



“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 2025, 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.



2025 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	
Fees Due Start looking at airfare	<p>Please visit Hike4Healthcare for trip Information.</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>
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: 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"> ● 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. 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"> ● 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.



Hike 4 Healthcare

<p>KILIMANJARO WEATHER</p>	<p>AVERAGE TEMPERATURE, AND RAINFALL IN MOSHI , TANZANIA</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
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																																																														
<p>Health Requirements And Travel Insurance</p>	<p>Please note: Please visit Tanzania for COVID requirements. 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.</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"> • NOAH JAMES INSURANCE , Katy, TX USA, Mobile: (617) 676-7858 www.noahjamesinsurance.com • • Diver Dan (https://dan.org/membership-insurance/). You can also call them at (919) 684-2948. • www.MissionTripInsurance.com [(800) 576-2674] • www.TravelGuard.com [(800) 826- 1300]. • Zara tours recommend WORLD NOMADS www.worldnomads • www.allianztravelinsurance.com or call 1-800-284-8300. • Zara tours recommend WORLD NOMADS www.worldnomads You may also go online to www.allianztravelinsurance.com or call 1-800-284-8300. <p>Consider what the best options are for you given your own unique situation. Decide what kind of coverage you want.</p>																																																																	
<p>Baggage</p>	<ul style="list-style-type: none"> • 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. 																																																																	



Hike 4 Healthcare

<p>Last minute reminders General items</p>	<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
<p>Airport Day</p>	<ol style="list-style-type: none"> a. Arrive at least 3-4 hours before departure. (remember it's an International flight) b. Print itinerary and bring it to the airline check in counter. c. Bring your passport and immunization documents. d. 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. e. 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!

HEALTH

<p>Required Vaccinations</p>	<ul style="list-style-type: none"> ● Tetanus ● Hepatitis A ● Hepatitis B ● Typhoid
<p>Other Vaccinations</p>	<ul style="list-style-type: none"> ● Yellow Fever is required for Tanzania ● Meningitis (longer trips) 2 weeks
<p>Health Departments for Vaccinations</p>	<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.



Hike 4 Healthcare

	<ul style="list-style-type: none"> 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
<p>Doctor Visit Prior to Trip</p>	<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 style="text-align: center;">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 <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 -(intestinal disorders)</u></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)



Hike 4 Healthcare

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 (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"> 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. 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 ponytail 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 sites. 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. 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
	<p>Small first aid kit that includes:</p> <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



Hike 4 Healthcare

	<ul style="list-style-type: none"> ● Purell Hand Sanitizer ● Wet Wipes ● Any prescription medication you need
	<p>Passport</p> <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.

Travel Tips

Boost Your Immune System	<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"> ○ 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
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.

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.



Hike 4 Healthcare

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
Malawian License	<p style="text-align: center;">Medical Personnel info</p> <p>Here is what is needed for the registration:</p> <ol style="list-style-type: none"> The medical practitioners will have to fill out the "Medical Council Application" 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: Copies of your training/medical certification, Copy of diploma certificate(s), 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), Current evidence of nursing/medical registration, Updated resume, Other nursing/medical training certificates you have, 2 passport photo sizes \$250 fee for those coming to do a medical camp (has to be 5 or more). Nurses fees will vary year to year. please contact us.
Safety	<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.
Miscellaneous Reminder	<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



Hike 4 Healthcare

	<ul style="list-style-type: none"> o Spare batteries and/or battery recharger 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) o Voltage converters if needed for appliances like hair dryers, curling irons, etc. that run on 110 volts o Flashlight and/or headlamp o Toothpaste and toothbrush for the plane ride o Snacks. Do not eat in front of other people unless you are willing to share. Eating without sharing is considered rude. o Water bottle—water will be provided, but you will need a bottle to refill every day o Toiletries—toothbrush, toothpaste, contact lens solution, face wash, etc. o Extra roll of toilet paper (just in case!) 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 o Computer (optional) o Cell phone with international coverage (optional) o Binoculars (optional) o Notebook/Journal and pen/pencil for writing down your thoughts and prayers at the end of the day o Small Bible 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 o ATM card—recommended over a credit card, don’t forget your password or pin number o Eye mask, ear plugs, inflatable pillow for the plane ride o Emergency contact numbers to share with the group o Extra clothing to give away at the project sites—bring clothing in a variety of sizes for the children, mamas, patients, and workers. o Traveling alarm clock or cell phone with alarm clock feature 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.
<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>

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.	



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!

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.

Preparing Yourself Physically for Climbing Mt. Kilimanjaro



Hike 4 Healthcare

<p>Kilimanjaro Climber's Packing List Notes</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 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>
--	--