



**“You have not lived today until you have done
something for someone who can never repay you”
John Bunyan**

“Lead to Change”



Hike 4 Healthcare

Dear Friends

Climbing Kilimanjaro still remains one of the hardest things I have ever done other than unmedicated childbirth. Why do it again? Why torture myself again? As most of you know, I grew up in a Malawi, in a small village outside of Salima called Thonje. I grew up struggling for the basic needs of life like food, clean water, health care and even access to a good education. I spent dawns walking to collect water from a river where goats, cows, dogs, and other wildlife shared the same drinking water with us. I attended school under trees and shared one textbook with a class of over 20 students because that is all we had. Children dying from malaria, cholera, dysentery was a devastating norm due to lack of access to clean water sources. Access to quality medical care was a luxury that was not given common villagers like us. With droughts, many would die of hunger, malnutrition, and starvation. These were times in my childhood that I felt forgotten by the rest of the world. In 1994, I got an opportunity of a lifetime, when an American ER doctor Donna Ivey, who was on a short-term medical mission trip, offered me a full scholarship to attend school in the United States. I went from feeling forgotten, to now becoming a gynecologic oncologist in the United States of America. I have since co-founded Pothawira (Safe Haven) in Salima, Malawi close to the village where I grew up. Pothawira has an outpatient medical care, birthing center, orphanage, and a school for people around the villages who would otherwise have no access to those services. This is the miracle of my story and it's the miracle that has driven me to climb Kilimanjaro for the sixth time to bring healthcare access to many people in Malawi, who like I once did, feel forgotten in their plight.

Other than being ranked the poorest country in the World, Malawi is also ranked as one of the worst places to be a mother because of the high maternal, neonatal, and infant mortality rates. We have a little girl at Pothawira named Naomi. Her mother at the time was 27 years old, widowed, and pregnant with twins, when she went into labor. Due to lack of resources for transportation, she decided to walk over 20 miles journey to the nearest medical facility. Unfortunately, she delivered Naomi in a corn field on the side of the road, lost a lot of blood and died before she delivered Naomi's twin. Naomi was brought to our orphanage from that corn field with a rag tied to her umbilical cord stump, dripping with blood and dirt. These stories are far too common in Malawi, and the death of young women in childbirth a reality that is faced daily. As a women's healthcare doctor in the United States of America who has seen the miracle of modern medicine and as a Malawian woman who was destined for this same fate, I refuse to accept the plight of Malawian women and children as a norm. These children and these women are no different from me and their potential no different from mine. Their lives, like mine are no less worth.

I am climbing again because I refuse to accept that there are still villages with thousands of people who have no access to healthcare in Malawi. I refuse to accept that childbirth remains a life and death decision for young women in Malawi. I refuse to accept the reality that many Malawian mothers and children are dying simply because they were born in a poor country. The challenge and pain of climbing Kilimanjaro seems minor in comparison to the pain that many of my friends and family in Malawi continue to feel daily. I want them to know that they are never to be forgotten. As long as I can, I will climb for them.

Anne B. Alaniz



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Hike-4-Healthcare

In 2023, Hike4Healthcare will launch to raise funds for healthcare in Salima, Malawi, Africa, and the surrounding community as a whole. Malawi is often referred to as the “Warm Heart of Africa” due to its friendly people and beautiful landscape. It is the poorest country in the world. Please join us to hike Mt. Kilimanjaro, Africa’s highest mountain- 19341.

2023 Mt. Kilimanjaro Trip

Hike with us to experience the adventure of a lifetime and at the same time, help raise funds to bring healthcare to Malawi. Join me in deciding today that like mine, their lives are worth more and worth saving one person at a time. This is a win-win for me to help my fellow Malawians have access to good healthcare.

Mt. Kilimanjaro- (6 days or 8 days)

*Safari is optional

*Going to Malawi after the hike is optional





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Preparing for Your Trip

Tanzania

Trip Information Overview

EXPENSES/MONEY	
Fees Due Start looking at airfare (Qatar)	<p>This will depend on the route at Mt. Kilimanjaro . Please refer to the doc sent via email. Airfare approximately: \$1,800-\$2,100 Hiking equipment approximately: \$1,600</p> <p>Feb 2023 : registration fee \$650</p> <p>March 2023: Safari fee \$ 1,100</p> <p>April 2023: Mt. Kili climb balance</p> <p>May 2023: Tanzania Misc. fee 875</p>
Kili climb prices are inclusive of	<ul style="list-style-type: none"> • All Park fees • National Park approved guides and porters • 18% VAT • Accommodation on the mountain (Three-man mountain tents used for two people only on all routes except for Marangu Route as accommodation is in huts.) Stools, a mess tent and hot water for washing are provided on the mountain. • Meals on the mountain • Transport from Moshi at Springlands hotel to the Starting point of the mountain and return to Moshi at Springlands hotel
Prices do not include	<ul style="list-style-type: none"> • Tips to driver, porters and guide • Visas • Insurance • Items of personal nature • Transfer to and from Kilimanjaro Airport (\$20/person one-way) <p>TIPPING</p> <p>Tipping is highly appreciated at the end of safari/ hiking:</p> <p>Tips will vary depending on the length and complexity of the trip, the number of staff on the trip and the number of clients on the trip. Generally, groups like to meet together before the end of the trek to discuss how much they would like to tip each staff member based on their individual trek experience.</p> <p>The following are daily rates for each climber recommended to tip per staff member:</p> <ul style="list-style-type: none"> • Per Chief Guide: \$15- 20 Per day • Per Assistant guide: \$10- 15 Per day • Per Cook: \$10 Per day • Per Porter: \$8-10 Per day <p>RECOMMENDED TIP:</p> <p>Each climber should expect to tip between US\$ 250 – US\$ 350 for the entire climb.</p>



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	<p>NB: These are just guidelines and tips can be given to mountain crew according to services provided.</p> <p>For the Kilimanjaro climb through Machame route 2 climbers will have:</p> <p>1 guide, 6 porters, 1 extra assistance guide, 1 cook</p> <ul style="list-style-type: none">• Store electronics in sealed water-proof bags (double sealed if possible)• The pack that the porters carry is limited to 15 kg (35 pounds)• Wrap clothing in plastic bags• In the day pack, take along water, camera, binoculars, rain pants and jacket at a minimum. Add any other items you might need during the day because you may not see the porters until the end of your trek for that day.																																																																	
Incidentals	<ul style="list-style-type: none">• You will need a small amount of cash for incidental purchases such as souvenirs. (Individuals will be responsible for additional miscellaneous meals, drinks or snacks.• It will be important for you to pack snacks to hold you up during the climb.																																																																	
KILIMANJARO WEATHER	<p>AVERAGE TEMPERATURE, AND RAINFALL IN MOSHI , TANZANIA</p> <table><tr><th>Month</th><th>Min (°C)</th><th>Average (°C)</th><th>Max (°C)</th><th>Rainfall (in)</th></tr><tr><td>January</td><td>17</td><td>25</td><td>33</td><td>1.4</td></tr><tr><td>February</td><td>17</td><td>25</td><td>33</td><td>2.0</td></tr><tr><td>March</td><td>18</td><td>24</td><td>32</td><td>4.7</td></tr><tr><td>April</td><td>19</td><td>23</td><td>29</td><td>11.0</td></tr><tr><td>May</td><td>18</td><td>22</td><td>26</td><td>9.3</td></tr><tr><td>June</td><td>16</td><td>21</td><td>25</td><td>1.5</td></tr><tr><td>July</td><td>15</td><td>20</td><td>25</td><td>1.0</td></tr><tr><td>August</td><td>14</td><td>21</td><td>26</td><td>0.7</td></tr><tr><td>September</td><td>15</td><td>22</td><td>28</td><td>0.6</td></tr><tr><td>October</td><td>16</td><td>24</td><td>31</td><td>1.0</td></tr><tr><td>November</td><td>17</td><td>24</td><td>32</td><td>2.5</td></tr><tr><td>December</td><td>18</td><td>25</td><td>32</td><td>2.1</td></tr></table>	Month	Min (°C)	Average (°C)	Max (°C)	Rainfall (in)	January	17	25	33	1.4	February	17	25	33	2.0	March	18	24	32	4.7	April	19	23	29	11.0	May	18	22	26	9.3	June	16	21	25	1.5	July	15	20	25	1.0	August	14	21	26	0.7	September	15	22	28	0.6	October	16	24	31	1.0	November	17	24	32	2.5	December	18	25	32	2.1
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Health Requirements And Travel Insurance	<ul style="list-style-type: none">• Please note: Fully vaccinated travelers will be exempted from RT-PCR and Rapid Antigen Test requirements. Travelers will be required to present a valid vaccination certificate with QR code. The only accepted vaccines are those approved by the United Republic of Tanzania and the World Health Organization.Jan 23, 2023• 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 ensure you have sufficient Medical Cover for the duration of your trip and in particular to cover you while doing the Kilimanjaro Climb. Zara tours recommend WORLD NOMADS www.worldnomads																																																																	



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	<ul style="list-style-type: none"> You may also go online to www.allianztravelinsurance.com or call 1-800-284-8300.
Baggage	<ul style="list-style-type: none"> Depends on the flight- usually 2 50 lbs bags per person and one carry on and one personal item. (double check with all your airline carriers). Climbing gear will take at least on bag.
Last minute reminders General items	<ul style="list-style-type: none"> Call the issuing bank for any credit cards and/or ATM cards that you may use and give them your itinerary. Otherwise, the bank may suspect the card has been stolen and will not approve its use If you are concerned about carrying cash with you, consider buying a money belt. If you want to use your cell phones in Tanzania, you can call your service provider and ask for an international package. Another option is to buy a Tanzania sim card. Start taking your anti-malaria medication before leaving for Malawi as prescribed. Make sure you have your adaptors so you can recharge batteries, cameras, etc. Call the airline to give them your frequent flyer numbers and make any seat changes
Airport Day	<ol style="list-style-type: none"> Arrive at least 3-4 hours before departure. (remember it's an International flight) Print itinerary and bring it to the airline check in counter. Bring your passport and immunization documents. In your carry-on bag, bring toothbrush, toothpaste, ear plugs, eye mask and an extra set of clean clothing in case your luggage is lost. Bring all of your prescriptions, vitamins, and medications with you in your carry-on. DO NOT pack anything valuable in your checked luggage.

Getting a Passport

Everyone going to Africa needs to have a valid passport. If you do not already have a passport, you need to immediately begin getting one. Begin by picking up a passport application at a local post office or get one online:

www.usps.com (Postal Service) Choose "apply for a passport" on home page
www.travel.state.gov/passport/ (State Department)

After you have completed the information on the application, visit the post office during the posted acceptance times for passports. You must sign the application in the presence of the designated Acceptance Agent. You will also need to submit the following items when you sign and turn in the application:

- 2 identical official passport photos (color or black and white)—you can obtain these at various places, like the post office, copy centers, travel agencies, one hour photos.
- Current passport fee
- Original or certified birth certificate (with a raised seal). This must be a state certificate; a copy of your hospital record of birth will not be accepted.
- Photo identification (driver's license or government ID), along with a copy of the front and back of this ID

Your passport application and your birth certificate should be returned to you within 4-6 weeks from the date your passport acceptor takes your application, meaning your application should be sent in at least 8 weeks before your expected date of departure to allow for mailing and processing time. You need to have your passport at least one month before the beginning of your trip, so plan accordingly.

DO NOT WAIT—GET THIS DONE IMMEDIATELY!



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HEALTH	
Required Vaccinations	<ul style="list-style-type: none"> Tetanus Hepatitis A Hepatitis B Typhoid
Other Vaccinations	<ul style="list-style-type: none"> Yellow Fever is required Meningitis (longer trips) 2 weeks
Health Departments for Vaccinations	<p>Check for the nearest local Health Department for vaccinations.</p> <ul style="list-style-type: none"> Ensure you receive your vaccines at least 4-6 weeks prior to your trip to allow time for the immunizations to take effect. The costs vary by agency. Some agencies charge for an office visit. If an entire family is traveling, getting immunizations together can sometimes save money. <p>Immunization Card</p> <p>You have two choices when getting your immunizations...</p> <ol style="list-style-type: none"> Make an appointment with your doctor at least three months before you are scheduled to travel. When you schedule the appointment, tell your doctor when and where you will be traveling. They will check the CDC website and should have the appropriate vaccines ready for you when you go to your appointment. The doctor will give you an International Certificate of Vaccination. You must have this card with you to travel. Visit your local health department. Again, call in advance and let them know when and where you will be traveling to ensure that they have the appropriate vaccines on hand when you visit the office. The health department will give you an International Certificate of Vaccination. You must have this card with you to travel. For additional information, check the CDC's website regarding health information for travelers http://wwwnc.cdc.gov/travel
Doctor Visit Prior to Trip	<ul style="list-style-type: none"> Prescription for Anti-Malaria pills (name the drugs- follow your doc's rec) see below Prescription for Ciprofloxacin. (This is to keep on hand in case you contract bacteria from the food or water)- only diarrhea in Malawi, so take Ciprofloxacin for it. Motion sickness medication. (Much of the terrain is rough and winding, if you struggle with motion sickness please talk with your doctor). Prescription refills on any personal medications. You will not be able to get medication while in Africa. Only bring the amount of pills you will need while on your trip in the original prescription bottle. <p>Vaccines, Prescriptions, & Other Medical</p> <ul style="list-style-type: none"> Yellow Fever (1 shot, good for 10 years - Only some doctors can give this vaccine) Typhoid (shot is good for 2 years and pill is good for 5 years) Many people report the pills makes them nauseous Hep A (2 shots, good for life) Hep B (3 shots, good for life) DPT (Diphtheria/pertussis/tetanus) MMR (Measles, Mumps, Rubella) Cholera (only needed in the rainy season) <p>Prescriptions:</p> <p><u>Anti-Malaria -</u></p> <ul style="list-style-type: none"> Mefloquine (used this one for all my trips- once a week dosing) Doxycycline Malarone



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	<p><u>Nausea and vomiting -</u></p> <ul style="list-style-type: none"> • Zofran (I will definitely be getting this) • Inhaler • Phernegan <p><u>Bacterias & Parasites</u> -(intestinal disorders)</p> <ul style="list-style-type: none"> • Cipro (500mg) (I will definitely be getting this) generic • Flagyl (250mg) (I will definitely be getting this) generic <p><u>Sleep -</u></p> <ul style="list-style-type: none"> • Ambien (This helps me on the night flight to Europe and the first night in Africa) <p>Over the Counter Medications:</p> <ul style="list-style-type: none"> • Tylenol Arthritis Pain (headaches) (650mg acetaminophen) • Pepto Bismol (intestinal) • Imodium (intestinal) • Melatonin (sleep) • Throat Lozenges (dusty) • Afrin (dusty) • Sinus Rinse (dusty) • Benadryl (sleep, allergic, reactions) <p>Other Medical:</p> <p>Physical Optional</p> <ul style="list-style-type: none"> • Make an appointment for a physical, any other tests, and your prescriptions with your doctor • Bring your list of immunizations (yellow card, if you have one, to your appointment) • Tell him when you will be in the countries you are traveling in • He will go to the CDC site and check its recommended immunizations and prescriptions • You may want to check the CDC site yourself before you go in: <p>http://wwwnc.cdc.gov/travel/destinations/list.htm</p> <p>Additional medical items to bring:</p> <ol style="list-style-type: none"> Personal prescription medication you take regularly. Consider bringing extra in case your bag is lost or stolen. Prescription medication should always be carried ON YOUR PERSON when in transit. Do not pack it in your checked luggage. Prescription medication specific to this trip. Talk with your physician about bringing or taking anti-malarial drugs (eg. Malarone), antibiotics (eg. Cipro), sleeping aids for the plane ride (eg. Ambien, melatonin, Alterill) or anti-motion sickness medication (eg. Meclizine or Bonine). Many people bring over-the-counter medications that they take as a preventative for gastro-intestinal issues. These include anti-diarrheal medicines such as loperamide (Imodium) or bismuth subsalicylate (Pepto-Bismol), and cold/allergy medication such as Sudafed, Mucinex, or other nasal sprays. Hand sanitizer—liquids and wipes Vitamins A copy of your medical insurance card Your immunization card Small first aid kit (bandages, anti-bacterial cream, etc.)
Medical Conditions	<ul style="list-style-type: none"> • Please let us know if you have any medical conditions. This is for your safety in cases of an emergency. • It is critical you let us know if you have been sick prior to the trip or believe you may be getting sick. Even if a common cold.



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	<ul style="list-style-type: none"> Any information will be considered confidential and not shared outside of the trip leaders unless relevant in cases of emergency.
Staying Healthy	<ul style="list-style-type: none"> Wash your hands frequently with soap and water or use an alcohol based hand sanitizer. Malaria is a serious disease that is transmitted to humans by the bite of an infected mosquito. Symptoms may include fever and flu-like illness, including chills, headache, muscle aches, and fatigue. Malaria may cause anemia and jaundice. Infections, if not promptly treated, may cause kidney failure, coma, and death. Malaria is hyper-endemic and is present throughout the year and in most of the country. It is imperative that you take your malaria prophylaxis as directed by your physician. Use bug spray daily to prevent bites and sleep under the mosquito nets. Bug repellent incense are in your rooms. It is a good idea to light these as evening starts to fall. If you believe you are experiencing any malaria related symptoms, let your trip leader know IMMEDIATELY. If you have any signs of intestinal issues or stomach flu type symptoms, begin to take your Ciproflaxin and inform the group leader immediately. Carry some tissues with you. If you have to go the bathroom, toilet paper is hard to find. Use purell on your hands after using restroom facilities. Do not set anything on the floors. Avoid contact with animals. Always wear shoes or sandals. Do not walk around in your bare feet. This is a mode for contacting a parasite.
Post Trip Doctor Visit	<ul style="list-style-type: none"> If you become ill after your trip (even up to a year) be sure to let your doctor know you were in Africa and what countries.

What to Pack	
	Notebook for journaling if you want.
	Flashlight for power outages that occur frequently (head lamps are great)
	Camera and/or video camera with extra batteries and memory sticks
	<p>Clothing-(other than hiking)</p> <ul style="list-style-type: none"> It is winter in Africa around May-August. The low is about 57 degrees and the high is about 78 degrees. The mornings and evening can feel cold and windy but the afternoons warm up nicely. The overall custom is to dress modestly and a slightly more formal than the US Jeans are acceptable as long as they are in good condition. Women may wear trousers or skirts below the knee Plain T-shirts or decorative T-shirts are acceptable Women dress modestly in Africa. Therefore, it is not appropriate to wear tank tops, sleeveless shirts, deep v-neck shirts or shirts that will show your stomach or back or cleavage. It is recommended to wear natural fabrics such as cotton It is advisable to bring a light sweater or long sleeve shirt for cool evenings/early mornings. The best plan is to dress in layers for winter months. No need to bring flat irons, hot rollers, curling irons etc.... One blow dryer per room should be fine. (This is a pony tail kind of trip) <p>Clothing Continue: Clothing should be conservative and modest.</p> <ul style="list-style-type: none"> Men—long pants and shorts are appropriate for work sites. Short and long sleeve shirts are appropriate. Women—long pants and longer capri pants for work at project site. Skirts for church should be knee length or longer. Short and long sleeve shirts are appropriate. NO TANK TOPS. Shirts should be modest and should not show excessive cleavage. Men and women--Bring a lightweight jacket. It can be quite cool in the mornings and evenings and you will want the extra layer. All clothing should be modest and conservative. No loud or “crazy” prints (skulls and crossbones, etc.) Sturdy, comfortable shoes. Tennis shoes or boots are good choices. Note that the dirt is very red and will stain white shoes and socks.



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	<ul style="list-style-type: none"> ○ Do NOT bring any gold, silver, or precious stones jewelry. It is very tempting to thieves and pickpockets. ○ Put your name or initials with permanent marker on clothing labels to make it easier to find your clean, laundered clothes
	Sunglasses
	Passport belt or holder (that can be worn under your cloths)
	Mini-alarm clock
	Converters for European outlets
	Incidentals for hygiene – toothpaste, shaving cream, shampoo, toilet paper, tissues, plastic garbage bag etc..., soap, bath set It is advised not to rely upon hotel amenities
	An extra towel and a couple wash cloths
	Small first aid kit that includes: <ul style="list-style-type: none"> • Band-Aids • Sunscreen • Bug spray with at least 30% DEET • Aspirin/Advil • Anti-fungal cream • Imodium, Pepto or Tums • Purell Hand Sanitizer • Wet Wipes • Any prescription medication you need
	Passport <ul style="list-style-type: none"> • We advise that you take a photocopy of your passport and driver license and leave a copy with someone at home and bring a copy of the photocopy with you.
	Snacks

Travel Tips	
Boost Your Immune System	Do everything you can to boost your immune system to prevent illness prior to our trip. The flight from the USA to Africa is near 16 hours. This will tax your body and reduce your immunities. You don't want to be sick in a third world country! <ul style="list-style-type: none"> ○ Maintain a sensible bedtime schedule several days before the trip ○ Take vitamins daily – extra doses of vitamin C ○ If you feel like you may be getting a cold, take a Zycam right away ○ Intentionally drink more water ○ Moderate exercise (do not overdo it) ○ Minimize alcohol
Jet Lag Prevention	<ul style="list-style-type: none"> • Set your watch to the new time as you begin the trip • Try to adapt your eating to the time schedule to which you're traveling • While in flight, avoid sleeping at times that wouldn't be appropriate for sleep at your destination. It may help to bring Tylenol PM, Ambien, melatonin to help you sleep on the plane • Make the most of any stopovers by making yourself comfortable and getting rest • Drink plenty of liquids, but avoid alcohol and caffeine



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Packing Tips	<ul style="list-style-type: none"> • Leave any valuable or flashy jewelry/ watches at home. It is advisable to only wear a wedding band on your ring finger and leave the wedding ring home. • No need to bring a full wallet of credit and reward cards. If you bring a credit card, try to limit it to one. • Pack a couple plastic garbage bags. There will be some clothes that will get so dirty you do not want them next to your other clothes. • Be sure to keep all your medication - prescription, over-the-counter, even vitamins - in their original containers • Unfortunately, bags can get lost. We recommend you pack a change of clothes and key incidentals (such as medications, contact solutions, tooth brush, etc.) in your carry-on bag in the event this occurs. • You may want to carry a book with you when we are out in the “field”. There are times we may have to wait long periods of time.
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Luggage (Check with airline)	
Luggage Weight	<ul style="list-style-type: none"> • THIS WILL DEPEND ON THE AIRLINE
Carry-on Bags	<ul style="list-style-type: none"> • THIS WILL DEPEND ON THE AIRLINES
Labels & Locks	<ul style="list-style-type: none"> • Ensure you have clear labels with your name, address and phone number on each of your bags (even carry-on). • We recommend using TSA locks on your checked luggage. These locks can be opened by the TSA here in the states at the point of embarkation but not in the Africa countries. • On the last trip the locks were cut off in South Africa on the return trip but nothing was stolen. PLEASE do not check ANY valuable items. Use the cheapest TSA locks.

Miscellaneous Information	
Responding to Beggars in General	<ul style="list-style-type: none"> • Many of the world’s poorest are children. Their needs are tremendous, and the desire to meet those needs is strong. But <i>we absolutely cannot give to beggars</i>. In many countries, giving to one will start a riot. In other countries, giving a piece of candy to a child in the clinic may be viewed as an attempt to bribe the child and can infuriate the parents. So please, do not give to beggars.
Time Schedule	<ul style="list-style-type: none"> • You will be traveling to a third world country that is as far away from the American way of life as you can get. Developing countries tend to move on their own time table and this can be a great annoyance to Americans. Please prepare yourself to “go with the flow”. There are many times we may hurry up only to wait. Traffic, schedules, people emergencies often get in the way. And, if we do arrive on time, chances are the person we are meeting won’t be on time. • While in Malawi we stick to a tighter timeframe but there are still probabilities of running behind. • The days will be long and full. Please pray for God’s patience and grace.
Considerations	<ul style="list-style-type: none"> • Respect the culture and laws of the country • Respect your group leader(s) and the others in your group • Show grace to one another and be patient • Stay with the group • Communicate any injuries, illnesses, fears or concerns to a leader • Help each other • Always be on time and listen carefully to instructions • Suffer a little and avoid complaining too much. ;) • Enjoy the blessings of traveling together • Pray for one another



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<p>Safety</p>	<ul style="list-style-type: none"> • Usual precautions should be taken as would be advised for any tourist anywhere. • Always go in pairs. Do not walk around by yourself. Tell others when and where you are going, as well as when you will return. (precaution measures) • Keep your passport with you at all times if staying in hotel/lodge. It is best to wear a passport holder. DO NOT LEAVE IT IN YOUR HOTEL ROOM or near windows. • Do not leave any valuables in your hotel room. 				
<p>Miscellaneous Reminder</p>	<ul style="list-style-type: none"> • Miscellaneous items to bring: <ul style="list-style-type: none"> ○ If you wear prescription glasses, bring an extra pair. ○ Camera (w/good telephoto if going on an animal safari) or video camera ○ Tripod, camera lens cleaning solution, and cloth ○ Spare batteries and/or battery recharger ○ Plug adapters (international kit), multi-plug or extension cord with multi-plug for simultaneous multi-device battery charging (i.e.—recharging your cell phone, camera batteries, and computer at the same time) ○ Voltage converters if needed for appliances like hair dryers, curling irons, etc. that run on 110 volts ○ Flashlight and/or headlamp ○ Toothpaste and toothbrush for the plane ride ○ Snacks. Do not eat in front of other people unless you are willing to share. Eating without sharing is considered rude. ○ Water bottle—water will be provided, but you will need a bottle to refill every day ○ Toiletries—toothbrush, toothpaste, contact lens solution, face wash, etc. ○ Extra roll of toilet paper (just in case!) ○ Towel—Bath towels are in short supply in Malawi. Bring one towel for yourself, and an extra towel to leave behind at the Masekos' for use by future visitors, children, or patients ○ Computer (optional) ○ Cell phone with international coverage (optional) ○ Binoculars (optional) ○ Notebook/Journal and pen/pencil for writing down your thoughts and prayers at the end of the day ○ Small Bible ○ Credit card—note: each international transaction will be charged an additional fee, cash withdrawals will also incur and additional fee, these fees can quickly add up ○ ATM card—recommended over a credit card, don't forget your password or pin number ○ Eye mask, ear plugs, inflatable pillow for the plane ride ○ Emergency contact numbers to share with the group ○ Extra clothing to give away at the project sites—bring clothing in a variety of sizes for the children, mamas, patients, and workers. ○ Traveling alarm clock or cell phone with alarm clock feature ○ Remember to pack at least one of the following: soccer ball, volleyball, Frisbee, jar of chewable multivitamins, or jar of gumballs, lollipops etc. These will be shared with the kids. 				
<p>Accommodations in Malawi We have something for everyone</p>	<p>Length of stay in Malawi will depend on your schedule. Contact person for all arrangements: Eddah Hara: eddah@charistours.net</p> <p>Options:</p> <table border="0"> <tr> <td>Livingstonia Beach Hotel in Salima, Senga Bay Malawi</td> <td>single: 170 / double: 200</td> </tr> <tr> <td>Kambiri Beach Lodge in Salima, Senga Bay Malawi</td> <td>single: 100 / double: 130</td> </tr> </table> <p>a monetary gift is always welcome</p> <p>Safari info: contact Eddah Hara</p>	Livingstonia Beach Hotel in Salima, Senga Bay Malawi	single: 170 / double: 200	Kambiri Beach Lodge in Salima, Senga Bay Malawi	single: 100 / double: 130
Livingstonia Beach Hotel in Salima, Senga Bay Malawi	single: 170 / double: 200				
Kambiri Beach Lodge in Salima, Senga Bay Malawi	single: 100 / double: 130				



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Contact Information/Communication		
Anne	(832) 657-7744	abalaniz@houstonmethodist.org or pothawirash@gmail.com
Cell Phone	Please contact your cell phone service provider to find out the details and costs of international roaming charges. They can be high. You can get service at the resort in Malawi. Depending on your carrier, text messages are generally \$.50 per text (sent and received).	
Internet/E-Mail	There is limited internet access. If you do get access, it is extremely slow.	
Preparing Yourself Physically for Climbing Mt. Kilimanjaro	<p style="text-align: center;">Preparing Yourself Physically for Climbing Mt. Kilimanjaro</p> <p>The main things you should do right now to prepare yourself physically for the climb is to:</p> <ol style="list-style-type: none"> make an appointment with your doctor to not only get a physical but tell him what you will be doing and get his advice, set up a diet plan and stick with it, and set up an exercise regimen and follow it. It is extremely important to be very physically fit if you want to reach the summit of Mt. Kilimanjaro! Do not underestimate this! <ol style="list-style-type: none"> Doctor appointment and physical – Get as soon as possible so you can develop and training plan and get started. A doctor’s written approval is required to go on the trip. Diet – set yourself a weight goal that you know help achieve your desired fitness and come up with a diet plan to achieve your goal. Ask your doctor or personal trainer if you need help setting up a plan. Physical training - The sooner you set up and begin a cardio plan the better. Here is an example to consider that was recommended to me and which I follow as a minimum each year for my training for Mt. Kilimanjaro. Some weeks I will do significantly more. For a June climb you can do the following. Adjust depending on a different month of the year for your climb: <ul style="list-style-type: none"> ☐ November – 1 hour/week (1/2 hour sessions) • December – 2 hours/week (1/2 hour sessions) • January – 3 hours/week (1/2 hour sessions) • February – 4 hours/week (minimum of 1-2 hours per session) • March – 5 hours/week (minimum of 1-2 hours per session) • April – 5 hours/week (minimum of 1-2 hours per session) • May – 5 hours/week (minimum of 1-2 hours per session) • June – You are ready to climb Mt. Kilimanjaro! <p>Select your favorite exercises for a good cardio workout and begin. Exercise such as: cycling, stairs, and treadmill. Other good ones are swimming and outdoor jogging. Stairs are much better than Stairmaster. Jogging is much better than Treadmill.</p> <p>For each month, try to increase the intensity of your work out a little</p> <p>bit each week. For example: swim faster, jog faster, or ride faster. Keep the hours the same; just increase your work out level. It was recommended to me to not lump all the hours for a week into 1 or 2 days and then take 5 days off. That was just this person’s opinion, but it’s reasonable.</p>	



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	<p>Be sure to get approval from your doctor before you start a new exercise program. Ask the doctor to perform a stress test to determine your maximum heart rate as well as your fitness.</p> <p>Buy a heart rate monitor and use it every time you work out. You should work out at 60% of your maximum heart rate. Use a spread sheet to record all your work outs: date, type of exercise, hours & minutes of work out, number of calories burned, maximum heart rate, and average heart rate. This way you can see how you are doing and stay on schedule.</p> <p>You might want to consider getting a personal trainer, who could add more insight to your training.</p>
<p>Kilimanjaro Climber's Packing List Notes</p> <p>See Mike's list below for more info on equipment pricing.</p>	<ul style="list-style-type: none"> The pack that the porters carry is limited to 15 kg (35 pounds) <ul style="list-style-type: none"> Overweight or extra luggage will require an extra porter at \$5/day Store electronics in sealed water-proof bags (double sealed if possible) Wrap clothing in plastic bags In the day pack, take along water, sunglasses, camera, binoculars, rain pants, and jacket at a minimum. Add any other items you might need during the day, since you may not see your porters until the end of the day. You can leave extra luggage in a locked storage room at the Springlands Hotel for no charge. You can leave valuables in a safe deposit box at the Springlands Hotel for \$1/day. See Mike's list for details on what is provided by Zara Tours to rent. <p>Baggage</p> <ul style="list-style-type: none"> Day pack, for you to carry Large duffel bag or backpack, for porters to carry Plastic bags <p>Clothing You want your inner layer to be wicking – no cotton</p> <p>Your next layer should be insulating and warm, and your top layer should be water proof but breathable.</p> <p>You will need clothes for hiking during the day, lounging in the evening, and for sleeping.</p> <p>Layers are important as temperatures vary greatly.</p> <p>Kilimanjaro may be near the equator, but it gets cold up there!</p>



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Mount Kilimanjaro clothing and equipment check list

	What Mike Has Purchased	Mike Paid (each)	Comments
<u>NEED TO HAVE</u>			
<u>CLOTHING:</u>			
Waterproof rain jacket	REI Kimtah Jacket with eVent F	\$160	Very important to protect from hypothermia due to unexpected rain
Waterproof rain pants	REI Shuksan Pants	\$170	Very important to protect from hypothermia due to unexpected rain
Gortex multilayer jacket	NorthFace Men's Atlas Triclimate	\$290	For Summit Night. I switched from a down jacket to this in 2013
Thermal underwear - top	Patagonia Capilene (2 pairs)	\$49	1 pair for Sleeping and 1 pair for Summit Night
Thermal underwear - bottom	Patagonia Capilene (2 pairs)	\$45	1 pair for Sleeping and 1 pair for Summit Night
Balaclava (neck gaitor)	SmartWool Balaclava	\$35	Pulls up over your head
Wide-brimmed hat	Dorffman Pacific "Indiana Jones"	\$40	The sun is very intense
Heavy Mittens	Marmot Expedition Mitt	\$109	Summit Night, extremely important!
Hiking Boots	Vasque Breeze GTX XCR	\$105	Get fitted by the sales rep. This is very important! No blisters!
Gaiters	Outdoor Research Crocodile Gaiters	\$55	Keeps rocks out of your boots, especially on summit night
Wool Socks - various thicknesses	SmartWool (1 pair/day)	\$17	Prices \$14-\$24, depends on cushion (Med, Heavy, X-Heavy)
Silk liner socks	FoxRiver (1 pair/day)	\$12	Consider washing and buying less to save money
Underpants	Patagonia (1 pair/day)	\$30	100% polyester, also have some Hanes
Undershirts	Various Brands	\$15	100% polyester
Wool Hat		\$15	For Summit Night
<u>EQUIPMENT:</u>			
Zero degree (F) sleeping bag	Marmot Never Summer	\$247	Don't skimp on a good sleeping bag!
Duffle bag	Academy Sports	\$15	Porters carry on their heads. I need to get a better one.
Day Pack	Gregory Z40	\$149	Get it fitted to your size
3 Liter Water Bladder	CamelBak 3.0L	\$35	Goes inside your day pack. Got mine at Bike Lane
1 Liter water bottles	BPA free (2)	\$10	Mix up your energy drink powder
Headlamp & extra batteries	Black Diamond Spot Headlamp	\$40	For Summit Night
Trekking Poles	REI Relief SL Trekking Poles	\$75	Some people do not require, but I use and recommend
<u>OTHER:</u>			
Digital Camera, extra batteries	Canon Mark III 5D Digital SLR		Bring at least a high quality point & shoot w/ a good zoom
E Africa plug adaptor	Best Buy or Radio Shack		For anything to be plugged into an outlet at Hotel
LED Flashlight		\$10	Get a tiny powerful one
Sunglasses	Mine over prescription sunglasses		The sun is very intense
Sunscreen			The sun is very intense
Lip balm w/sunscreen			The sun is very intense
Cash			I will bring a small amount (\$20) while on the climb
Toilet Paper			Very important!!
First Aid Kit			Band-aids, Moleskin, ace bandage
Prescription medications	Malarone, Diamox, Zofran, Ambien, Cipro, Inhaler		Plus your own
Pain medicine	Tylenol Arthritis Pain (650mg)		Good for sun headaches & mild altitude headaches

NEED TO HAVE SUBTOTAL= \$1,728

Available to Rent from Zara: Let me know if you want me to inquire or reserve any items

Fee	Fee
Daypack= \$12	Rain jacket= \$12
Mont Bell Sleeping bag (-13F)= \$40	Rain pants= \$12
Duffel Bag= \$6	Fleece Pants= \$6
Trekking Poles (2)= \$12	Warm/Down Jacket= \$8
Gaiters= \$8	

VERY IMPORTANT NOTES!!

I mostly paid store prices, sometimes on sale, but a person carefully looking online for deals, can probably pay about 1/2 of what I have paid.

Do not bring cotton clothing - all clothes should be 100% polyester, wool, or silk; which wick away moisture much faster. Avoid hypothermia!

Layering is key to staying warm especially on summit night

Protection from the intense sun can help prevent headaches. The sun can cause headaches even more than the altitude

Wrap clothing in plastic bags - Kilimanjaro can be very dusty

Make sure you have a knowledgeable salesman help you fit your boots

The duffel that the porters carry is limited to 15kg (35 pounds). Overweight duffel may require an extra porter for \$100/trip

In the day pack, bring filled 3 liter camelback bladder, sunglasses, camera, rain pants/jacket at a minimum. Add personal items you think might need during the day, since you may not see your porters until the end of the day

Store electronics in sealed water-proof bags (double sealed if possible) to protect from water and dust

At end of hike Zara Tours is interested in purchasing second-hand gear for rentals

You may want to bring/leave some older items of warm clothing as gifts for your guides & porters or donate to the Mt. Kilimanjaro Porters Society

Check luggage number and weight limit with airlines - international and domestic - there are charges for too many and/or too heavy bags

You can leave extra luggage in a locked storage room at the Springlands Hotel for no charge

You can leave valuables in the safe deposit box at the Springlands Hotel that I will rent

Make copies of passport, schedule. Leave a copy w/someone at home. Put a copy in each piece of your luggage

While on the mountain walk slowly (take lots of photos!!), drink 3-5 L of water each day, never wander off by yourself

Purchase and read Daniel Dorri's book, "Kissing Kilimanjaro." My experiences have not been bad like his was



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<u>Mount Kilimanjaro clothing and equipment check list</u>			
	What Mike Has Purchased	Mike Paid (each)	Comments
<u>NICE TO HAVE</u>			
CLOTHING:			
Hiking shorts	Columbia (1 pair)	\$45	I wear shorts at least the 1st two days and the last day
Fleece jacket	REI White River Fleece Jacket	\$45	For Summit Night
Fleece pants	REI Teton Polartec Fleece pants	\$60	For Summit Night
Safari pants	Columbia Sahara (3 pair)	\$60	100% polyester
Safari shirts - long sleeved	Columbia (1 pair)	\$55	100% polyester
Safari shirts - short sleeved	Columbia, Gander (3 pair)	\$35	100% polyester. Also Gander Mtn., Magellan
Bandana			The sun is very intense
Heavy Gloves	Marmot Randonnee Gore-Tex Gloves	\$100	NOT a substitute for Summit Night Mittens!
Lightweight fleece gloves	Marmot Windstopper Glove	\$49	Chilly evenings & mornings while in camp
Camp jacket	REI Revelcloud Jacket	\$100	For cool evenings/colder mornings while not on trail
Camp shoes or flip-flops	Flip-flops		Might bring tennis shoes instead
EQUIPMENT:			
Air Mattress	REI Lite-Core 1	\$90	Self-inflating type
Pillow	REI Backpacker Pillow	\$23	Or bring a pillow case and stuff clothes in
			For Summit Night
			For Summit Night to keep your water from freezing
Snowglasses	Scott Storm OTG Ski Goggle	\$55	For Summit Night
Hot water bottle	Just use empty 1.5 L water bottle		Porters can put heated water in bottle for you to put in sleeping bag
Fanny Pack	Eagle Creek	\$25	Very handy to stuff snacks, camera batteries, etc.
Pocket knife			Make sure you put in your checked bags!
OTHER:			
XL clear plastic ziplock bags	Hefty 2.5 Gal OneZip Jumbo (12 ct)	\$3	Reduces amount of ash/dust getting into clothes
XL Moist Towlettes	Wet Ones Big Ones (28 ct)	\$2	These are great for Spit Baths, but leave slight residue
Personal Toiletries	Toothbrush, Toothpaste, floss, soap	\$5	Whatever you need
Hand towel	Rat Towel	\$12	Synthetic, fast drying
Powdered energy drink mix			Mix with 1 L bottle of water
Trail mix, Jerky	Trader Joes (5 or 6 bags)	\$6	Trader Joe's turkey, salmon, buffalo jerkey are excellent
Energy bars, comfort snacks			
Cell phone	iPhone		Great for Panorama photos!!
Hand and foot warmers			Chemical activated, for Summit Night
Vitamins			
Over the counter medications			Melatonin, Pepto, Lozenges, Afrin, Sinus Rinse
	<u>NICE TO HAVE SUBTOTAL=</u>	<u>\$825</u>	
<u>CONSIDER TO HAVE</u>			
CLOTHING:			
Down jacket or ski parka	Whittaker Mtneering 1st Ascent Peak XV	\$299	Instead of multilayer jacket above
Swim suit			Hotel pool
EQUIPMENT:			
Camera Tripod	Sprint Pro II GM Tripod	\$90	A monopod would be lighter weight
OTHER:			
Insect repellent			I NEVER use!
Water purification tablets	Potable Aqua Iodine & Taste-Neutralizer	\$7	Zara boils our water as we go
Paper towels			I have yet to bring, but might be handy
Notebook/journal, pens/pencils			
Playing cards, games, frisbee			
iPhone charging unit	1) Bendix King AA Batter Clam Shell & Bendix King BK Snap 12V Battery Adapter & iPhone Car Charger	\$96	I have the Bendix set up, considering Suntactics set up below
	2a) Suntactics Scharger-5 USB Solar Charger	\$140	Karen Rogers has this setup. It worked great in 2013
	2b) Suntactics 500mA USB Battery	\$26	
	<u>CONSIDER TO HAVE SUBTOTAL=</u>	<u>\$658</u>	



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ZARA TOURS ENHANCED GUEST SAFETY AND HYGIENE PROCEDURES

The Management and Staff of ZARA Tours in Moshi Kilimanjaro wish to thank you for your continued business support over the years and it is our prayer that you and your loved ones are keeping safe as per the WHO laid down procedures and measures to curb the spread of the covid-19 virus. The world is opening up again, and it is with great happiness and pleasure to inform you that Tanzania is now officially open to the world for Tourism and business.

On the 4th April, 2020, the Government of the United Republic of Tanzania instituted measures with a goal of limiting the spread of corona virus in the United Republic of Tanzania. Following a decreased trend of admitted COVID-19 cases in the country, the Government has on 18th May 2020 reviewed the Travel Advisory No. 2 of 4th April, 2020 to accommodate measures related to International travel as follows:

01

All travellers whether foreigners or returning residents entering or leaving the United Republic of Tanzania will be subjected to enhanced screening for COVID19 infection. There will be no 14 days mandatory quarantine upon arrival.

02

All international travellers should observe adherence to Infection Prevention and Control measures such as hand hygiene, wearing masks and keeping physical distancing as appropriate.

03

All travellers are required to truthfully fill out Traveller's Surveillance Form available onboard or in any other transport means and submit to Port Health Authorities upon arrival.

04

. All arriving/departing conveyances must provide Advance Passenger Information so as to allow the Points of Entry Authorities to scrutinize the manifest for possible high-risk passengers.



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Question	Clarification
1. What happens if a guest arrives at the entry point with a high body temperature?	He will be taken to a holding facility within the PoE, for additional screening to ascertain if he has COVID-19 or any other disease. If COVID-19 is suspected, Rapid Response Team will be called to collect sample.
2. Is it necessary for arriving guests with high body temperature to do a COVID 19 PCR test?	YES, as to date we don't have any country with no exception. We will continue updating basing on risk assessment
3. Where do guests who have taken COVID-19 PCR test wait for their results?	If the assessment found the visitor has mild symptoms, details of where he/she will go and contacts will be taken. He/ She will be advised to do self -isolation while observing IPC measures. Details will be sent to a nearby district for follow-up. If the assessment found the visitor has moderate or severe diseases (criteria have been developed), then he will be sent to a designated health facility for further management.
4. What is the procedure that follows, when the guest has tested positive?	He/She will be advised to self isolate himself/herself. Depending on whether he has mild or moderate or severe manifestations, decision as in no 3 will be done.
5. Is there a holding area at the airports where positive COVID-19 guests would have to wait?	Yes
6. Does the government have a list of designated hospitals that will deal with confirmed COVID-19 patients regionally?	Yes, all National, Zonal and Regional referral hospitals are capable of handling patients. These have trained personnel, and also have required equipment
7. Is there an official website where up-to-date information on health protocols and preventive measures can be accessed online?	Yes ,MoHCDGEC website
8. What is the proper way for the disposal of masks and other protective gears that comply with the recommended national health and safety standards and environmental considerations?	We advise that visitors to deposit the masks and other PPE at designated areas
9. What are the Rapid Response Team contacts? What is their role?	Every region has RRT in respective districts who are well trained consisting of clinicians, laboratorian and health office. We use Call Centre 199, to assist in linking with Regional Medical Officers
10. Is there a health protocol from MoHCDEC that should be provided to Liaison officers?	All our documents are within MoHCDGEC website
11. What are the criteria for the approved disinfectants and infrared thermometer?	We use our prestigious recognized TMDA in Africa region and also TBS to ensure they meet the required standards.