal property while in our care.** NOLS will

not honor any personal claim for property loss while in our care. If you want insurance coverage for your personal belongings, you need to provide it yourself.

Unanticipated Delays In Arrival

If for any reason you miss a connection at any point in your travel, call the NOLS alumni department at 800-332-4280 immediately.

Travel Advisories

Wise travelers are aware of political and social situations in the countries they are traveling to or through. These situations in Tanzania may change rapidly. The U.S. Department of State has advisories regarding travel to foreign countries to alert travelers about safety concerns relevant to travel in a specific country. Contact (202) 647-5225 or visit <http://travel.state.gov/travel-warnings.html> for current information.

Travel Precautions

As with any large city, Arusha has crime. This includes muggings and robberies and the possibility of political demonstrations or riots. NOLS staff members are familiar with these issues and we avoid known problem areas.

The key to being a well-informed international traveler is being aware of the inherent risks and knowing, as reasonably as possible, what to expect. The following describes some of the risks involved with travel in large cities and tourist hot spots in Tanzania and recommendations of behaviors that may decrease your chances of encountering difficulties, particularly if you extend your visit before or after the expedition.

- **Limit what you carry when walking around town.** Purses and daypacks should be closed securely and carried in front of you. Do not wear loose jewelry or expensive watches, and be very cautious about carrying large, conspicuous cameras. Body piercing or jewelry will draw unnecessary attention to you.
- **Only carry the cash you need for the day.**
- **Do not carry your passport unless you need it for transactions.** You should also have a photocopy of your passport and extra passport photos.
- **Never leave bags unattended.** A bag or purse hanging on your chair may be taken in a crowded restaurant. Keep bags under the table with a foot on them.
- **A money belt is a wise precaution.** Pockets with a button or Velcro closures are also helpful. Good travelers are organized, self-contained, and minimize the personal effects they carry with them.
- **Selling and buying drugs is illegal, as is changing money on the street.** People may offer to sell you drugs or change your money on the street for a better rate. Such people may be undercover police and may arrest you.
- **If a mugger accosts you,** give him your valuables and report the incident to the police. Do not resist, as **the thief may become violent.**
- **Do not leave valuables unattended in your hotel room.** Use the hotel safe to store your excess cash, traveler's checks, and plane ticket. Get a receipt, and count your cash and checks when you retrieve them from the safe.
- **Be sure to keep your hotel room locked at all times.** It is wise to keep your luggage locked inside your hotel room when you are out.
- **Do not allow anyone into your room** except cleaning staff or room service you have requested. Report suspicious persons to the management.

This list of possible risks when traveling in Tanzania is not complete, and other unknown or unanticipated risks may be present. The U.S. State Department posts country-specific information at travel.state.gov. This is a good source of international travel information.

Travel, Health, and Medical Information

International travel poses special health considerations. NOLS strongly advises that all participants traveling to international locations carefully consider what vaccinations or inoculations are required, recommended, or suggested for their specific travel itinerary by:

- Consider what country you are traveling through both to and from your trip.
- Consult with a physician, travel medicine specialist, or other health care professional.

To guard against infection while traveling in a foreign country, routine immunizations should be current. These include tetanus and diphtheria, measles, mumps and rubella, and polio.

Regulations and recommendations can change. NOLS suggests some specific inoculations based on information from the U.S. Centers for Disease Control, consultation with health officials in the specific region of the countries where courses are conducted, and our experience in the specific country. The final decision for which inoculations you receive is your responsibility. There are many sources of information, some of which is contradictory. In addition to consulting with your health care provider, the following organizations provide useful information.

- U.S. Centers for Disease Control either via the CDC International Travelers Hotline 404-332-4559 or their web site at www.cdc.gov/travel
- International Association for Medical Assistance to Travelers (IAMAT) 417 Center St., Lewiston, NY 14092, 716-754-4883 <http://www.iamat.org>
- Shorelands Travel Health Online: <http://www.tripprep.com>

Inoculations should be recorded in the official document, International Certificate of Vaccination, available from the U.S. Public Health Service, or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies and any other information of a medical nature. Please record your blood type in this booklet. A series of inoculations can take months. We suggest you begin early.

East Africa Specific Inoculations

Yellow Fever Vaccine: The CDC does not recommend yellow fever vaccine for most travelers to Tanzania. However, you might consider this vaccine if you are staying a long time or will be heavily exposed to mosquitoes.

Country entry requirement: The government of Tanzania requires proof of yellow fever vaccination upon arrival if you are traveling from a country with risk of yellow fever (this does not include the US - see complete list: [Countries with risk of yellow fever virus \(YFV\) transmission](#)).

- **Viral Hepatitis A:** (Immune serum globulin, formerly called gamma globulin), or Havrix. People on backcountry treks are considered at risk for Hepatitis A. Vaccination for Hepatitis A is recommended by the CDC.

- **Meningococcal Vaccine:** The CDC recommends a single dose for East Africa travelers.
- **Typhoid:** The CDC recommends vaccination for travelers going off the usual tourist itineraries and/or those traveling for 6 weeks or more.
- **Cholera:** Cholera is present in Tanzania, but risk to travelers is considered low. Immunization is not required or recommended due to the relative ineffectiveness of the vaccine.
- **Malaria Prophylaxis:** Malaria is caused by a parasite transmitted by the bite of an infected mosquito. Malaria exists in East Africa. According to the CDC, there is no risk of malaria above 2,500 meters (8,202 ft.) The NOLS East Africa base is at 1,487 metres (4,907 feet). There is risk of exposure in the Ngorongoro area.

Malaria in East Africa is resistant to the drug chloroquine. **You and your physician should choose your drug regimen for a malaria prophylaxis.** Possibilities are: 1) Malarone; and 2) Doxycycline.

Follow the malaria medication's directions (this information is also available on the CDC website). Regardless of the prevention method, it is still possible to contract malaria.

The CDC recommends the use of a chemical prophylaxis, in addition to taking measures to avoid being bitten by mosquitoes. There are other possible drug regimens; consult with your physician particularly in regard to interactions with any other medications that you may be taking. The CDC in Atlanta, Georgia, has a useful malaria hotline: 404-332-4555.

Some tropical diseases you may be exposed to in Tanzania could take a few weeks or even months to produce noticeable signs and symptoms. Follow-up health care with a physician experienced in tropical medicine may be appropriate after your course.

Traveler's Diarrhea

Diarrhea is the most frequent travelers' health problem in developing countries. We do not recommend prophylactic use of anti microbial/anti motility agents (Lomotil, Imodium) because of possible troublesome side effects. Diligent hand washing, purifying water, careful food preparation, and being careful about what you eat are important preventative measures. All tap water used for drinking, brushing teeth, and making ice cubes should be boiled, disinfected, or filtered. We disinfect our water in the field with Aqua Mira, which NOLS provides. We have found that water filters do not work well in Tanzania due to the high sediment load in many water sources. If health problems still occur, your instructors will recommend treatment or assist you in getting medical treatment.

Medical Facilities

Not all hospitals or clinics in Tanzania are as well equipped as those in the U.S. However, we have found that the large, private Nairobi Hospital in Nairobi, Kenya (<http://www.nairobihospital.org/>) fully meets our needs. This is a well-run, well-equipped hospital with expert staff. Since rapid travel by automobile is not always possible, we use the air evacuation service Flying Doctors. This service will pick up a patient by air, and transport them from the multitude of airstrips throughout Tanzania to the Nairobi Hospital. We will enroll you in this service. All of our instructors are trained in first aid to handle emergency situations, as well.

A participant who leaves the trip for any reason is responsible for the costs of evacuation, transportation, and out-processing. Similarly, a participant who is evacuated from a remote location or needs medical treatment away from NOLS East Africa will be responsible for their

entire personal, medical, and travel expenses. An evacuation fee based upon actual expenses will apply in most cases. In such evacuations, a NOLS instructor will accompany the participant.

Acquired Immune Deficiency Syndrome

Acquired Immune Deficiency Syndrome (AIDS) is a health problem in Africa and elsewhere in the world. It is believed that the highest-risk group for AIDS in Africa is sexually active heterosexuals, particularly prostitutes, and their customers. Insect-borne, food-borne, and water-borne transmission remains undocumented. The same is true for transmission by casual contact.

In the case of serious injury, if the patient requires intra-vascular fluid therapy, plasma extenders (sterile fluids) will be the first choice. Whole blood is generally used only in life-threatening circumstances. The Nairobi Hospital has advised us that all of their banked blood has been screened for AIDS antibodies. You should know your blood type and carry that information with you.

Eyeglasses

If you wear contacts, please bring a pair of spare glasses as well. Because of the dusty conditions, many contact wearers encounter irritation. Remember to bring prescription sunglasses if you normally wear prescription glasses.

Currency

U.S. currency can be exchanged for Tanzanian shillings, the local currency. New, crisp \$100 dollar bills are the easiest to exchange. You will not have an opportunity to change money once the trip has started, so be prepared to exchange money when you arrive in Arusha. We will arrange time for this. This will cover cash purchases made during the trip. Again, a money belt is a wise precaution.

There are some places that accept credit cards, and there will be opportunities to use a bankcard at an ATM machine. We encourage participants to bring one or both of these. Visa or Mastercard affiliated debit cards works well in Arusha ATMs.

Travel Insurance

You may want to consider travel insurance in the event of an evacuation from the field or due to a last-minute trip cancellation. We suggest exploring **Travel Guard** (travelguard.com) or other travel insurance companies. **Costs incurred by a participant's evacuation are the responsibility of the participant.**

Registration and Payment

To reserve a space on this trip, please submit a non-refundable deposit to the NOLS Alumni Department. We accept Mastercard or Visa credit cards over the phone at 800-332-4280, or you may mail a check to: NOLS Alumni Department - 284 Lincoln Street, Lander, WY 82520. The remainder of the tuition and all application forms are **due February 3, 2018.**

The price of the trip includes all group equipment, instruction, park fees, shuttles, lodging, and all meals beginning with dinner on April 5 through breakfast on April 14. Porter gratuities (estimated at \$300 USD per participant) are not included.

Please see the separate trip equipment guidelines for gear details.