



**“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 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 to 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 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 valuable.

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



## Hike 4 Healthcare



### Hike-4-Healthcare

In 2024, 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.



### 2024 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 )**

\*Safari is optional

\*Going to Malawi after the hike is optional





# Hike 4 Healthcare

## Preparing for Your Trip

### Trip Information Overview

<p><b>Fees Due</b> Start looking at airfare</p>	<p>This will depend on the route at Mt. Kilimanjaro . Please refer to the doc sent via email. Airfare approximately: \$2,200 (Taz-to- MW \$800 one way) Hiking equipment approximately: \$1,600  Registration fee \$700  Safari fee \$ 1,180  Mt. Kili climb balance \$1,085  Tanzania Misc. fee \$800 (Malawi Entry Fee:\$75. / Departure Tax Fee: \$30)  <b>Total Mt. Kilimanjaro trip with Safari: \$ 3,765</b>  <b>Overall total approx: \$5,585 with</b></p> <p><i><u>Please note that Mt. Kilimanjaro trip is a “Travel at Will” International Trip. A waiver for Zara and PI needs to be complete.</u></i></p>
<p><b>Kili climb prices are inclusive of</b></p>	<ul style="list-style-type: none"> <li>• All Park fees</li> <li>• National Park approved guides and porters</li> <li>• 18% VAT</li> <li>• 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.</li> <li>• Meals on the mountain</li> <li>• Transport from Moshi at Springlands hotel to the Starting point of the mountain and return to Moshi at Springlands hotel</li> </ul>
<p><b>Prices do not include</b></p>	<ul style="list-style-type: none"> <li>• Tips to driver, porters and guide</li> <li>• Visas</li> <li>• Insurance</li> <li>• Items of personal nature</li> <li>• Transfer to and from Kilimanjaro Airport (\$20/person one-way)</li> </ul> <p>TIPPING</p> <p>Tipping is highly appreciated at the end of safari/ hiking:  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.  The following are daily rates for each climber recommended to tip per staff member:</p> <ul style="list-style-type: none"> <li>• Per Chief Guide: \$15- 20 Per day</li> <li>• Per Assistant guide: \$10- 15 Per day</li> <li>• Per Cook: \$10 Per day</li> <li>• Per Porter: \$8-10 Per day</li> </ul> <p>RECOMMENDED TIP:</p> <p>Each climber should expect to tip between US\$ 250 – US\$ 350 for the entire climb.  NB: These are just guidelines and tips can be given to mountain crew according to services provided.  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"> <li>• Store electronics in sealed water-proof bags (double sealed if possible)</li> <li>• The pack that the porters carry is limited to 15 kg (35 pounds)</li> <li>• Wrap clothing in plastic bags</li> </ul>



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	<ul style="list-style-type: none"> <li>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.</li> </ul>																																																																	
<p><b>Incidentals</b></p>	<ul style="list-style-type: none"> <li>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.</li> <li>It will be important for you to pack snacks to hold you up during the climb.</li> </ul>																																																																	
<p><b>KILIMANJARO WEATHER</b></p>	<p><b>AVERAGE TEMPERATURE, AND RAINFALL IN MOSHI , TANZANIA</b></p> <table border="1"> <thead> <tr> <th>Month</th> <th>Min (°C)</th> <th>Average (°C)</th> <th>Max (°C)</th> <th>Rainfall (in)</th> </tr> </thead> <tbody> <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> </tbody> </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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<p><b>Health Requirements And Travel Insurance</b></p>	<p><b>Please note: Please visit Tanzania for COVID requirements.</b>  <b>Please note you will need a Yellow Fever Inoculation;</b> 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. <b>Malaria prophylactics are a must.</b></p> <p>Travel Insurance is recommended. Please ensure you have sufficient Medical Cover for the duration of your trip. Consider getting trip cancellation insurance. However, all expenses except the flights can be rolled over to the next year if you need to postpone. You won't lose any of that money if you have to cancel at the last minute. Flights are probably refundable less a cancellation fee. Another however – if you get sick over there and have to come back you stand a chance to lose a lot of money.</p> <p>Options for Travel Insurance:</p> <ul style="list-style-type: none"> <li>NOAH JAMES INSURANCE , Katy, TX USA, Mobile: (617) 676-7858 <a href="http://www.noahjamesinsurance.com">www.noahjamesinsurance.com</a></li> <li></li> <li>Diver Dan (<a href="https://dan.org/membership-insurance/">https://dan.org/membership-insurance/</a>). You can also call them at (919) 684-2948.</li> <li><a href="http://www.MissionTripInsurance.com">www.MissionTripInsurance.com</a> [(800) 576-2674]</li> <li><a href="http://www.TravelGuard.com">www.TravelGuard.com</a> [(800) 826- 1300].</li> <li>Zara tours recommend <b>WORLD NOMADS</b> <a href="http://www.worldnomads">www.worldnomads</a></li> <li><a href="http://www.allianztravelinsurance.com">www.allianztravelinsurance.com</a> or call 1-800-284-8300.</li> </ul>																																																																	



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<b>Baggage</b>	<ul style="list-style-type: none"> <li>Depends on the flight- usually two 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 one bag.</li> </ul>
<b>Last minute reminders General items</b>	<ul style="list-style-type: none"> <li>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</li> <li>If you are concerned about carrying cash with you, consider buying a money belt.</li> <li>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.</li> <li>Start taking your anti-malaria medication before leaving for Malawi as prescribed.</li> <li>Make sure you have your adaptors so you can recharge batteries, cameras, etc.</li> <li>Call the airline to give them your frequent flyer numbers and make any seat changes</li> </ul>
<b>Airport Day</b>	<ol style="list-style-type: none"> <li>Arrive at least 3-4 hours before departure. (remember it's an International flight)</li> <li>Print itinerary and bring it to the airline check in counter.</li> <li><b>Bring your passport and immunization documents.</b></li> <li>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.</li> <li>Bring all of your prescriptions, vitamins, and medications with you in your carry-on. <b>DO NOT</b> pack anything valuable in your checked luggage.</li> </ol>

### 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](http://www.usps.com) (Postal Service) Choose "apply for a passport" on home page  
[www.travel.state.gov/passport/](http://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!**

### HEALTH

<b>Required Vaccinations</b>	<ul style="list-style-type: none"> <li>Tetanus</li> <li>Hepatitis A</li> <li>Hepatitis B</li> </ul>
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## Hike 4 Healthcare

	<ul style="list-style-type: none"> <li>• Typhoid</li> </ul>
<b>Other Vaccinations</b>	<ul style="list-style-type: none"> <li>• Yellow Fever is required for Tanzania</li> <li>• Meningitis (longer trips) 2 weeks</li> </ul>
<b>Health Departments for Vaccinations</b>	<p>Check for the nearest local Health Department for vaccinations.</p> <ul style="list-style-type: none"> <li>• Ensure you receive your vaccines at least 4-6 weeks prior to your trip to allow time for the immunizations to take effect.</li> <li>• 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.</li> </ul> <p><b>Immunization Card</b></p> <p><b>You have two choices when getting your immunizations...</b></p> <ol style="list-style-type: none"> <li>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. <b>You must have this card with you to travel.</b></li> <li>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. <b>You must have this card with you to travel.</b></li> <li>For additional information, check the CDC's website regarding health information for travelers <a href="http://wwwnc.cdc.gov/travel">http://wwwnc.cdc.gov/travel</a></li> </ol>
<b>Doctor Visit Prior to Trip</b>	<ul style="list-style-type: none"> <li>• Prescription for Anti-Malaria pills (name the drugs- follow your doc's rec) see below</li> <li>• 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.</li> <li>• Motion sickness medication. (Much of the terrain is rough and winding, if you struggle with motion sickness please talk with your doctor).</li> <li>• 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.</li> </ul> <p style="text-align: center;"><b>Vaccines, Prescriptions, &amp; Other Medical</b></p> <ul style="list-style-type: none"> <li>• Yellow Fever (1 shot, good for 10 years - Only some doctors can give this vaccine)</li> <li>• Typhoid (shot is good for 2 years and pill is good for 5 years) Many people report the pills makes them nauseous</li> <li>• Hep A (2 shots, good for life)</li> <li>• Hep B (3 shots, good for life)</li> <li>• DPT (Diphtheria/pertussis/tetanus)</li> <li>• MMR (Measles, Mumps, Rubella)</li> <li>• Cholera (only needed in the rainy season)</li> </ul> <p><b>Prescriptions:</b></p> <p><u>Anti-Malaria -</u></p> <ul style="list-style-type: none"> <li>• Mefloquine (used this one for all my trips- once a week dosing)</li> <li>• Doxycycline</li> <li>• Malarone</li> </ul> <p><u>Nausea and vomiting -</u></p> <ul style="list-style-type: none"> <li>• Zofran (I will definitely be getting this)</li> <li>• Inhaler</li> <li>• Phernegan</li> </ul> <p><u>Bacterias &amp; Parasites -(intestinal disorders)</u></p> <ul style="list-style-type: none"> <li>• Cipro (500mg) (I will definitely be getting this) generic</li> <li>• Flagyl (250mg) (I will definitely be getting this) generic</li> </ul> <p><u>Sleep -</u></p> <ul style="list-style-type: none"> <li>• Ambien (This helps me on the night flight to Europe and the first night in Africa)</li> </ul>



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	<p><b>Over the Counter Medications:</b></p> <ul style="list-style-type: none"> <li>● Tylenol Arthritis Pain (headaches) (650mg acetaminophen)</li> <li>● Pepto Bismol (intestinal)</li> <li>● Imodium (intestinal)</li> <li>● Melatonin (sleep)</li> <li>● Throat Lozenges (dusty )</li> <li>● Afrin (dusty)</li> <li>● Sinus Rinse (dusty)</li> <li>● Benadryl (sleep, allergic, reactions)</li> </ul> <p><b>Other Medical:</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Physical</td> <td style="width: 50%;">Optional</td> </tr> </table> <ul style="list-style-type: none"> <li>● Make an appointment for a physical, any other tests, and your prescriptions with your doctor</li> <li>● Bring your list of immunizations (yellow card, if you have one, to your appointment)</li> <li>● Tell him when you will be in the countries you are traveling in</li> <li>● He will go to the CDC site and check its recommended immunizations and prescriptions</li> <li>● You may want to check the CDC site yourself before you go in:</li> </ul> <p style="text-align: center;"><a href="http://wwwnc.cdc.gov/travel/destinations/list.htm">http://wwwnc.cdc.gov/travel/destinations/list.htm</a></p> <p><b>Additional medical items to bring:</b></p> <ol style="list-style-type: none"> <li>d. 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.</li> <li>e. 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).</li> <li>f. 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.</li> <li>g. Hand sanitizer—liquids and wipes</li> <li>h. Vitamins</li> <li>i. A copy of your medical insurance card</li> <li>j. Your immunization card</li> <li>k. Small first aid kit (bandages, anti-bacterial cream, etc.)</li> </ol>	Physical	Optional
Physical	Optional		
<b>Medical Conditions</b>	<ul style="list-style-type: none"> <li>● Please let us know if you have any medical conditions. This is for your safety in cases of an emergency.</li> <li>● 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 it's a common cold.</li> <li>● Any information will be considered confidential and not shared outside of the trip leaders unless relevant in cases of emergency.</li> </ul>		
<b>Staying Healthy</b>	<ul style="list-style-type: none"> <li>● Wash your hands frequently with soap and water or use an alcohol based hand sanitizer.</li> <li>● 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.</li> <li>● If you believe you are experiencing any malaria related symptoms, let your trip leader know IMMEDIATELY.</li> </ul>		





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	<ul style="list-style-type: none"> <li>• If you have any signs of intestinal issues or stomach flu type symptoms, begin to take your Ciproflaxin and inform the group leader immediately.</li> <li>• 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.</li> <li>• Avoid contact with animals.</li> <li>• Always wear shoes or sandals. Do not walk around in your bare feet. This is a mode for contacting a parasite.</li> </ul>
<b>Post Trip Doctor Visit</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>

What to Pack	
	Notebook for journaling if you want.
	Flashlight for power outages that occur frequently (headlamps 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"> <li>• It is winter in Africa around May-August. The low is about 57 degrees and the high is about 78 degrees. The mornings and evenings can feel cold and windy but the afternoons warm up nicely.</li> <li>• The overall custom is to dress modestly and a slightly more formal than the US</li> <li>• Jeans are acceptable as long as they are in good condition. Women may wear trousers or skirts below the knee</li> <li>• Plain T-shirts or decorative T-shirts are acceptable</li> <li>• 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.</li> <li>• It is recommended to wear natural fabrics such as cotton</li> <li>• 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.</li> <li>• No need to bring flat irons, hot rollers, curling irons etc.... One blow dryer per room should be fine. (This is a ponytail kind of trip)</li> </ul> <p><b>Clothing Continue:</b> Clothing should be conservative and modest.</p> <ul style="list-style-type: none"> <li>o <b>Men</b>—long pants and shorts are appropriate for work sites. Short and long sleeve shirts are appropriate.</li> <li>o <b>Women</b>—long pants and longer capri pants for work at project sites. Skirts for church should be knee length or longer. Short and long sleeve shirts are appropriate. <b>NO TANK TOPS.</b> Shirts should be modest and should not show excessive cleavage.</li> <li>o <b>Men and women</b>--Bring a lightweight jacket. It can be quite cool in the mornings and evenings and you will want the extra layer.</li> <li>o All clothing should be modest and conservative. No loud or “crazy” prints (skulls and crossbones, etc.)</li> <li>o Sturdy, comfortable shoes. Tennis shoes or boots are good choices. Note that the dirt is very red and will stain white shoes and socks.</li> <li>o Do NOT bring any gold, silver, or precious stones jewelry. It is very tempting to thieves and pickpockets.</li> <li>o Put your name or initials with permanent marker on clothing labels to make it easier to find your clean, laundered clothes</li> </ul>
	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



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	<p>Small first aid kit that includes:</p> <ul style="list-style-type: none"> <li>● Band-Aids</li> <li>● Sunscreen</li> <li>● Bug spray with at least 30% DEET</li> <li>● Aspirin/Advil</li> <li>● Anti-fungal cream</li> <li>● Imodium, Pepto or Tums</li> <li>● Purell Hand Sanitizer</li> <li>● Wet Wipes</li> <li>● Any prescription medication you need</li> </ul>
	<p>Passport</p> <ul style="list-style-type: none"> <li>● 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.</li> </ul>

Travel Tips	
<b>Boost Your Immune System</b>	<p>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!</p> <ul style="list-style-type: none"> <li>○ Maintain a sensible bedtime schedule several days before the trip</li> <li>○ Take vitamins daily – extra doses of vitamin C</li> <li>○ If you feel like you may be getting a cold, take a Zycam right away</li> <li>○ Intentionally drink more water</li> <li>○ Moderate exercise (do not overdo it)</li> <li>○ Minimize alcohol</li> </ul>
<b>Jet Lag Prevention</b>	<ul style="list-style-type: none"> <li>● Set your watch to the new time as you begin the trip</li> <li>● Try to adapt your eating to the time schedule to which you're traveling</li> <li>● 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</li> <li>● Make the most of any stopovers by making yourself comfortable and getting rest</li> <li>● Drink plenty of liquids, but avoid alcohol and caffeine</li> </ul>
<b>Packing Tips</b>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● No need to bring a full wallet of credit and reward cards. If you bring a credit card, try to limit it to one.</li> <li>● 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.</li> <li>● Be sure to keep all your medication - prescription, over-the-counter, even vitamins - in their original containers</li> <li>● 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.</li> <li>● 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.</li> </ul>

Luggage (Check with airline)	
<b>Luggage Weight</b>	<ul style="list-style-type: none"> <li>● THIS WILL DEPEND ON THE AIRLINE</li> </ul>
<b>Carry-on Bags</b>	<ul style="list-style-type: none"> <li>● THIS WILL DEPEND ON THE AIRLINES</li> </ul>



## Hike 4 Healthcare

<b>Labels &amp; Locks</b>	<ul style="list-style-type: none"> <li>• Ensure you have clear labels with your name, address and phone number on each of your bags (even carry-on).</li> <li>• 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.</li> <li>• 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.</li> </ul>
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<b>Miscellaneous Information</b>	
<b>Responding to Beggars in General</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>Time Schedule</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• While in Malawi we stick to a tighter timeframe but there are still probabilities of running behind.</li> <li>• The days will be long and full. Please pray for God's patience and grace.</li> </ul>
<b>Considerations</b>	<ul style="list-style-type: none"> <li>• Respect the culture and laws of the country</li> <li>• Respect your group leader(s) and the others in your group</li> <li>• Show grace to one another and be patient</li> <li>• Stay with the group</li> <li>• Communicate any injuries, illnesses, fears or concerns to a leader</li> <li>• Help each other</li> <li>• Always be on time and listen carefully to instructions</li> <li>• Suffer a little and avoid complaining too much. ;)</li> <li>• Enjoy the blessings of traveling together</li> <li>• Pray for one another</li> </ul>
<b>Malawian License</b>	<p style="text-align: center;"><b>Medical Personnel info</b></p> <p>Here is what is needed for the registration:</p> <ol style="list-style-type: none"> <li>1. The medical practitioners will have to fill out the "<a href="#">Medical Council Application</a>" form. The nurses/midwives fill out the nursing registration form and the transcript form. Other documents needed to be sent with the filled-out application forms are:</li> <li>2. Copies of your training/medical certification,</li> <li>3. Copy of diploma certificate(s),</li> <li>4. Certificate of good standing (letter from your employer stating when you started working with them and what you do at work - similar to recommendation letter),</li> <li>5. Current evidence of nursing/medical registration,</li> <li>6. Updated resume,</li> <li>7. Other nursing/medical training certificates you have,</li> <li>8. 2 passport photo sizes</li> <li>9. <b>\$200</b> fee each for those coming to do a medical camp (has to be 5 or more).</li> </ol>
<b>Safety</b>	<ul style="list-style-type: none"> <li>• Usual precautions should be taken as would be advised for any tourist anywhere.</li> <li>• 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)</li> </ul>



## Hike 4 Healthcare

	<ul style="list-style-type: none"> <li>• Keep your passport with you at all times if staying in hotel/lodge. It is best to wear a passport holder. <b>DO NOT LEAVE IT IN YOUR HOTEL ROOM</b> or near windows.</li> <li>• Do not leave any valuables in your hotel room.</li> </ul>
<b>Miscellaneous Reminder</b>	<ul style="list-style-type: none"> <li>• <b>Miscellaneous items to bring:</b> <ul style="list-style-type: none"> <li>o If you wear prescription glasses, bring an extra pair.</li> <li>o Camera (w/good telephoto if going on an animal safari) or video camera</li> <li>o Tripod, camera lens cleaning solution, and cloth</li> <li>o Spare batteries and/or battery recharger</li> <li>o 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)</li> <li>o Voltage converters if needed for appliances like hair dryers, curling irons, etc. that run on 110 volts</li> <li>o Flashlight and/or headlamp</li> <li>o Toothpaste and toothbrush for the plane ride</li> <li>o Snacks. Do not eat in front of other people unless you are willing to share. Eating without sharing is considered rude.</li> <li>o Water bottle—water will be provided, but you will need a bottle to refill every day</li> <li>o Toiletries—toothbrush, toothpaste, contact lens solution, face wash, etc.</li> <li>o Extra role of toilet paper (just in case!)</li> <li>o 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</li> <li>o Computer (optional)</li> <li>o Cell phone with international coverage (optional)</li> <li>o Binoculars (optional)</li> <li>o Notebook/Journal and pen/pencil for writing down your thoughts and prayers at the end of the day</li> <li>o Small Bible</li> <li>o Credit card—note: each international transaction will be charged an additional fee, cash withdrawals will also incur an additional fee, these fees can quickly add up</li> <li>o ATM card—recommended over a credit card, don’t forget your password or pin number</li> <li>o Eye mask, ear plugs, inflatable pillow for the plane ride</li> <li>o Emergency contact numbers to share with the group</li> <li>o Extra clothing to give away at the project sites—bring clothing in a variety of sizes for the children, mamas, patients, and workers.</li> <li>o Traveling alarm clock or cell phone with alarm clock feature</li> <li>o 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.</li> </ul> </li> </ul>
<b>Accommodations in Malawi</b> We have something for everyone	Length of stay in Malawi will depend on your schedule. Contact person for all arrangements: Eddah Hara: <a href="mailto:eddah@charistours.net">eddah@charistours.net</a>

Contact Information/Communication		
<b>Anne</b>	(832) 657-7744	<a href="mailto:abalaniz@houstonmethodist.org">abalaniz@houstonmethodist.org</a> or <a href="mailto:pothawirash@gmail.com">pothawirash@gmail.com</a>
<b>Cell Phone</b>	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).	
<b>Internet/E-Mail</b>	There is limited internet access. If you do get access, it is extremely slow.	



## Hike 4 Healthcare

### Preparing Yourself Physically for Climbing Mt. Kilimanjaro

The main things you should do right now to prepare yourself physically for the climb is to:

- a) make an appointment with your doctor to not only get a physical but tell him what you will be doing and get his advice,
  - b) set up a diet plan and stick with it, and
  - c) 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!
1. 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.
  2. 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.
  3. 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:
    - 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!

### Preparing Yourself Physically for Climbing Mt. Kilimanjaro

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.

For each month, try to increase the intensity of your work out a little

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.

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.

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.

You might want to consider getting a personal trainer, who could add more insight to your training.



## Hike 4 Healthcare

<p><b>Kilimanjaro Climber's Packing List Notes</b></p>	<ul style="list-style-type: none"> <li>● The pack that the porters carry is limited to 15 kg (35 pounds)             <ul style="list-style-type: none"> <li>○ Overweight or extra luggage will require an extra porter at \$5/day</li> </ul> </li> <li>● Store electronics in sealed water-proof bags (double sealed if possible)</li> <li>● Wrap clothing in plastic bags</li> <li>● 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.</li> <li>● You can leave extra luggage in a locked storage room at the Springlands Hotel for no charge.</li> <li>● You can leave valuables in a safe deposit box at the Springlands Hotel for \$1/day.</li> <li>● See Mike's list for details on what is provided by Zara Tours to rent.</li> </ul> <p>Baggage</p> <ul style="list-style-type: none"> <li>● Day pack, for you to carry</li> <li>● Large duffel bag or backpack, for porters to carry</li> <li>● Plastic bags</li> </ul> <p>Clothing You want your inner layer to be wicking – no cotton          Your next layer should be insulating and warm, and your top layer should be water proof but breathable.          You will need clothes for hiking during the day, lounging in the evening, and for sleeping.          Layers are important as temperatures vary greatly.          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)	Please Read These Comments Too!
<b><u>NEED TO HAVE</u></b>			
<b>CLOTHING:</b>			
Waterproof rain jacket	REI Kimtah Jacket with eVent (or Columbia)	\$160	Rain gear is required (but rarely needed) due to unexpected rain that could lead to hypothermia. Consider inexpensive alternatives such as Frog Togs
Waterproof rain pants	REI Shuksan Pants	\$170	For camp & add layers for <b>Summit Night</b> , like w/ the waterproof rain jacket
"Puffy" jacket*	Patagonia Down Sweater Hooded Jacket	\$279	100% polyester
Safari pants	Various (2 pair)	\$60	100% polyester
Safari shirts - long sleeved	Various (2 pair)	\$38	100% polyester. Also Gander Mtn., Magellan
Safari shirts - short sleeved	Various (1 pair)	\$35	1 pair for Sleeping and 1 pair for <b>Summit Night</b>
Thermal long underwear	Patagonia Capilene (2 pairs)	\$94	<b>Summit Night</b> - Pulls up over your head
Balaclava	SmartWool Balaclava	\$35	Daily use - the sun is very intense especially after we are out of the forest
Wide-brimmed hat	Dorfman Pacific "Indiana Jones" style	\$40	<b>Summit Night</b> , EXTREMELY IMPORTANT! The Alti Mittens cost more \$\$!
Heavy Mittens	Marmot Expedition Mitt (or O.R. Alti Mittens)	\$109	NOT a substitute for <b>Summit Night</b> Mittens!
Heavy Gloves	Marmot Randonnee Gore-Tex Gloves	\$100	Get fitted by the sales rep. Very important! No blisters! 1-1.5 sizes bigger than normal
Hiking Boots (Water Proof)	Vasque Breeze WT GTX	\$105	<b>Summit Night</b> . Keeps rocks out of your boots, especially on summit night
Gaiters	Outdoor Research Crocodile Gaiters	\$55	Prices \$14-\$24, depends on cushion (I use Med, Heavy, X-Heavy)
Wool Socks - various thicknesses	SmartWool (1 pair/day)	\$17	Consider washing and buying less to save \$\$
Liner socks	FoxRiver (1 pair/day)	\$12	100% polyester
Underwear (tops and bottoms)	Various Brands (1/day)	\$30	<b>Summit Night</b>
Wool Hat	EBC	\$15	
<b>EQUIPMENT:</b>			
Zero degree (F) sleeping bag	Marmot Never Summer (with stuff sack)	\$247	Don't skimp on a good sleeping bag!
Duffel 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. Osprey is also a very good brand.
3 or 2 Liter Water Bladder	CamelBak 3.0L / 2.0L	\$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	<b>Summit Night</b>
Trekking Poles	Distance Carbon (not very length adjustable)	\$159	Some people do not use poles, but I use and recommend especially for <b>Summit Night</b> and going down hill
<b>OTHER:</b>			
E Africa plug adaptor	Best Buy or Radio Shack		For anything to be plugged into an outlet at Hotel
Sunglasses			The sun is very intense!
Sunscreen			The sun is very intense!
Lip balm w/sunscreen			The sun is very intense!
Cash / Credit Card	I also bring cash/cc on mtn for drive back to hotel (souvenir stops)		Airport snacks, small tips, gifts & souvenirs (sky is limit on these two!)
Toilet Paper / Hand Sanitizer			Very important!!
First Aid Kit			Band-aids, Moleskin, ace bandage, Antibiotic ointment
Prescription medications	Malarone, Diamox, Zofran, Ambien, Anti-biotics, Inhaler (asthma?)		Plus your own
Pain medicine	Tylenol Arthritis Pain (650mg)		Good for sun headaches & mild altitude headaches
*Gortex multilayer jacket	NorthFace Men's Atlas Triclimate	\$290	<b>Summit Night</b> . I switched from a down jacket to this in 2013
<b><u>NEED TO HAVE SUBTOTAL=</u></b>		<b><u>\$2,009</u></b>	

**Available to Rent from Zara:**

Let me know if you want to reserve any items from Zara:

I only recommend renting the following from Zara:

<https://www.zaratours.com/equipment-rental/>

Mont Bell Sleeping bag (-13F) - washed!	Warm/Down Jacket	Treking Poles (but check them before renting)!
Duffel Bag	Gaiters - make sure not broken	

**VERY IMPORTANT NOTES!!**

- \*Never pack key valuables in your checked bags: medicines, computer, camera, etc. Pack expensive bulky items deep in your suitcases.
- \*I mostly paid store prices, sometimes on sale, but a person carefully looking online for deals, can probably pay less than 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 (Compression bags or food sealers should work well). I use Zip-Lock bags.
- \*Make sure you have a knowledgeable salesman help you fit your boots (1 size larger than normal).
- \*The duffel that the porters carry is limited to 15kg (35 pounds). Overweight duffel or extra duffel will 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 may be 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 for the group.
- \*Make copies of passport, schedule. Leave a copy w/someone at home. Put a copy in each piece of your luggage and day pack.
- \*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 Dorr's book, "Kissing Kilimanjaro." My experiences have not been bad like his was!

Mount Kilimanjaro clothing and equipment check list

	What Mike Has Purchased	Mike Paid (each)	Please Read These Comments Too!
<b><u>NICE TO HAVE</u></b>			
<b>CLOTHING:</b>			
Hiking shorts	Various	\$45	I wear shorts at least the 1st two days and the last day
Fleece jacket and pants	REI	\$105	<b><u>Summit Night</u></b>
Heavy mid-layer top	Arterex Fortez Hooded Fleece Jacket	\$179	<b><u>Summit Night</u></b>
Heavy mid-layer pants	Outdoor Reasearch Cirque Softshell Pants	\$150	<b><u>Summit Night</u></b>
Bandana / Neck Gaiter	10th Anniversary Clean Water Climb	\$0	The sun is very intense, dust can be bad on Kilimanjaro (& EBC)!
Lightweight fleece gloves	Marmot Windstopper Glove	\$49	Chilly evenings & mornings while in camp
Camp shoes	Merrell All Out Blaze Sieve	\$100	Consider tennis shoes instead. Don't bring flip-flops!
<b>EQUIPMENT:</b>			
Sleeping Mattress and/or pad	Thermarest Z-Lite folding pad	\$90	Or bring a blow-up mattress
Super thin, frameless pack	REI Flash 18	\$35	<b><u>Summit Night</u></b> (keeps water thawed). (or Camelbak - Racepak or StoAway)
Insulated drinking tube	CamelBak Altitude Thermal Control Kit	\$20	<b><u>Summit Night</u></b> (keeps water thawed)
Solar tent light	Luci Inflatable Solar Light	gift	It was a gift from a climber
Fanny Pack	Eagle Creek	\$25	Very handy to stuff snacks, camera batteries, etc.
<b>OTHER:</b>			
Digital Camera, extra batteries	Canon Mark III 5D Digital SLR		Bring at least a high quality point & shoot w/ a good zoom
XL clear plastic ziplock bags	Hefty 2.5 Gal OneZip Jumbo (12 ct)	\$3	Pack clothes in bags to Reduce amount of ash/dust getting into clothes
XL Moist Towlettes or Baby Wipes	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
Wipes	Sanitizing & Baby		Clean up before going to bed
Hand towel	Rat Towel	\$12	Synthetic, fast drying
Powdered energy drink mix	Advocare Spark		Mix with 1 L bottle of water
Trail mix, Jerky, Energy Bars	Various brands	\$6	Trader Joe's turkey, salmon, buffalo jerkey are excellent!
Cell phone	iPhone 12 Pro Max (might upgrade to 13 Pro Max)		Great for Panorama, Portrait, and Night photos!!
Hand and foot warmers			Chemical activated, for <b><u>Summit Night</u></b>
Vitamins, OTC medications, Saline Nasal Spray			Melatonin, Pepto, Lozenges, Afrin, Sinus Rinse
	<b><u>NICE TO HAVE SUBTOTAL=</u></b>	<b><u>\$826</u></b>	
<b><u>CONSIDER TO HAVE</u></b>			
<b>CLOTHING:</b>			
Down jacket or ski parka	Whittaker Mtneering 1st Ascent Peak XV	\$299	Instead of multilayer jacket above - I no longer use - too hot!
Hoodie	Cabella's		
Base layer	Hot Chili's		
Trekking Gloves	Arterex		
<b>EQUIPMENT:</b>			
Pillow	REI Backpacker Pillow	\$23	Or bring a pillow case / stuff bag and stuff clothes in
Sleeping Bag Liner	Silk Stretch Mummy Liner	\$75	Provides extra warmth and keeps bag cleaner
Ski Goggles	Scott Storm OTG Ski Goggle	\$55	<b><u>Summit Night</u></b>
Hot water bottle	Carex 2 qt. Hot water bottle w/fleece cover (or just use an empty 1L water bottle)	gift	If you get cold easily, have cooking staff add warm water for your sleeping bag
<b>OTHER:</b>			
Camera Tripod (or Monopod)	Sprint Pro II GM Tripod	\$90	I also bring a fairly heavy Manfrotto Monopod
Urine receptical	Pee Bottle. Ladies purchase "Go Girl"		Ladies Consider getting a Travel John/Pee Styler for middle of night!
Insect repellent	With Deet		I NEVER bring to Africa anymore!
Paper towels			Handy for washing/rincing before a meal
Notebook/journal, pens/pencils			
Playing cards, games, frisbee			
Energy Power Source (for charging your iPhone and other USB devices)	30,000mAh Aukey Power Bank		
Flip Flops			Taking showers in hotels, tea houses, etc.
	<b><u>CONSIDER TO HAVE SUBTOTAL=</u></b>	<b><u>\$542</u></b>	
<b><u>Items were purchased at:</u></b>			
Best Buy	Eddie Bauer	Marmot	REI
49ercommunications.com	Outdoor Research	Academy	Cabella's
North Face	Backcountry	Patagonia	eBay
Massey's Outfitters	Whittaker Mountaineering	Gander Mtn	Arterex