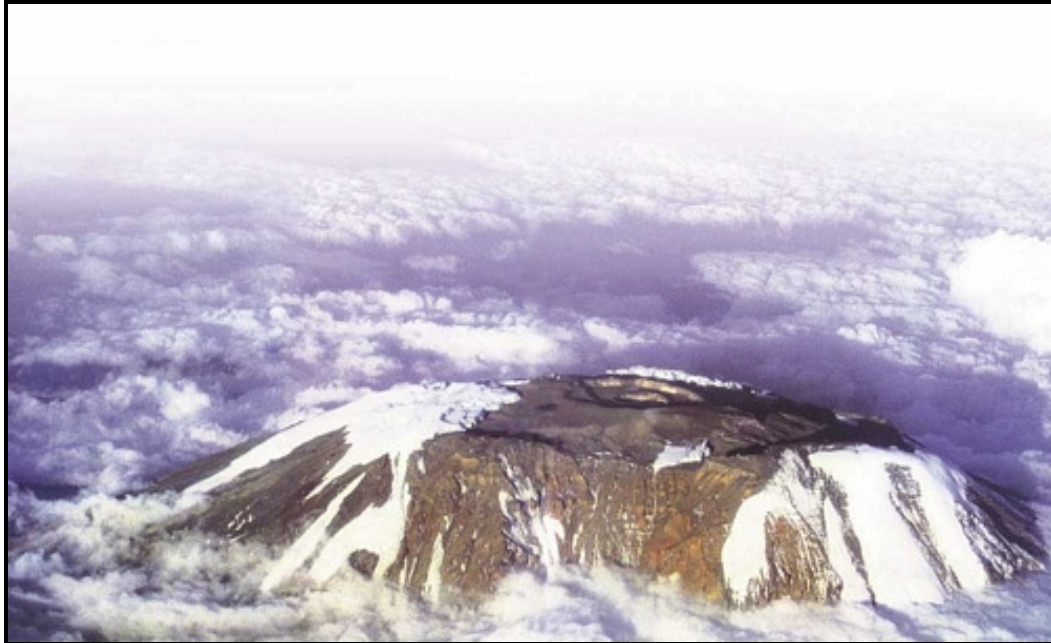


A Journey to Climb Mount Kilimanjaro Trip Information



with



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KILIMANJARO – FIXED DEPARTURE: THE SHIRA ROUTE 8 DAYS

Situated south of the equator - in Tanzania - at 19 340 feet, (5895m) Kilimanjaro is Africa's highest mountain and the highest "free standing " mountain in the world. Huge permanent glaciers flow down from the summit, and spectacular views and beautiful ice formations are the reward for the successful trekker, who conquers this mighty peak. It is not for the faint-hearted - this will test you to your limits, mentally as well as physically. The main problems one might experience are altitude sickness, which can be countered by use of medicines, and lack of oxygen. The standard route is a hike - no climbing as such. It is very cold - correct kit is a must - but our kit lists and hire equipment are top quality. We have personally done the major routes; so can offer firsthand advice. Good preparation and counsel, as well as good guides on the mountain, have given us an over 95% success rate (the average is 60%) - this type of thing is a "once in a lifetime " challenge, and must not be taken lightly. We ensure that all our climbers have all the facts - medical list, equipment list, etc, long before they travel so they are prepared and ready to meet this exciting challenge head on.

Any reasonably fit person who enjoys walking can reach the summit of Kilimanjaro. The youngest to make it was nine years old - the oldest seventy-nine. While thousands of people scramble to the top of Kilimanjaro each year, there are also some extremely severe climbs available to the experienced mountaineer. There are several principal hiking routes up the mountain.

The Shira route approaches Kilimanjaro from the west through forest and open moorland, crossing the caldera of Shira volcano and exploring the rock formations of the plateau, before traversing beneath the Southern icefields of Kibo. We make our final ascent by the Barafu route. The eight day itinerary gives maximum possible acclimatisation and also gives us plenty of time to enjoy the magnificent scenery. The views of Kibo in the sharp light of morning and early evening are often stunning and the area around the Lent Hills, close to the western flank of the summit cone, is very rarely visited. Shira is a little-used approach route and this itinerary is carefully designed to maximise time in unspoilt wilderness areas before the convergence with other routes in the final stages of the trip. It is also well structured for walkers of all levels of fitness and experience: the fixed walking days are only half day hikes but there are plenty of opportunities for additional afternoon acclimatisation walks at higher altitudes.

Nights are spent in 'alpine tents' that sleep two including room for gear. All your supplies and camping equipment are portered up for you (tents, 20-25 mm compressed foam sleeping mats, awnings, stools, lights, etc), and your meals are prepared. Your personal baggage limit is **15 kg** for the climb. Additional porters can be added for an additional fee.



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DETAILED ITINERARY

Weekly Departures for Kilimanjaro

Our partners in East Africa run trips on a weekly basis, and if you want to go with a group of 4 – 12 adventurers from around the world, you can join one of these trips.

They do not offer a 7 day trip, they offer either an 8 day trip or a 6 day trip and we recommend the 8 day over a 6 day to allow for better acclimation. The route Steppin' Out would use for a custom trip is seven days, which gives good acclimation time, but it is a bit more crowded route. We opted for that only because we were able to keep the price reasonable and still afford to send a representative from Steppin' Out and we added a few extra pieces such as additional porters to help with extra luggage, and additional oxygen.

The cost of the fixed departure for the 8 day route will be the same, however, there will not be a representative from Steppin' Out on the trip, (however, the local guide will be the same) and if you think you might be over the 15kg or may not want to carry your daypack, an additional porter is \$85 and a safety precaution supply of oxygen is \$80 per person.

(If Steppin' Out is sending more than one person, we can assist you in splitting these costs).

The Shira Route has many advantages:

- 1) It has very varied and beautiful scenery. The very first part of the walk is the least interesting, but by the end of day 1 you are up and on the wild Shira Plateau, then comes a day or so with the same scenery as Machame, before you set off to Moir Hut and the wild Lent Hill, which is right at the edge of Kibo. From there you go via Lava Tower, another dramatic feature, to get to Barranco and Karanga, which you know, and you finally have the rainforest at the way down. The end result is you see the same type of rainforest as on Machame, as well as all the scenery along the route, PLUS you get the Shira Plateau and the Lent Hills on top
- 2) The programme maximises the time spent walking and camping in the quieter wilderness areas of the mountain. This is a big advantage, as Kilimanjaro is often busy.
- 3) 8 days offers a really good acclimatisation schedule, and therefore gives an even better chance to reach the summit. Our latest statistics show that 90% of climbers reached the true summit of Uhuru Peak, which is a marked difference to the success rate on Rongai.
- 4) The programme is flexible – most fixed walking days are just half days walk, but with the option of doing longer/higher walks in the afternoon for the stronger walkers.
- 5) Because there are no long days in this programme (apart from the summit!), it's interchangeable with Rongai 6. You don't need to be any stronger to do this programme compared to Rongai 6, but you do need to like camping.
- 6) Very good value for the time spent on the mountain.

The Shira departures start in Arusha on a Friday, climbing on a Saturday and ending on the next Sunday in Arusha.

Brief itinerary	
day 1, Fri	Transfer to Ilboru Safari Lodge, Arusha.. Briefing held today.
day 2, Sat	Transfer to Londrossi Gate and start climb, Shira One Camp
day 3, Sun	Shira Two Camp
day 4, Mon	Moir Hut
day 5, Tues	Lava Tower Camp
day 6, Wed	Karanga Camp
day 7, Thurs	Barafu Camp
day 8, Fri	summit early in the morning, Millenium Camp
day 9, Sat	finish climb, overnight at Ilboru Safari Lodge, BB.

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Trip Details

Trip Length	10 days/9 nights
Dates of Trip	2009 7/31 - 8/9 8/28 - 9/6 9/18-9/27 10/9-10/18 10/16-10/25 12/25 - 1/3 (other dates available, please ask)
Cost	\$2525 (nonmember, early bird price, with check payment) New Years additional \$100
Single Supplement	\$275 (tent and hotel)
Arrival Place/Time	Arrive in Kilimanjaro on Day 1, although we recommend that people come in the day before so that on Day One they get a good night's sleep. Individual transfers are included in the price so, there isn't one particular time all need to arrive.
Depart From	Depart Arusha, Tanzania from Kilimanjaro Airport (JRO) - either extremely late (after 10 pm, day 9 or early on day 10)
Getting There	<p>If you are taking the bus to and from Nairobi, then the return shuttles are scheduled at 8 am and 2 pm, so you would need to stay over day 9, if you are only doing the climb. For budgeting purposes, bus fare is typically \$55 USD for roundtrip transportation.</p> <p>BY AIR: Tanzania has three major international airports: Dar es Salaam, Zanzibar and Kilimanjaro (JRO) . The latter, as you may expect, is the most convenient for our trip as it's located only 48km away from the mountain town of Moshi and a similar distance from Arusha. However, only a few carriers service Kilimanjaro (JRO) from the U.S., including KLM, Ethiopian, Air Tanzania and Air Kenya. We can help with arrangements from Zanzibar and Dar-es Salem.</p> <p>In addition to the Tanzanian destinations, you may also wish to consider Nairobi in Kenya, both of which are conveniently situated for Kilimanjaro and typically less expensive to reach, Note, however, that by choosing this option you may need a multiple-entry visa (if you are flying out of Kenya, too, for example, and spend longer than a fortnight in Tanzania) for Kenya, thereby reducing or eliminating any airfare savings you may have achieved.</p>
Price Includes	Round Trip Transfer from Kilimanjaro Airport (JRO) 2 nights at a 3 star hotel – Only breakfast included at the hotel 7 nights at Shira route In total 9 breakfasts, 8 lunches, 7 dinners English speaking local guides All camping gear except for sleeping bags and mat Current park fees and government taxes Private vehicle transfer from Arusha to Londorossi gate and back from Mweka Gate to Arusha Porters
Price Does NOT Include	International Flights Visas (\$150 for US citizens) Travel Insurance, required but not included in package price Health requirements Meals and drinks not stated

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Soft drinks and alcoholic beverages
 Gratuities for the guides and porters (recommended \$100-120 USD per climber)
 Items of a personal nature and any services not specified in the above tour description
 Airport tax: Airport tax when departing from a Tanzanian airport is currently \$30 USD for international flights. Domestic flights are subject to airport taxes, too, although these vary from airport to airport (usually \$6-11USD). Zanzibar departure taxes for both domestic and international flights must be paid in CASH.
 Optional tours and/or trip extensions.

References

Last year we had nine climbers. We have improved a few things (such as toilet tents and bringing fresh food up at the end of the trip, plus we are staying in a different hotel), but for overall comments, feel free to contact any of the participants from last year.

Augenbraun	Joe	joe@neatorobotics.com
Hamburger	Mitchell	mountainbeach@verizon.net
Hiller	Paula	paula.hiller@siemens.com
Jaffee	Matthew Allan	reelaxman@ameritech.net
Makin	Susan	expressiv2@aol.com
Sandusky	Lisa	sandusky@medscape.com
Schwartz	Dan	danielj22@aol.com
Tattleman	Steve	stevet123@aol.com

Group Demographics:

Because this is a public trip that our outfitter is opening to all their clients, we do not know who will be on the trip. We can say, that there is a certain type of person who goes on this type of trip, so you can be sure that you will be with like-minded individuals.

Adventure Travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with one of us.

Trip Fitness Rating:

Kilimanjaro: With adequate preparation, any reasonably fit person above the age of 9 years old can reach the summit successfully. In fact, the oldest person to date to reach the summit was a Frenchman Valtee Daniel at the age of 87!!!

That being said, preparation - both physically and mentally - are essential for success. However, you can't completely prepare because the main reason why people fail to reach the summit is due to altitude sickness rather than lack of necessary strength or stamina.

Most of the clients tend to be regular outdoors people, enjoying aerobic sport around four or five times a week over some period of time. Preferably this has been a long term interest but if not, you have set a program of fitness preparation with at least two months lead in time to your trip.. At the same time, you are also comfortable with the layers you like to wear and footwear. We had a number of people who had decided that they were going to get fit, so it was a new experience. Once you register, we will send you an 8 week preparation packet.

Whilst this ascent of Kilimanjaro is not a technical climb, it is nevertheless a short and steep trek at altitude, and for many people it will be the hardest physical walk of their life. In order to get the most out of the trip, people should join in Arusha with a maximum state of fitness.

A weekend of walking would be a good thing to do; it won't improve your fitness to a great degree but it will at least confirm that you can walk for more than a few hours at a time, and for more than one day. It's best to try and simulate the situation you'll experience. For example, wear the clothes you plan to bring to Kilimanjaro with you – particularly your boots and socks – and carry the daypack that you hope to be carrying all the way to the top of Kibo. That way, you'll have confidence you can manage the distance with the weight you'll be carrying.

Passport Info:

A valid passport is required for all travel outside the United States. Please make sure that your passport expiration date is at least six months beyond the date of return.

If you do not have a passport, you will need to acquire one for international travel. United States citizens can typically apply for a passport at a number of facilities, including many Federal, state and probate courts, most local post offices, some libraries and many county and municipal offices. Apply early! Depending on the agency used, you will receive your passport within 5-6 weeks of submitting an application. If expedited service is necessary, you must apply in person at one of 13 passport agencies found in most major cities. You must present your airline tickets or airline generated itinerary and the other required items for the application. You need to make an appointment with your passport agency for expedited service. If you do not live near a passport agency, you can use an overnight delivery service and your local passport acceptance facility. An additional \$35 is charged for expedited service per application. Further information and your local passport processing facility can be found on the website of the U.S. Department of State:

<http://www.state.gov/index.cfm>

Visa

Visas to Tanzania are compulsory for all visitors, and cost approximately \$150 for US citizens. Visas are obtainable at the airport when you arrive, but it is advisable to have one before you land, as officials tend to "not have change". Visas are obtainable from the Tanzanian Embassy.. With all applications you will need to present a passport that's valid for at least six months and two passport photos. If applying in person, some consulates/high commissions (including the ones in London and Washington) insist that you pay in cash. A visa is typically valid for three months from the date of issue. The process for getting a visa is simple. You can download the **visa application form** from www.tanzaniaembassy-us.org or go to the nearest Tanzanian embassy location.

Remember, **if flying in and out of Kenya** you will need a Kenyan visa too (If you plan to fly to Kenya and cross into Tanzania from there, you can return to Kenya using the same single-entry visa you arrived with, providing your visit to Tanzania lasted less than two weeks, and that your Kenyan visa has not expired. Apparently, you can do this only once (i.e. it's a double-entry visa, not a multiple-entry one),

Immunizations

- Check with your health care provider, and/or visit a travel immunization clinic near you for specific requirements for travel to Tanzania. Check www.travelclinics.co.za for clinic locations near you.
- Make sure you are up-to-date on your tetanus shot.
- If possible, get a prescription for a broad-spectrum antibiotic in case you develop symptoms while traveling.
- All travelers should have and carry with them a **Yellow-fever vaccination certificate** Immunizations; Yellow fever vaccination is now again obligatory to show at entry. I'm not sure they always ask for it, it's just come into place, but it's certainly legally back again. If you don't have the Yellow Fever certificate, and they check, you will have to take a vaccination on the spot for \$50.. This certificate can be picked up from your doctor after you have received the shot.
- While all decisions should be discussed with your doctor, other recommended inoculations include:

Typhoid This disease is caught from contaminated food and water. A single injection lasts for 3 years.

Polio The polio vaccine used to be administered by sugar-lump, making it one of the more pleasant inoculations, though these days it's more commonly injected. Lasts for

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ten years.

Hepatitis A This debilitating disease of the liver is spread by contaminated water, or even by using cutlery that has been washed in this water. The latest inoculation involves two injections; the first will protect you for three years, the second, taken six to twelve months later, will cover you for ten years.

Malaria Malaria is a problem in Tanzania, which is considered one of the highest risk countries in the world. While you are highly unlikely to contract malaria on Kilimanjaro, which is too high and cold for the anopheles mosquito (the species that carries malaria), it is rife in coastal areas and on Zanzibar. It's a relatively small risk if you just come in for the climb, but it is the area where there is a risk, and certainly because we are staying in Arusha, it is probably best to take it.

When beginning a course of anti-malaria's, it is very important to begin taking them before you go; that way the drug is established in your system by the time you set foot on Tanzanian soil and it will give you a chance to see if the drug is going to cause a reaction or allergy. Once started, complete the full course, which usually runs for several weeks after you return home. Which anti-malarial you will need depends on your previous medical history. Your doctor will be able to advise you on what drug is best for you. Most of the clients who have taken it, have better reaction (or no reaction) to Malarone, and while it is more expensive, you don't have to take as many. We have not had good feedback of those who have taken Lariam.

Health

Please note you will need a Yellow Fever inoculation, this must be done no later than 10 days prior to departure. If you have had any previous history of liver disorders you must consult your physician first. Malaria prophylactics are a must. Please refer to our medical sheet for the mountain.

It's unlikely that you'll suffer anything more in Tanzania than a dose of the runs, some altitude sickness or, if you're careless, a touch of sunstroke. If you've got the former, just rest up and take plenty of fluids until you recover; to protect against the latter wear a high-factor sun lotion and a hat, and drink a lot of fluids – maintaining a reasonable salt intake will also help to prevent dehydration. As for altitude sickness, which the majority of trekkers on Kili suffer from to some extent, as well as other ailments that you may contract on the trail.

To avoid Stomach problems Diarrhea is often symptomatic of nothing more than a change of diet rather than any malignant bacteria, so if you get a vicious dose of the runs don't panic and assume you've got food poisoning. That said, there are problems with hygiene in Tanzania, so it's wise to take certain precautions. Take heed of that old adage about patronizing only places that are popular – so food doesn't have a chance to sit around for long – as well as that other one about eating only food that has been cooked, boiled or peeled. Stick to bottled, purified or filtered water and avoid ice unless you're certain it has been made from treated water. Wipe the mouth of soda and alcohol bottles before drinking and ensure that water bottles are sealed properly before purchasing. Washing fruit, vegetables and your hands and ensuring food is thoroughly cooked can all help to prevent food poisoning. Shellfish, ice cream from street vendors and under-cooked meat should all be avoided. Be sure to wash your hands often with soap. Before meals, wash and dry your hands before touching your food.

Weather and Preparation:

Tanzania is a land without winter. Temperatures in northern Tanzania range between 60F-70F during the day and 40F-50F at night, from May to October. From November to March the daytime temperature varies from 70F-90F and from 60F-75F at night. However, if you are travelling to high altitude areas, of course the temperature drops substantially. Kilimanjaro:

Being only 3 degrees south of the equator, Kilimanjaro is influenced by the passage of the Inter-tropical Convergence Zone. There is a constant feeling of summer, and there are two rainy seasons to keep in mind. The highest rainfall occurs from March lasting until about the end of May. This is monsoon time. Slightly less rain falls during the short rainy period, which occurs from around October to November, but can extend into December. Apart from these factors, climbing Kilimanjaro remains fairly constant throughout the year.

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The average temperatures at the foot of the mountain is 25°-30° C and on the summit, it can range from minus 10° -20° C. At 3000m the day temperatures range from 5°-15° C, and at night frost is normally encountered. Clearly a large variation, making it more interesting to summit the mountain.

The two main trekking seasons for Kilimanjaro correspond with the mountain's two dry seasons (an imprecise term, the weather being occasionally inclement during these periods too) The January to March season tends to be warmer, but there is a much greater chance of snow on the path at this time because of the rain,. The days, however, are often clearer, with only the occasional brief shower. It is usually an exceptionally beautiful time to climb and is often a little quieter than the other peak season of June to October, which coincides with the main academic holidays in Europe and the West. In this latter season the clouds tend to hang around the tree-line following the heavy rains of March to May. Once above this altitude, however, the skies are blue and brilliant and the chance of precipitation minimal (though still present).

Accommodations

We provide spacious two person tents of proven quality made in England and specifically designed for mountain use. There is plenty of personal space, an ample luggage storage area, and a separate external flysheet. A limited number of these tents are available as single tents at a supplementary charge and should be reserved in advance. Clients should bring their own sleeping bag and mat. Breakfast and dinner are served in our communal dining tent with folding chairs, tables and lanterns. This tent is also available for communal use in the afternoon and evening; especially useful in the event of inclement weather.

The first and last evenings will be spent at Ilboru Safari Lodge, Arusha.

The lodge is strategically located within the Northern tourist circuit, at the foot of Mount Meru and within the traditionally set suburb of Arusha. It has been designed to match the traditional surroundings without compromising international quality services. The rooms are situated in rondavels set in traditional style that is uniquely African, each with two self-contained large rooms. Delightful in the extra space, every room is significantly larger than the normal standard found in similar tourist hotels and lodges, with twin beds and a balcony which provide picturesque views to the well kept grounds. They are tastefully decorated with traditional design themes. Each is appointed with native art and furniture. All rooms have telephones and private balconies with vistas of quiet, meticulously maintained gardens.

A typical trekking day

We aim to rise early, pack up our gear and have breakfast by 7.30am, before getting on the trail by 8.00am. The staff would normally prepare hot cereal with eggs, bread, and hot drinks, fill water bottles if they have not already been filled from the night before. We trek on average 6 hours per day, with summit day being anything from 10 to 15 hours, or possibly more depending on your pace and number of breaks. Local people will carry our kitbags (each member's kitbag should not exceed 15kgs*), as well as our other camp gear. Lunches will be either a hot lunch with soup, salads and bread or a packed lunch, with sandwiches, biscuits and fruit etc. Dinner will be prepared by our cook and include a soup and main dish of stewed vegetables and meat with rice or potatoes or similar, followed by a dessert and hot drinks.

* If you exceed 15 kgs, an extra porter is needed and you will be charged an additional US\$85.

What do you carry

In your daypack you will need to carry extra warm clothing, a rainjacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. You may wish to bring some boiled sweets or muesli/energy bars that you have a preference for, for the trail. Porters carry all group gear and your trek pack.

Important points to remember - Before you start Training

Medical Checkup

Before embarking on a fitness program, it is always wise to seek the approval of your family doctor. By all means show him this program so that he can see exactly what you are talking about. Chances are, that he will be delighted that you will be exercising

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regularly.

Progressive Resistance

In essence this gym fitness program consists of regular performance of progressive resistance exercises with either free weights (barbells and dumbbells) or free weight machines as found in gymnasiums. The idea behind progressive resistance is that your exercise can be tailored to your age, conditioned and strength and progressing to higher resistance or weights as you develop.

Safety Factor

Because progressive resistance movements are tailored to your strength levels the program is potentially safe. However it is essential that all the exercises are performed correctly and that the basic safety procedures are followed. It is always a good idea to invest in a book on physical fitness or to ask the local gymnasium instructor to show you how to perform each exercise correctly

Sets and Reps

Your workout is made up of repetitions (reps) and sets. A rep is a single count of an exercise.-- i.e. going down for one squat movement. If you perform a series of reps (the average is 10 to 12) and then stop for a breather, this is known as a set.

Warm Up

You should always warm up your muscles before any exercising routine. This means putting your body through a variety of stretches to warm up, strengthen and progressively challenge the tendons, ligaments, joints and muscles. Stretching is the best and very important way to prepare yourself for an injury-free workout.

Tips

Please budget at least USD100-\$115 for this seven day camping hike - per guest - which gets split across the group. Tipping in Tanzania is customary, but NOT obligatory. If you are happy with the service given, the amounts below constitute a good tip from your group. Tipping should take place at the last camp on the final morning of the walk. It is best to collect money from all members of the group into a 'pot' and then one or two members of your group act as spokespeople and distribute the tips. It is fairest to tip each staff member individually. Below are estimated per person for each of the different types of help.

\$ 15 Chief Guide, \$ 10 Cook, \$ 12 Assistant Guides ;\$ 7 Summit Porter, \$ 7 Helping Porters \$ 6 Ordinary Porters

Old clothing is also appreciated! Porter age: US\$ 1.00 per bag

Money

There is no restriction on the importation of foreign currency. The import or the export of Tanzanian shillings is prohibited. The current rate of exchange is around T.Shs 1200 to US\$1 but may vary at the time of departure.

Your best option is to travel with some cash in varying amounts. Very important. **Please make sure that all your US dollars are issued after the year 2000.** They do not accept old bills as there was a counterfeit issue.

There are ATMS in some locations, but they are not always universal, working for all banks. Finding one that the whole group can use, can be difficult and time consuming.,

CREDIT CARDS

Some of the major lodges and hotels are now accepting credit cards on mainland Tanzania - we do suggest that you take sufficient cash/travelers cheques and **use a credit card as a back-up only.** In some cases a surcharge will be added to credit card payments – 5% being average.

CLOTHES

The fact that you will be paying porters to carry your rucksack does, to some degree, make packing simpler - allowing you to concentrate on warmth rather than weight. However, packing for warmth does not mean packing lots of big jumpers. The secret to staying warm is to wear lots of layers. Not only does this actually make you warmer than if you just had one single, thick layer - the air trapped between the layers heats up and acts as insulation - but it also means you can peel off the layers one by one when you get too warm, and put them on again one by one when the temperatures drop. A suitable mountain wardrobe would include:

Walking boots Mountain boots are unnecessary unless you're taking an unusual route

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that demands them. If you're not, a decent pair of trekking boots will be fine. The important thing about boots is comfort, with enough toe room, remembering that on the ascent up Kibo is very cold and you might be wearing an extra pair or two of socks, and that on the descent the toes will be shoved into the front of the boots with every step. Remember these points when trying on trekking boots in the shop. Make sure they are also sturdy, waterproof, durable and high enough to provide support for your ankles. Finally, ensure you break them in before you come to Tanzania, so that if they do give you blisters, you can recover before you set foot on the mountain.

Socks Ahhh, the joy of socks ... a couple of thick thermal pairs and some regular ones should be fine; you may stink but you'll be comfortable too, which is far more important. Some people walk in one thick and one thin pair of socks changing the thin pair regularly, rinsing them out in the evening and tying them to their pack to dry during the day. Thin socks inside thick socks really helps – both for body warmth and for lessening friction.

Down jacket Nevertheless wonderfully warm, light and compact - and expensive. Make sure it is large enough to go over all your clothes.

Fleece Fleecees are light, pack down small, dry quickly and can be very, very warm. Take at least two: one thick 'polar' one and one of medium thickness and warmth. Make sure that you can wear the thinner one over all of the T-shirts and shirts you'll be taking, and that you can wear your thick one over all of these - you'll need to on the night-walk up Kibo.

Thermals The value of thermal underwear lies in the way it draws moisture (ie sweat) away from your body. A thermal vest and long johns are sufficient.

Trousers Don't take jeans, which are heavy and difficult to dry. Instead, take a couple of pairs of trekking trousers, such as those made by Rohan, preferably one light and one heavy.

Sun-hat Essential: it can be hot and dazzling on the mountain ...

Woolly/fleecy hat ... but it can also be very cold. Brightly-coloured bobble hats can be bought very cheaply in Moshi; or, better still, invest in one of those knitted balaclavas which you can usually find on sale in Moshi, which look a bit like a pizza oven but which will protect your face from the biting summit wind.

Gloves Preferably fleecy; many people wear a thin thermal under-glove too. Make sure you ask because the fingers are the first to get numb!

Rainwear While you are more likely to be rained on during the walk in the forest, where it's still warm, once you've got your clothes wet there will be little opportunity to dry them on the trek - and you will not want to attempt to climb freezing Kibo in wet clothes. A waterproof jacket - preferably made from Gore-tex or similar breathable material, hopefully with a warm or fleecy lining too, and big enough to go over all your clothes so you can wear it for the night-walk on Kibo - is ideal; waterproof trousers are perhaps a luxury rather than a necessity, but if you have a pair bring them with you. Alternatively, one reader suggests a cheap waterproof poncho 'from a dollar store', preferably one that goes over the backpack as well as yourself.

Summer clothes T-shirts and shorts are the most comfortable things to wear under the humid forest canopy. You are strongly recommended to take a shirt with a collar too, to stop the sun from burning the back of your neck.

One of the most critical items of clothing is a an outer jacket. You want it to perform the functions of keeping you warm, protect you at temperatures of as low as minus 25 degrees Celsius, keep the wind out and yet still "breath".

Try to avoid tight fitting clothing or underwear. This will hamper circulation, causing either cold or discomfort on the mountain.

The only way to ensure that you are dressed warmly is to follow the principal of wearing the correct clothing layers, starting from against the body. A common mistake made by climbers is to wear almost everything they have and to start off with cotton against the skin. Cotton absorbs moisture perfectly, and moisture trapped against the skin will result in a definite lowering of the body temperature, which could even lead to hypothermia. It is therefore very important to use proper thermal underwear with "wicking" properties (a fabric which has the ability to draw moisture away from the body) and thus enabling it to evaporate to the outside. The middle layer should provide the insulation and a product like polar fleece will be adequate in this regard. The outer layer should be windproof, waterproof and breathable. Products like Ventex, Goretex or Jeantex offer these properties. Short of altitude and physical exertion, cold is one of the most serious

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obstacles when attempting to summit Kilimanjaro.

EQUIPMENT

- Sleeping bag rated at least zero to minus 10 degrees, along with a small camping pillow (not completely necessary). Down filled sleeping bags are the best. I would recommend the following brands (Mountain Hardware, North Face, Marmot, Moonstone, REI)
- Daypack/backpack. The majority of your possessions will be transported by the porters but you will want to have a few basic items (such as water, camera, raincoat, snacks, warm clothing) readily available throughout the hike and will need a backpack to carry those items yourself. Expect to carry no more than 30 lbs.
 - Sleeping mat
 - Thermal water flask as water will freeze at higher altitudes
 - Light shoes (sneakers) or hiking sandals for overnight camps, not for trekking on the mountain
 - Boots (Gore Tex)
 - Mittens or warm gloves with glove liners
 - Balaclava and/or warm hat (wool and fleece blend)
 - Gaiters (OR-Outdoor Research brand)
 - Walking stick or trekking poles (Leki brand)
 - 2 Water bottles at least a liter, water purification tablets and powdered sports drinks (camel pak is great)
 - Pocket knife or Leatherman type tool
 - Notebook or journal and pencil
 - Headlamp (Petzel) and small flashlight
 - Walkman or MP3 player
 - Paperback book (plan to share with others!)
 - Spare batteries (lithium batteries are the best for cold temps.)
 - Toilet paper, one roll biodegradable
 - Wet ones, purrell type
 - Body wipes
 - Hot Water bottle
 - Medical kit
 - Hand and feet warmenrs (not the ones that need oxygen to activate)
 - Sun glasses
 - Camera- remember at top it can get very cold and freeze, so bring a small one
 - Personal first aid kit: aspirin, ibuprofen, Band-Aids, antihistamine tablets, prescription medications clearly marked in their original containers, caladryl, moleskin, etc...
 - Extra copy of your prescription for any medication...written in generic drug terms
 - Extra pair of glasses and/or contact lenses (some say for the climb glasses not recommended)
 - Sunglasses with UV protection and retainer leash (such as Croakies™)
 - Sunscreen (SPF 15 or higher) and lip balm wit UV protection - this is a must!
 - Insect repellent
 - Towel /Bandana

How to pack

For Kilimanjaro also Your personal baggage limit is 15kg
When you are carrying your own bag, you'll want to climb light
Climb as lightly as possible, this becomes even more important on your summit night.
Extra weight will slow you down and will also make breathing more difficult.

Remember that you will be on the mountain for 7 days. You need to take enough clothing, especially socks to last for this period. Due to frequent rainfall as well as numerous

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streams on the routes, it is advisable to pack items individually in your bag. But to be perfectly honest, most of us wore the same things –once we figured out what worked, we wore them over again. These individually packed items should be wrapped in plastic bags to prevent them from getting wet in case of rain or of being accidentally dropped in a stream.

What to put in your day backpack

Normally you will not see your backpack from the moment you hand it to the porter in the morning to at least lunchtime, and maybe not until the end of the day. It's therefore necessary to pack everything that you may need during the day in your bag that you carry with you. Some suggestions, in no particular order:

- sweets
- water and water purifiers
- camera and spare film/batteries
- sunhat/sunglasses and sunscreen
- toilet paper and trowel
- rainwear
- walking sticks and knee supports
- medical kit, including chapstick
- watch

Medical Equipment

Group medical kits with instructions are provided on all climbs. All Western leaders have first aid certificates and senior local guides have had first aid training. We pay special attention to avoiding altitude sickness by maximising acclimatisation and do not carry oxygen cylinders.

WHAT TO PUT IN YOUR MEDICAL KIT

A medical kit should include the following: Broad base antibiotic, headache tablets, stomach disorder medication, sunscreen and water purifying tablets.

- Antiseptic cream For small cuts and grazes.
- Plasters/bandages Useful for twists and sprains as well as for larger flesh wounds. Compeed For blisters.
- Elastic knee supports For steeper gradients, particularly if you have knee problems.
- Anti-malaria's Though you're highly unlikely to catch malaria on the mountain
- Ibuprofen/Aspirin/Paracetamol Or other painkillers, though do read the discussion on AMS and the medical indications in the packet before scoffing these.
- **Pepto Bismal** tablet: Bring a lot of these. could be useful for settling upset stomachs.
- **Imodium** Stops you going when you don't want to go, which could come in handy.
- **Insect repellent** Useful on the first and last day, though above the tree-line the climate is too cold for most insects to survive.
- **Rehydrating powders** or salts. Such as Diarolyte. Usually prescribed to people suffering from diarrhea but useful after a hot day's trekking as well.
- Lip salve or chap stick/Vaseline Useful for that nighttime haul to the summit, where the wind will rip the skin from your lips. .
- Throat Lozenges Useful, as the dry, dusty air causes many a sore throat.
- Any current medication you are on Bring with you all your needles, pills, lotions, potions and pungent unguents.
- Sterile needles If you are having an injection in Tanzania, insist that the doctor uses your new needles. Carry everything in a waterproof bag or case, and keep at least the emergency stuff in your daypack - where hopefully it will lie undisturbed for the trek's duration.
- Carry everything in a waterproof bag or case, and keep at least the emergency stuff in your daypack - where hopefully it will lie undisturbed for the trek's duration
- MOTILIUM – for nausea. Good supply
- Supply of Elastoplast, etc. / small scissors for blisters

“WATER PURIFICATION TABLETS – enough for approx. 21-25 litres of water

- DIAMOX 250 mg - for altitude sickness. Max 3/day from day one (or before). Good supply. Or Azomid (Generic Acetazolamide (traded under the brand name Diamox) is

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the wonder drug that fights AMS, and the first treatment doctors give to somebody suffering from mountain sickness. Indeed, many travelers use it as a prophylactic, taking it during the walk to prevent AMS.

Diamox works by acidifying the blood, which stimulates breathing, allowing a greater amount of oxygen to enter into the bloodstream. Always consult with your doctor before taking Diamox to discuss the risks and benefits. If you do take it, remember to try it out first back at home to check for allergic reaction, as Diamox is a sulfa derivative, and some people do suffer from side effects, particularly a strange tingling sensation in their hands and feet. The disadvantage with taking AMS prophylactically according to one doctor serving on the Annapurna Circuit in Nepal, is that you are using up one possible cure. That is to say, should you begin to suffer from AMS despite taking Diamox, doctors are going to have to look for another form of treatment to ensure your survival. For this reason, a number of trekkers are now busy buying the drug and taking it up the mountain with them, but are using it only as a last resort when symptoms are persistent. If you are unfamiliar with Diamox and uncertain about the effect it could have on you, this is perhaps the best option.

Any other basic medical supplies you may think necessary.

All of the above are suggestions only - you **MUST** consult a good physician before using any of these - some may effect you at high altitude, or you may be allergic to certain drugs eg sulphur.

Luggage

You should bring a maximum of 15 kg when trekking on the mountains. It should be contained in a duffle bag or soft kitbag which will be carried inside a waterproof bag by a porter. You carry only a light day sack. Any unwanted baggage and suitcases can be safely stored at the hotel the night before.

About Our Outfitter

African Walking Company started in 1999, based on Jim Fosters experience in climbing Kili from 1992 and onwards. They are now one of the bigger operators on Kilimanjaro and handle about 3,000 clients per year. The success rate on the mountain depends on the length of the climb, but generally it's about 90% of the clients, that makes it to Uhuru Peak.

Guides to Clients Ratio

Good guiding gets you to the top and our guides are excellent!!! Some of our guides have summated over 400 times!! The guides motivate you and look after your every need - ensuring that everyone safely gets to the top. We continually receive excellent reports filled with praise for these conscientious hard-working people.

Guide to climber ratio is usually one guide to every 3 climbers, ensuring more personal service and greater safety for our clients.

For the summit there might be a "summit porter", so there will be a guide for every 2 clients. The "summit porter" is either a new assistant guides, who only goes up as a guide with big groups, or a porter, that is just about to start working as a guide. The "summit porter" will normally be the first to turn around, assuming that there is nothing seriously wrong with the people going down. In case of a guide having to go early down, he often comes back up again to make the numbers better.

Our guide teams are carefully put together to ensure that there are both guides with people skills and guides that are practically good in organising camp. All our guides speaks a reasonable level of English, and the guides normally dealing with clients speak good English.

All guides have had at least two days First Aid training, run by our outfitter and they regularly run either full refresher courses, or take a one day version, that focus on what they perceive as most needed. The course is aimed at giving the basic First Aid principles, but nothing fancy, and most importantly focuses very much on AMS. They don't give any other drugs than Diamox for the guides, and believe the best idea is to make sure guides know how to recognise the symptoms and what route to get down. In all medical boxes there is a description of campsites and situations and where to take the clients down to. The guides have a medical kit, with the most needed, simple medication in. Part of the first aid course is aley so going through what is in the box, so they know what it is for and when to use it.

They don't carry oxygen bottles or gamow bags on our normal clients, since we believe that the best safety is in making sure the clients get down quickly. For that reason we never do crater camping, since that is the one place on Kili where it's not easy to get down quickly.

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We have always aimed at treating our staff fairly, including the porters, and we are now a member of Kilimanjaro Porters Assistance Project. To be a member you need to follow their guidelines, please see www.kiliporters.org. We also organise English schools for the porters in Arusha, Marangu and Tarakea in the long rains to help them get a chance either as guides with us or find other jobs.

The Porters

It is hard to imagine the numbers of crew we need to run a safe, efficient operation. This has a direct bearing on the cost of the trip, but more importantly for us, we use large crews to ensure we do not overload our team, while not over-utilizing and damaging the mountain. They carry up for your use tents, tables, chairs, mess tents, all food and cooking utensils, as well as gas cookers ---then on top of this YOUR personal gear. As an indication, for 4 climbers we have 8 porters, one cook, one guide and one assistant guide. For 10 climbers, it's 20 porters, 2 cooks, 1 guide and 3 assistants!!! Of course, the porters also have an effect on the environment – the above ratios are a balance between the budget operators who provide limited gear and overload their crew, and some of the overseas operators who take up “everything but the kitchen sink,” and we combine safety and comfort with limited environmental damage.

Food and drink

We choose the ingredients carefully to ensure that the food prepared by our team is tasty, easy to digest at altitude, and has a high energy content. We also cater well for vegetarians, ensuring that their meals are varied and inviting. For bigger groups, specialised cooks are provided to assist our experienced guides.

At higher altitudes, stimulants (such as coffee) and less digestible foods (such as meat and peanuts) are almost totally absent from the diet. The evening meal at the highest overnight on Kilimanjaro is a combined soup/stew as experience shows this to be the best preparation for the summit day. Boiled water is offered each evening for filling waterbottles and is readily available at other mealtimes too. A wide selection of hot drinks are also available at mealtimes and soup is served twice daily. Soft drinks and beers are not available.

Hygiene

We always ensure that there is a bowl of hot washing water for you in the morning and again after the walk at an agreed time in the afternoon. The only exception is the highest overnight on Kilimanjaro where there is no running water and so all water must be carried from a lower level by porters.

Hand washing water treated with Dettol is available with soap before all meals, and everyone is strongly advised to make use of it.

Long drop toilets are available at most of the campsites and huts used on mountain climbs. We very much encourage a policy of 'burn and bury' on all other occasions to avoid littering the mountains and issue you with matches. On a very practical level we have added simple, private, toilet tents to all our group from 2008, because of the conditions of the general toilets on the mountain

Acute Mountain Sickness

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of oxygen available. To allow our bodies to adjust we are using treks where you ascend slowly, allowing acclimatization to occur. Individuals acclimatize at different rates and the best strategy is to take your time and avoid getting out of breath while walking. Also avoid dehydration by drinking plenty of water. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Cough
- Palpitation
- Swelling of the hands and face

These symptoms may not indicate the onset of A.M.S. and you must report them to your leader so they can be diagnosed and dealt with. If you do experience them it does not necessarily mean that you should not continue. Shortness of breath at rest and severe headache are more serious symptoms and must be reported immediately day or night. The only cure severe form of High Altitude Illness is to descend

The Typography

Kilimanjaro rises from plains at approximately 2000 meters, right up to 5 895 meters. An ancient volcano, it now lies dormant except for some tell tale signs of fumaroles in the ash

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pit. Two other peaks, namely Mawenzi and Shira, flank the main peak of Kibo. These peaks form spectacular photographic backdrops when viewed from various vantage points along the routes to the summit.

The different routes to the summit pass through five ecological zones, being the cultivated lower slopes, Montane forest, heath and moorland, alpine desert and the ice capped summit. The lower slopes of the mountain are mainly used for agricultural purposes.

The climate here is ideal for the production of coffee, an industry that Tanzania is famous for. Further up, a rain forest belt encircles the mountain up to about 2 000 meters. As you proceed higher, you pass through the heath which changes into moorland, semi-desert at altitude, progressing into total desert and finally into an alpine region with permanent ice glaciers. The higher slopes are covered with scree, loose stones resembling gravel, making it more difficult to negotiate. The main glaciers edging their way down the slopes of Kibo are Heim, Rebmann, Decken, Arrow and some smaller ones. These glaciers form the permanent ice cap of the mountain, although they are, as a result of global warming, believed to receding each year.

Travel Protection:

For a worry-free vacation, and peace of mind, we recommend the purchase of our travel insurance. Because unforeseen circumstances may arise, we strongly recommend you purchase this ProtectAssist® Protection Plan. Coverage may be purchased any time up to 24 hours before departure. The package includes the following coverage. The following is a summary of the coverage; some coverage's are subject to a maximum benefit schedule detailed on the policy. We will be happy to send you a copy of the fully detailed information on the plan. *Insurance coverage subject to limitations, exclusions and terms and conditions of policy.

Details of Coverage:

- Trip Cost: Trip Cancellation & Interruption: Covers you up to a maximum of 150% of trip cost if a trip is canceled or interrupted due to any of the covered unforeseen circumstances such as sickness, injury, death of you or a family member, inclement weather causing cancellation or interruption of travel. Additional detail of covered circumstances is available by request.
- Trip Interruption - Return Air Only: Covers the additional transportation expenses incurred by the Insured to the Return Destination for 150% of trip cost or \$750, whichever is greater.
- Trip Delay: Reimburses you up to \$150 a day up to a maximum of \$750 for additional accommodations or reasonable travel expenses if you are delayed for more than 5 hours.
- Missed Connection: Reimburses you up to \$250 if inclement weather or common carrier causes cancellation or a delay for regularly scheduled flights for three to less than five hours.
- Baggage & Personal Effects: Reimburses you up to \$1,000 if your luggage is lost, damaged, or stolen while you are on your trip.
- Baggage Delay: Reimburses you up to \$250 for the purchase of essential items if your bags are delayed for more than 24 hours.
- Medical Expenses: Covers necessary medical expenses up to \$25,000 up to one year after the sickness or injury provided you sought initial medical treatment while on your trip.
- Emergency Medical Transportation: Covers evacuation and transportation up to \$500,000 to the nearest adequate medical facility.

Extra Coverage: When you purchase your ProtectAssist Plan within 15 days* of making your initial trip payment, you also receive:

- Pre-Existing Condition Exclusion Waiver: You don't have to worry about Pre-Existing medical conditions.
- Trip Cost Financial Default Protection: Covers you if the tour operator, cruise line or airline declares bankruptcy more than fourteen days after the effective date of coverage under the policy. Must be purchased within fifteen days of initial trip deposit to receive this coverage - see description of coverage for complete details. (Bankruptcy protection is not covered for all suppliers.)

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- Flight Guard: This addition of \$50,000 will cover you and your family in the event of loss of life while you are traveling in the air.
- Missed Connection: This benefit will increase in coverage to \$500.

Optional Coverage (extra costs required):

- Flight Guard (\$9 per \$100,000 of coverage): Coverage of up to \$500,000 in the event of loss of life while you are traveling in the air.
- Car Rental Collision Coverage (\$9 per day, per car): Covers collision damage to a rental car for which the car rental contract holds you responsible. \$35,000 in primary coverage, subject to \$250 deductible.
- Umbrella Package (cannot be purchased separately): Medical expenses and emergency medical transportation benefits are doubled and medical coverage is upgraded to primary coverage.
- Cancel for any Reason (Multiply 1.4 by the base plan cost): Provides reimbursement of 50% of trip cost if you decide to cancel for any reason up to 48 hours prior to departure.
- Cancel for Work Reasons (\$24 per adult): For travelers who want trip cancellation and interruption coverage in the event they must cancel due to business-related reasons.

Family Coverage Included: At no additional charge, the plan covers all children 17 and under who are traveling with and related to the primary adult named on the enrollment form.

Trip Cost Per Person: +\$7fee	AGE						
	0-34	35-59	60-69	70-74	75-79	80-84	85+
\$0*	\$16	\$24	\$29	\$35	\$53	\$65	\$79
\$ 1-\$500	\$24	\$36	\$40	\$51	\$60	\$91	\$102
\$ 501-\$1,000	\$41	\$52	\$65	\$89	\$108	\$139	\$172
\$ 1,001-\$1,500	\$53	\$71	\$89	\$117	\$154	\$183	\$242
\$ 1,501-\$2,000	\$72	\$94	\$123	\$166	\$201	\$238	\$311
\$ 2,001-\$2,500	\$92	\$118	\$152	\$205	\$248	\$294	\$381
\$ 2,501-\$3,000	\$111	\$139	\$181	\$245	\$295	\$347	\$453
\$ 3,001-\$3,500	\$130	\$148	\$211	\$284	\$340	\$402	\$522
\$ 3,501-\$4,000	\$148	\$162	\$240	\$323	\$388	\$467	\$592
\$ 4,001-\$4,500	\$165	\$185	\$303	\$362	\$434	\$528	\$662
\$ 4,501-\$5,000	\$184	\$206	\$340	\$401	\$481	\$590	\$731

Cancellation Policy

The following cancellation policies apply regardless of when you registered, even for personal emergencies. Nor is there a refund for leaving a tour early or arriving late. The cancellation policy is based on the money that was due and not the money that Steppin' Out has in hand and you are still obligated to pay the balance due. For example, if you signed up for a trip and only gave a deposit, and then didn't cancel until 80 days prior, you would owe Steppin' Out 50% of the full trip cost.

Cancellation policy is as follows:

- Prior to 120 days to the departure date: \$55 administrative fee will apply.
- 120-90 Days prior to departure date: all but 25% of the full land fee will be returned.
90-60 days prior to departure date: 50% of full land fee will be retained
- 61 days on prior to departure date: No refunds. If ticket has been purchased, you will receive the ticket.

Responsibility: All tickets and vouchers covering ground transportation, hotel accommodations, lift tickets or other items in the package are issued by Steppin' Out only as an agent for such companies furnishing such services. Neither they nor their subagents shall be held liable for loss or damage to property or injury to person caused by reason of any defect by any transportation company, lodging company, car company, ski area, agent or

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any service/item in the package outside their direct control. Steppin' Out reserves the right to make changes and alterations in the itinerary that are found necessary for proper handling of tours. In such an event, substitute services or equal or greater value will be furnished, or refunded, but the alternate services will still fall under the liability statements above. Steppin' Out shall not be liable for any loss, damage, injury, accident, delay or irregularity which may be occasioned by reason, defect, or through acts of omissions of any person or company described in the confirmation. In the event of a group or bulk ticket, Steppin' Out is not responsible for any default of the airline. Should a dispute arise, venue shall be in the State of Illinois

Before you go tips

- Sign waiver and make sure it is returned to Steppin' Out at least 3 weeks prior to the trip.
- Find out the access code to reach an international operator for your calling card, or purchase a calling card that will work out of the country.
- Get some small currency (\$bills) for purchasing along the way. Traveler checks are good for insurance sake, but you get a low exchange rate.
- Visit the travel resource page on the Steppin' Out home page to read CDC reports, weather reports, electrical voltage etc. www.steppinoutadventures.com

How do I join this trip?

Please fax the registration material at the end of this packet to 877.264.7694 to reserve a space with a credit card guarantee. Then mail the following:

- Participant contract/profile
- Payment (generally in full, though installments can be worked out)
- Signed waiver form
- Doctor's signed health form
- Purchase travel insurance (through us)
- 2 clear copies of your passport
- Flight Itinerary

Special Requests

If you have any special dietary needs or any special requests, let us know.

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Participant Trip Profile and Contract: KILIMANJARO Today's Date: _____

Name as it Appears on Passport: _____

Date of birth: _____ Passport # _____ Exp date _____

Passport Country of Origin _____ Country of Birth _____ Height: _____

Address: _____ City _____ State _____

zipcode _____ Email: _____ fax: _____

Phone Number (wk) _____ home _____ cell: _____

Have you ever been on a trip similar to this? If yes, what type? _____

Allergies: _____

Any Medications you are taking, including dosage:

Dietary Restrictions: _____

On a scale of 1-10, with 10, being very active, how would you rate your physical activity? _____

Horse back riding experience: _____ Hiking Experience: _____ Biking Experience _____ Rafting Experience _____

What do you want you get out of this trip? _____

PRICING:

- Kilimanjaro Only \$2525 (add 3.6% for credit card)**
- Insurance Add ____ (from chart)**
- Additional Porter Add \$90**
- Oxygen per person Add \$90**
- Single Supplement: Add \$275**
- Extra room night Add \$135**
- Alternate transfer day Add \$45**
- Transfer from Nairobi (bus) Add \$55 r/t**

- Zanzibar Extension**
- 5 DAY/4 NIGHT ITINERARY**
- Lanfi Langi : \$400 sharing /\$100**
- Shooting Star \$640 sharing / \$140**
- Chapwani Islnad \$800/\$425**
- Mapenzi Beach Club \$680/\$295**
- Raz Nungwi \$860/\$325**
- Breezes Beach Club \$905/\$225**
- Matemwe Bungalows \$1325/ 4615**

Safari Option:

Please list what you want to do and we will get a quote for you:

Check one of the two options:

I, _____ am sending a check for the amount totaled above payable to Steppin' Out at 3721 Military Rd., NW #B Washington, DC, 20015. I will provide my credit card information below as a guarantee that the check will be sent, but I understand it will not be charged, unless Steppin' Out does not receive my check within 10 business days from the date above. Steppin' Out will notify me before charging.

I, _____, am authorizing Steppin'Out to charge my credit card for the total amount above, totalling_____.

AGREEMENT: Please initial

_____ I understand that if payment is not received by Steppin' Out within 8 business days, and/or should the trip offer an installment plan, and I am late with one of the installments, Steppin' Out has the authority to charge my credit card with a 4% transaction fee.

_____ If I received an early bird discount, I agree to provide all information and payments accordingly, and should Steppin' Out need to remind for payments, etc. then the early bird discount will no longer apply.

_____ I agree to the cancellation policy in this document and understand that if I cancel before payment has been made in full, that I am still obligated to pay the percentage/balance due.

_____ I agree to purchase Travel Insurance for the Kilimanjaro trek (required) through Steppin' Out or on my own

_____ I agree to get a physical and to have my doctor sign the medical forms for the Kilimanjaro trek . I understand that this is a group trip and if I opt out of an activity, there will be no refunds for an activity not done. Should the group decide while there as a whole to do a different activity, the price of the new activity will be paid for individually.

_____ I understand that small group travel provides flexibility, but also understand that reservations have been made and that this is an active trip, to accomplish all the great things we want to do, I will adhere to the group time schedule.

_____ (Please initialize here) I understand that the cancellation policy is as follows: Prior to 120 days, only a \$75 admin fee will be incurred, 120-90 Days prior to departure date, all but 25% of the full land fee will be returned; 90-60 days prior to departure 50% of full land fee will be retained, No refunds 61 days on prior to trip If ticket has been purchased, you will receive the ticket.

_____ I understand that if I cancel and the domestic air tickets have been purchased already, regardless of the date of the cancellation, I am responsible for the tickets.

Responsibility: All tickets and vouchers covering ground transportation, hotel accommodations, or other items in the package are issued by Steppin' Out only as an agent for such companies furnishing such services. Neither they nor their subagents shall be held liable for loss or damage to property or injury to person caused by reason of any defect by any transportation company, lodging company, car company, resort area, agent or any service/item in the package outside their direct control. Steppin' Out reserves the right to make changes and alterations in the itinerary that are found necessary for proper handling of tours. In such an event, substitute services or equal or greater value will be furnished, or refunded, but the alternate services will still fall under the liability statements above. Steppin' Out shall not be liable for any loss, damage, injury, accident, delay or irregularity which may be occasioned by reason, defect, or through acts of omissions of any person or company described in the confirmation. In the event of a group or bulk ticket, Steppin' Out is not responsible for any default of the airline. Should a dispute arise, venue shall be in the State of Illinois.

IF YOU ARE SENDING A CHECK, YOU MUST STILL PROVIDE A CREDIT CARD # for HOLD

I have read and agree with the agreement section of this document and authorize payment as indicated in the checked off box above. **Mastercard or Visa Only**

Credit card Number _____ exp. Date _____ Security Code: _____

Client's Signature Agreeing to the above with date

PRINTED NAME

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PER OUR INSURANCE REQUIREMENTS, IT IS REQUIRED THAT YOU FILL OUT ONE WAIVER FORM FOR EACH EVENT. PLEASE MAKE COPIES FOR FUTURE EVENTS. THANK YOU. WE APPRECIATE YOUR HELP. PLEASE FILL OUT COMPLETELY.

PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGEMENT OF RISK

In consideration of the services of Steppin' Out, Ltd., their agents, owners, officers, volunteers, participants, employees, contractors and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "Steppin Out"), I hereby agree to release and discharge Steppin' Out on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that **EVENT: _____ on the following dates: _____** entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.
Furthermore, Steppin' Out guides have difficult jobs to perform. They seek safety, but are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.
2. I expressly agree and promise to accept and assume all risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby release, forever discharge, and agree to indemnify and hold harmless Steppin' Out from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of Steppin' Out's equipment or facilities, including any such Claims which allege negligent acts or omissions of Steppin' Out.
4. Should Steppin' Out or anyone acting on their behalf, be required to incur attorney's fees and cost to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume - and bear the cost of - all risks that may be created, directly or indirectly, by any such condition.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court to have waived my right to maintain a lawsuit against Steppin' Out on the basis of any claim from which I have released them herein. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portion shall remain in full force and effect.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant: _____ Print Name: _____

Participants Address: _____ Current Date: _____

City, State & Zip _____

Health Insurance Provider/Carrier: _____ Policy Number: _____

Health Insurance Provider/Carrier Telephone Number: _____

Social Security # _____ Date of birth _____

In case of emergency, please contact (specify relationship); _____
Emergency contact's telephone number: _____

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Medical Form
MEDICAL FORM - HIGH ALTITUDE TREKS
Please read the notes below carefully before you fill in the Medical Form.

We want everyone on this event to enjoy the experience as much as possible. With this in mind, you are required to complete and return the attached medical form. Your details will be kept in the strictest confidence and may be forwarded to an approved medical officer.

Based on this advice, the charity reserves the right to refer you to a specialist for further opinion, contact you or your GP and/or reject your application to participate in this event. It is essential you provide accurate, comprehensive and truthful information. You must fully disclose your medical history. **Please note, if you develop any new medical conditions, or experience worsening of existing conditions at any time after returning this form, you must inform us..** Steppin' Out Adventures and/or the tour outfitter cannot accept any responsibility whatsoever in the event you do not fully disclose all relevant details.

You should take into account that medical and other facilities in the country you are visiting are likely to be inferior to those in the US and that our trekking route will be away from main cities and hospitals, in a remote location. We strongly discourage anyone with a serious medical condition from applying to take part in this event.

There will be trained personnel on hand who will be able to provide treatment for minor injuries, and first aid support in the event of a more serious injury or medical problem. Should you require more medical attention than can safely be provided on site, the medical officer and staff team will arrange appropriate evacuation and transfer to the nearest, most appropriate, hospital or medical centre. Therefore we are requiring that you purchase travel insurance that provides the evacuation cost.

This event is a strenuous trek at high altitude. You will require a high level of fitness, strength and endurance. Your doctor must read all attached notes and confirm that you are sufficiently fit and healthy to participate, by signing this medical form.

Full NameAge

Height () Weight (in Kg)

Do you have a history of any of the following conditions? If so, please give details indicating frequency, severity and aggravating factors where necessary, and any treatment you are taking (please use extra pages if necessary)

1. Raised Blood pressure
2. Heart or circulatory disease
3. DVT (if so, please give dates and treatment)
- 4 Chest or lung disease
- 5 Asthma (if so, please give dates and treatment)
- 6 Epilepsy
- 7 Diabetes
- 8 Digestive or bowel disorders
- 9 Past injuries (eg fractures, sprains)
- 10 Hematological or Blood disorders
- 11 Cerebral disease (eg stroke, head injuries etc)
- 12 Metabolic or endocrinological disorders
- 13 Surgical operations
- 14 History of mental health problems
- 15 Allergies (dietary, drug, environmental)
- 16 List any medication you are taking
- 17 Any hospital treatment within the past 3 years?

Excessive exercise and high altitude can aggravate dental problems. You must ensure you have a recent dental check (within 6 months) before the trip departs.

If you have any other medical condition not disclosed above, please give details here:

.....
.....
.....

Have you any experience of trekking at altitude? If yes, please give details below,including the height you trekked and any symptoms of altitude you experienced:

.....
.....
.....
.....

I certify that I have read and understand this medical form, and the attached notes and explanation. The information I have given is correct. In the event of illness or an accident on the trip , I hereby give permission for the tour operator medical staff to initiate medical treatment and notify of kin in case of hospitalization:

Signed.....Date.....

For Your GP:

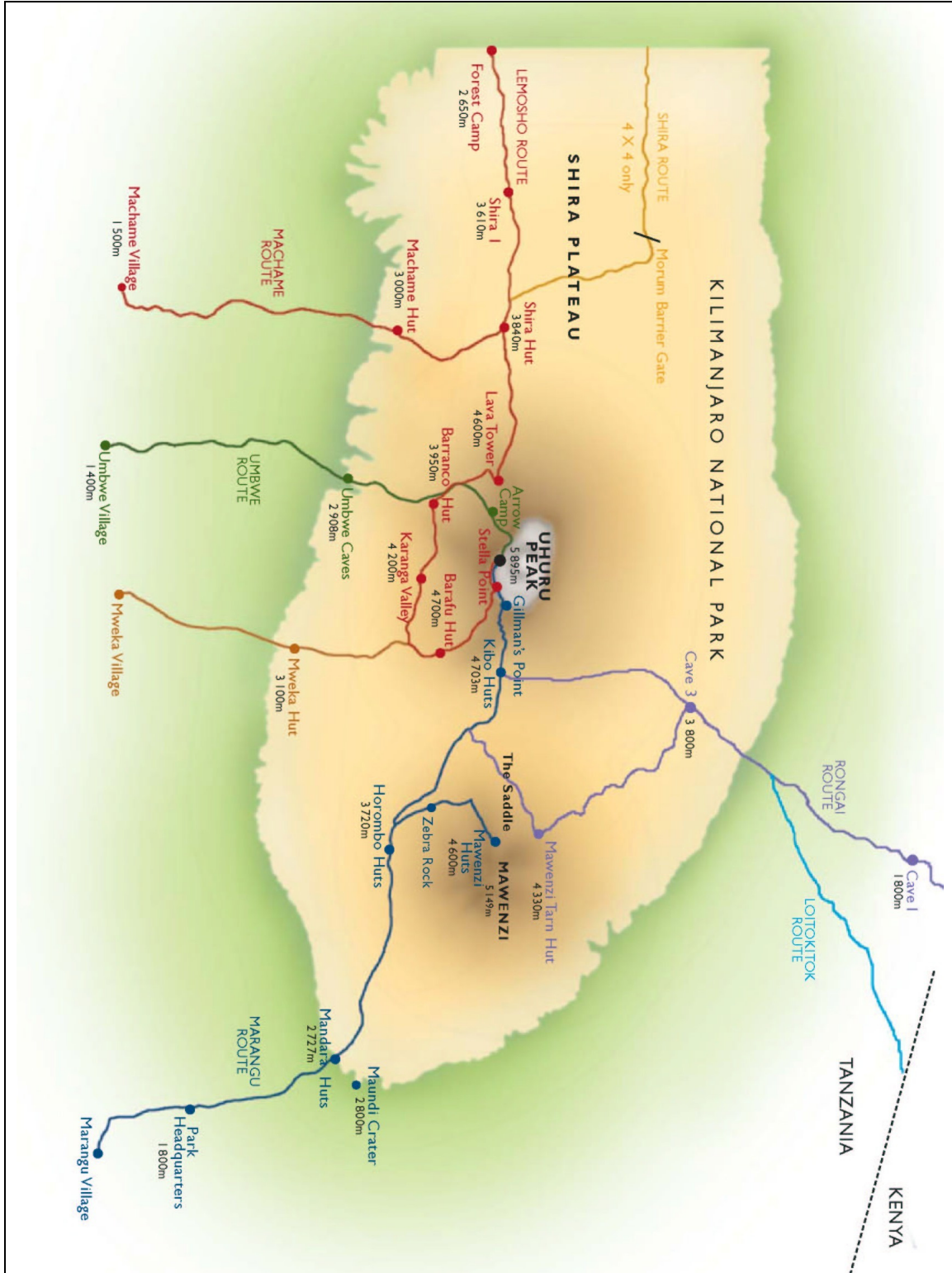
I have read this medical form, including all the notes and explanation. The information given is correct. I confirm the person named _____ is physically and mentally fit enough to undertake this high altitude challenge:

GP SignatureDate.....

GP Practice Stamp:

Please return this completed medical for to:
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MAP



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