

Preparing for your trek: East Africa

The following information tells you what you will need to do to prepare for your trek.

Checklist

To send to trekMountains office

- Medical form
- Insurance declaration form
- Photocopy of passport

To do

- Now - Make a note in your diary of the payment schedule shown on your invoice
- Now - Check that the name on your invoice EXACTLY matches the first and surname on your passport and notify the trekMountains office immediately if there are any discrepancies.
- Set aside time to improve your mountain fitness
- Vaccinations – travel clinic. 2-3 months before departure
- Obtain medical items on kit list – may need doctor’s prescription for diamox and antibiotics.
- Dental check-up. 1-2 months before departure
- Insurance
- Visa application(s) – will need passport photos
- Equipment list – decide which items you may need to buy

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Information updated 31/7/2017 (AF)

Health issues

- **Fitness - train for your trip** – you will enjoy the trek much more if you are fit. For most of our trekking trips you will need to be comfortable trekking for on average 6 hours a day in mountainous terrain. By far the best way to train for trekking is to get out on the British hills and spend time ascending, for example, to the heights of the Lake District peaks, ie around 800 – 1000m. If you are capable of putting together a few days of that calibre back-to-back, you should be capable of most of our treks. For those not able to regularly get to the British hills, then regular cardiovascular exercise, for example on the stepper in the gym is a good alternative, but you should still try to get some time in mountain terrain as gyms cannot simulate the rough ground found in a mountain environment.
- **Medical form** – please complete and sign the enclosed form. You will need a doctor to sign the form to declare your suitability for the trek if you are over 55 or have a pre-existing medical condition.
- **Vaccinations** – travel vaccinations are advised for the countries we trek to. You should plan to see your GP's travel clinic several months ahead of your trip, as some vaccinations require a course of injections over a couple of months. For advice on which vaccinations to take, please speak to your travel clinic as, unlike us, they have access to your medical history. The website www.fitfortravel.scot.nhs.uk is also very useful.
Yellow Fever: The Yellow Fever vaccination certificate is essential for all visitors to Tanzania, and recommended for visitors to Kenya. A yellow fever vaccination certificate is required for anyone travelling between these countries by road, or for transit passengers who have spent time in Kenya/Tanzania outside of the airport.
Malaria: Please note that for travellers to East Africa, specific anti-malarials are a necessity. Please check with your travel nurse at your doctor's surgery to find out which are the best anti-malarials for you to take. However, we recommend that you avoid Lariam.
Rabies does exist in East Africa – avoid dogs and monkeys! The decision about the expensive course of course of rabies injections is a matter of personal choice.
- **Dental checkup** – altitude and flying are notorious for highlighting dental problems, and there is nothing worse than being on trek with toothache. A check-up timed sufficiently in advance of the departure date to allow for any work that is required to be done on your teeth can save you a lot of pain on trek.
- **Staying healthy in East Africa** – Be scrupulous about your own personal hygiene. **Wash your hands before you eat anything**, and also use antibacterial hand gel in addition to soap and water. Remember that money is one of the dirtiest things you will touch.
Do NOT drink tap water, or even brush your teeth in it, even if you see the locals doing it. Bottled water is safe in the towns, though be sure the seal hasn't been broken. On trek we will provide you with water that has been filtered and boiled (more environmentally sound than plastic bottles)! It is a good idea to keep your toothbrush by your safe water, not by the sink.
Be careful what you eat – the food and drinks our cooks prepare for you will be safe, but when eating elsewhere avoid uncooked food, or things that might not have been washed in safe water, ie, avoid ice cream, ice cubes, salads and fruit if you're not sure how it was washed etc.
Hot drinks are safe, as the water has been boiled. If in doubt, ask for advice.
- **Medicines** – see the kit list later in this document. A basic first aid kit is carried on all our treks, and your trek guide will be trained in first aid, but you should make sure that YOU carry any medication that you cannot live without. It is very important that you tell your trek guide of any medication that you take, and also of any medical conditions, even if you have already told us about them on your medical form.
- **Stomach upsets** can happen, sometimes just as a result of a change of diet, but sometimes from a more persistent cause. In the event of you having an upset stomach, we recommend that you do NOT block up your system with imodium-type medicines, but that you limit your food intake, keep to a low-fat diet. Flattened coke seems to help, as do rehydration salts (eg Dioralyte). If it looks like the problem is severe, antibiotics almost always offer an extremely effectively and rapid solution.
- **Trekking at altitude** – Our itineraries are planned to give time for acclimatisation, but in East Africa the altitude profiles from one camp to the next make acclimatisation significantly harder than in the Himalaya, for example. A PAC bag (Portable Altitude Chamber) is carried on all our treks to Kilimanjaro, Mt Kenya and Mt Meru, and an oxygen cylinder is also carried on our Kilimanjaro treks.
It is important to think of trekking at altitude as a multi-day event. Think “marathon” rather than “sprint”. If you can't talk while you are walking, you are walking too fast. Keeping to this as a guide, and learning to listen to what your body is telling you will help you with acclimatisation.
Above 3000m, almost all westerners will find it harder to breathe, and walking uphill needs to be done at a slower pace than at sea level. Persistent headaches, nausea, breathlessness, dizziness, loss of appetite and difficulty sleeping are not unusual, but you should report any of these symptoms to your trek guide so

that they can help prevent them turning into anything serious. If ignored, these symptoms can worsen, and can lead to potentially fatal pulmonary or cerebral oedema. Descent cures altitude sickness. Diamox is a prescription drug available through your GP. It won't mask the symptoms of an oedema, but can be used to help treat altitude related problems. In cases where the onset of an oedema is suspected, diamox must never be used instead of descent.

Paperwork

Insurance

It is a condition of booking that you have adequate insurance for your trip. Your insurance must cover you for the entire period of travel, and for the activities and the altitude you are going to, and also for helicopter / air ambulance rescue and repatriation. You should also notify the insurance company of all pre-existing medical conditions. Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We strongly recommend that you also have insurance for cancellation and personal baggage. Once you have arranged your insurance, please complete the enclosed insurance declaration form, and return it to us.

Campbell Irvine is an insurance company we have worked with successfully for a number of years, and who provide insurance for trekking. If you purchase insurance from Campbell Irvine, **please mention that you are trekking with trekMountains**

By telephone: 0844 826 2722

By email: info@campbellirvine.com

Passport

Check that your passport will have at least 6 months of validity at the time of travelling. Send a copy of the details page of your passport to the trekMountains office. You may also like to travel with a copy of this page in case you lose your passport.

Passport Photos

You will need 1 passport photos to apply for a Kenyan visa, and 2 passport photos for a Tanzanian visa. You do not need to send any passport photos to the trekMountains office.

Visas

- Most nationalities will require visas to enter Kenya or Tanzania.
- At the time of writing, it is relatively easy to obtain your visas at the borders and airports as you enter. However, this may change as embassies are in the process of changing to e-visas which can be obtained in advance online. Embassies change their visa requirements and application processes regularly so we have posted links to the relevant websites below for the majority of nationalities who book with us. Other nationalities should check with the embassies in their country for visa regulations.
- It is your responsibility to ensure that you have the very latest information at the time that you apply for your visa.

Kenyan visas		
Nationality:	Website:	Telephone:
UK passport holders:	http://kenyahighcom.org.uk/visas-2/	020 7636 2371 / 5
USA passport holders:	http://www.kenyaembassy.com/visa.html	212 421 4741 (New York) or 202 387 6101 (Washington)
Australian passport holders:	http://kenya.asn.au/?page_id=13196	+61 863 636 199
Holders of other passports should refer to the website of the Kenyan embassy in their country.		

Tanzanian visas		
Nationality:	Website:	Telephone:
UK passport holders:	https://tzhc.uk/visa-application	0 207 569 1481 / 1487
USA passport holders:	http://tanzaniaembassy-us.org/?page_id=76	202 8841080
Australian passport holders:	http://www.tanzaniaconsul.com/visa.html	+61 8 92 210 133
Holders of other passports should refer to the website of the Tanzanian embassy in their country.		

Money

- **Currency:** Sterling (not Scottish notes) and US dollars cash can easily be changed on arrival. If you take US\$, do not take any notes older than 1999, and preferably only use the new 2 colour notes (ie, post 2007). You will get a better exchange rate for cash than for travellers cheques, and you will get a better rate in banks than at hotels. Do not use the black market to exchange currency.
It is a good idea to always try to pay with a big note in the cities, and to keep the change for your time on trek. Whilst city shop owners may say they have no change, they can always get some, and there are banks nearby. On trek, the nearest bank could be several days' walk away! It also makes giving tips to the trek crew a lot less embarrassing if you can give them exactly what you want to give them rather than asking 2 or 3 members of your crew to split a note between them!
Don't accept or give torn or extremely dirty notes. The current exchange rate for UK Pound:Kenyan Shilling is around 1:135, and UK Pound:Tanzanian Shilling is around 1:2,900.
- **Credit & debit cards:** Although a few of the bigger shops and hotels now accept payment by card, you should not rely on being able to use them, and charges for doing so can be very high. In the mountains, only local currency in cash is accepted.
- **Bartering:** Bartering is the expected practise for tourist items. Try to negotiate a fair price – if you don't the prices will be made artificially higher in the future, and it creates an even greater imbalance in the economy of the country. Local people who have contact with westerners are significantly more wealthy than those who have no contact with tourists. Please note that the price is fixed in some shops, all supermarkets and accommodation providers.
- **Spending money:** Most people find that for a 1 week trek around £200 is sufficient for their personal trek expenses and including porter/trekking crew tips. For a 2-week trek, allow around £280. Please see your itinerary for a list of what is and is not included in the package price. There is very little to spend money on once on trek, although it may be possible to buy soft drinks, snacks and craft items at villages on or en-route to the trek. Generally, the prices become more expensive the higher you go as the cost of portering from the road increases with altitude.
- **Tippling:** Many people from the UK feel awkward about tipping. In East Africa tipping is a way of life and our local staff have been trained to see it as a reward for good service, but not to expect it. We find that most trekkers want to tip the staff, as a genuine "thank you" for all their hard work and unfailing good humour and smiles along the way.
It is difficult to give advice about tipping without it appearing to be a directive, but many of our clients ask for advice so we hope the following at least gives you some guidelines. Remember though that tipping is up to you and should only be given if you are happy with the service you have received.
Mt Meru or Mt Kenya or Mt Kilimanjaro trek: £75 per client to be given to the whole group.
(£125 total to be split between the 2 teams if doing a combination of 2 mountains).
It is possible to tip the guide in £ or US\$, but please tip the porters in local currency.
As part his companies' ethics of staff accountability, our East African agent has asked that the whole tip should be given to the trek guide, who is then responsible for dividing the tip between the group. The guide then shows the breakdown of the tip to the agent.
- **Departure Taxes:** Departure taxes for your flights are included in your international flight tickets.
- **Gifts to beggars and children:** We would ask that you do NOT give small gifts to beggars and children. It only encourages begging, and an apparently innocent "give me pen" soon turns into "gimme dollar". Sweets rot teeth, and dental facilities and the national health service isn't like ours! If you would like to give something to the local people, we would prefer that you seek our advice to help you channel funds via reputable community projects.

Further information

Arrival in Kenya: You will be met at Nairobi airport by our agent or a taxi driver called Apollo, or one of his staff. They will take you to the group hotel in Nairobi. If you are making your own flight arrangements, please let us have details of ALL your flights so we know when to meet you! This journey takes between 20 and 60 minutes depending on the traffic. Politely decline all other offers of help to carry luggage, take you to hotels etc from anyone who is not one of our agent's staff. A simple "no thank you" and walking on works most of the time in East Africa. We will supply the name and telephone number of our local contact for you in your final details letter.

Arrival in Tanzania by air: You will be met at Kilimanjaro airport by our staff there, and taken to the group hotel in Arusha. If you are making your own flight arrangements, please let us have details of ALL your flights so we know when to meet you! This journey takes about 1 hour. Politely decline all offers of help to carry luggage, take you to hotels etc from anyone who is not one of our agent's staff. We will supply the name and telephone number of our local contact for you in your final details letter.

Arrival in Tanzania by road from Kenya: There is a shuttle bus service from Nairobi in Kenya to Arusha in Tanzania, which is a hotel to hotel service offered for tourists. The journey including the border crossing usually takes around 6 hours. As flights to Nairobi are usually cheaper from the UK than flights to Tanzania, this is often the cheapest way to travel to Tanzania. You will be met at Arusha by our agent's staff there, and taken to the group hotel. We can arrange this bus for you. The price of a single ticket is currently \$35.

A typical trekking day: Life on trek is quickly adopts a very simple pattern. You will be woken early by the crew. A bowl of washing water is usually available, depending on the availability of water at that campsite. This is the time to get up and pack your kit bag so that your tent can be taken down and the porters leave with your tent and kit bag while you are having breakfast. After breakfast we start trekking, taking time for rests, drinks and toilet stops along the way. We stop for a picnic lunch before setting off again for the afternoon walk to our campsite. If your trip is a camping trip, the tents may already be there, but if not you will need to have with you a spare warm layer to keep warm while you are waiting for them to arrive. Time to rest, wash and change into clothes for the evening, and to prepare your sleeping things for night before eating dinner with your fellow trekkers in the mess tent or dining hall. An early night is necessary as the crew will be keen to sleep where you are sitting for your dinner, and everyone will get up early for another day of trekking.

Food: Please refer to the trip itinerary for details of which meals are included in your package price. Generally all meals and hot drinks on trek are included. On trek you will be served a high-carbohydrate, largely vegetarian diet consisting of a mixture of Western and local food.

Accommodation: Our group hotels are usually as follows:

Nairobi: Heron Hotel, 9 Milimani Rd, Nairobi, Kenya	Phone: +254 20 2720740
Nairobi: Town Lodge Hotel, 2nd Ngong Avenue, Nairobi, Kenya	Phone: +254 20 2881600
Arusha: Mt Meru Hotel, Arusha - Himo Road, Arusha, Tanzania	Phone: +255 689 706 760
Kilimanjaro Airport: Kia Hotel, Kilimanjaro Airport Road, Tanzania	Phone: +255 27 250 6315

Occasionally we may have to use a hotel of a similar standard.

Whilst on trek we normally use 2-person tents on Kilimanjaro and Mt Kenya, and the local huts with shared rooms and communal facilities on Mt Meru.

Sole use of a tent or single hotel rooms is usually possible – please see your itinerary for the single tent / room supplement prices. If you do not choose a single tent or single room, you will be allocated a tent / room mate of the same gender. If you have a preference for who you would like to share with, please notify the trekMountains office as soon as possible.

Washing / Toilet facilities: On trek, a bowl of washing water will be available (subject to the availability of water). You can use this for washing yourself and your socks etc! Toilets on trek are usually squat-style.

For Mt Kenya treks, toilet tents will be used when we are camping – a hole in the ground within a tent for privacy.

On Kilimanjaro there are fixed long-drop toilets, or we may supply a toilet tent.

On Mt Meru there are fixed long-drop toilets.

If you get caught short whilst trekking please bury your offering and put your toilet paper in a plastic bag to tip into the next camp toilet. There is nothing worse than seeing the litter of toilet paper along the way. Keep toilet paper with you at all times!

Itinerary changes: These may happen, though we will try to keep changes to a minimum. There are some things that are outside of trekMountain's control (eg, civil war, airline changes, the weather, strikes etc). We will always endeavour to work around any disruption to provide you with the best possible alternative. We ask you to travel with an open mind, and an awareness that disruption happens more frequently in the countries that we trek in than at home.

Mobile Phones and Internet: Intermittent mobile phone coverage and Edge data connection is now available on some treks. Check with your mobile phone company to see if your phone will work in East Africa. Internet cafes are available in the cities. However, internet and data connections are slow.

Electricity: There is no electricity on the mountains. You are advised to fully charge camera batteries etc prior to leaving home. Most sockets are UK 3-pin, but a European travel adapter may be useful. Be aware that the voltages are not very stable, and more delicate electrical devices may fail if subjected to voltage fluctuations (Apple devices seem particularly vulnerable).

Weather: There are 2 main trekking seasons in East Africa which correspond to the drier seasons:

- from mid-December to mid-March - typically dry and warm, but can be snowy
- from June to early October – typically driest but a bit cooler

Trekking at other times of the year can be quite wet, and there is a stronger possibility of snow blocking the paths.

Further reading: We recommend doing some reading about East Africa before your trek. The following titles may be of interest:

Lonely Planet series: a useful range of books with excellent town and city maps as well a plethora of useful information.

Lonely Planet Trekking in East Africa Mary Fitzpatrick, Matt Fletcher, David Wenk (has the best information out of the Lonely Planet range about the mountains)

Lonely Planet Kenya Matt Phillips, Tom Parkinson

Lonely Planet Tanzania Mary Fitzpatrick

Lonely Planet East Africa Mary Fitzpatrick, Nick Ray, Tom Parkinson (more general)

Trailblazer Guides do a great range of books which are area-specific, but which also include good information about the cities you will arrive in:

Kilimanjaro - A trekking guide to Africa's highest mountain

Jonathan Scott has written some excellent books on the wildlife of East Africa.

Maps of Kenya / Tanzania: It is probably best to buy maps before you travel – they are available from any good bookshop and some outdoor shops in the UK.

Extensions: If you wish to have extra nights in Kenya or Tanzania before or after their trek, discuss your options with us as soon as possible. The cost of your flights may alter if you change your plans, so early decisions about this are advisable. Changes cannot be made once your air ticket has been issued. Please see our East Africa extensions itinerary for ideas.

Equipment List

Ensure you have the appropriate equipment, and use it before your trek. It is essential that you ensure you are comfortable walking all day in your boots in a mountain environment well in advance of departure.

This is a list of suggested equipment you should take with you on trek. Your kitbag will be carried by the porters and should not weigh more than 15kg. Any excess baggage charges are the responsibility of the client. You will carry your own daysac containing the items you will need access to during the time spent walking each day. Any luggage not needed on trek can be left at the hotel or with the agent, and laundry can be left with the hotel for you to collect on your return.

General note about clothing: At all times of year you should work on the layer principle so you can easily take off or put on layers as temperatures dictate. Several thin layers are better than one thick layer. Clothing in layers traps air and keeps you warmer.

*** Items marked * are subject to personal tendency to feel the cold, the time of year you are going, and if you are going to more than 4000m.**

Items marked (#) are optional

- Passport – plus a photocopy of the details page, carried separately in case of loss of original
- Airline tickets
- Completed visa form (if you wish to get your visa on arrival)
- Good ankle high walking/hiking boots, waterproof with a good sole, well broken in
- Gaiters (#)
- Pair of trainers preferably with a gripping sole, or sandals (with space for thick socks underneath and a good tread) to change into at the end of the day
- Waterproof jacket (breathable with hood).
- Waterproof trousers
- Down or synthetic filled warm jacket (#*) – recommended for trips above 4,000m
- Fleece jacket or softshell – ideally windproof
- Short and long sleeved shirts/t-shirts Take thermal or coolmax t-shirts instead of cotton as they dry quicker. Merino wool is also excellent, and doesn't smell even after several days of trekking. Take 3-4 tops including at least 1 long-sleeved.
- Thermal long johns and thermal t-shirt *
- 2 pairs of loose fitting walking trousers - not jeans, as once wet they take forever to dry
- Shorts – (#) knee length for women (please note that local women never show their legs, and only men doing menial chores or from a low caste wear shorts. To be culturally sensitive we would recommend that in the cities women especially restrict wearing shorts to the time spent in the hotel gardens).
- Sun hat with broad brim
- Woollen/fleece hat/balaclava
- Lightweight thermal gloves
- Warmer gloves or mittens
- 3 pairs thick walking socks
- Underwear
- Swimming costume (for the hotel) (#)
- Casual clothes for travelling (#)
- Kitbag approx 80 litres (Rucsacs are more difficult for porters to carry in their baskets and you can lock a kitbag with a padlock).
- Small bag which can be left in the hotel during the trek for travel clothing – a padlock is recommended(#)
- Money pouch or belt for valuables for use in the cities
- 4 season sleeping bag and liner. During part of the trek where nights are spent at low altitude, this may even be too warm. However, for the other nights, which are spent at higher altitude, you will need it.
- Large strong polythene/plastic bag to keep sleeping bag and spare clothes dry in unseasonably heavy rain (as kit bags and rucsacs are NOT waterproof). Thick dustbin liners may suffice. The roll-top bags sold in outdoor shops are an excellent way of keeping your kit organised and dry.
- Sleeping mat (#) - 'thermarest' type mat or the much cheaper close cell mat (karrimat).
- Head torch with spare batteries
- Zip up plastic bags for camera lenses, toilet paper, wet socks, dirty clothing etc
- Elasticated washing line or piece of string and clothes pegs – to dry your smalls! (#)
- Travel adapter (2-pin European style) (# optional as though most places have UK 3-pin type sockets)
- Small quick-drying towel - available from outdoor/camping shops
- Flannel (helps for washing from a bowl) kept in plastic bag.
- Personal toiletries
- Spare toilet paper
- Ear plugs (in case of snorers) (#)
- Small padlocks for your kitbags and for any kit you leave at hotel

(continued on following page...)

Daysac contents– the things you will carry each day on trek

- Comfortable daysac for walking (25/30 litres)
- Strong water bottles – 2 x 1 litres as you need to drink much more at altitude. The best bottles to use are the wide-mouthed Nalgene plastic bottles which don't freeze as easily as metal bottles, and if they do freeze it is usually still possible to drink water as the ice doesn't block the whole of the neck when you drink. Fill them up with boiled water at dinner time, take them to bed as a hot water bottle or dry your socks on them overnight, and by morning you have water cooled ready to drink on trek. Water bladders are also ok, but don't use them as hot water bottles.
- Suntan lotion (Factor 15+) and lip salve (with sunscreen)
- Insect repellent (75-100% DEET)
- 2 x collapsible walking poles, essential if you are prone to knee problems (#)
- Snacks (dried fruit is particularly good at altitude). (#)
- Swiss Army knife (but not in your hand luggage for flights) (#)
- Camera with memory cards and batteries kept in sealable bag to keep out dust (#)
- Roll of toilet paper
- Antibacterial handwash (#)
- Sun glasses
- Insurance documents
- Spending money – see above section on money
- Credit card for emergency rescue payments
- Small personal first aid kit to include:
 - Plasters
 - Blister pack
 - Antiseptic wipes and cream
 - Painkillers: paracetamol, aspirin or ibuprofen
 - Tubigrip or compression bandage
 - Iodine or water purification tablets for emergency use only (We provide safe drinking water on trek). (Vitamin C soluble tablets can be used to remove unpleasant taste from treated water but you need to wait for the purification to take effect first).
 - 'Dioralyte' or similar rehydration powder sachets
 - Cold remedy & throat lozenges
 - 2 courses of broad spectrum antibiotics of which one should be Ciprofloxacin (available on prescription from your GP, but to be taken only if required and in consultation with your trek guide).
 - Diamox (for altitude problems – available on prescription from your GP, but to be taken only if required and in consultation with your trek guide)
 - Anti-malarial tablets
 - Repair kit (sewing kit, duck tape, spare laces) (#)

If you are not a regular hiker you may find you do not have many of the items above. Rather than going out and purchasing a lot of gear you may not use again, why not try and borrow some of the items from your hiking friends?

The most difficult to reliably acquire in other countries is suitable trekking or climbing boots for Western-sized feet. We strongly recommend that you wear your boots on your outbound flights – arriving without them could have serious implications on your trip.

Suppliers: There are many excellent outdoor retailers. The following companies are just some that offer good advice, a good range and a mail order facility.

Cotswold	tel. 0844 557 7755	www.cotswoldoutdoor.com
George Fisher	tel. 017687 72178	http://www.georgefisheronline.co.uk/home_3.shtml
Field & Trek	tel. 0844 800 1001	www.fieldandtrek.com
Needlesports	tel. 017687 72227	http://www.needlesports.com/index.php

The Trekkers' Code

The following guidelines were written for trekkers in the Himalaya, but the principles are the same for trekking anywhere in the world. By following these simple guidelines, *you* can help preserve the unique environment and ancient cultures of the regions we trek in.

PROTECT THE NATURAL ENVIRONMENT

- **Limit deforestation – make no open fires** and discourage others from doing so on your behalf. Where water is heated by scarce firewood, use as little as possible. When possible choose accommodation which uses kerosene or fuel-efficient wood stoves.
- **Remove litter, burn or bury paper** and carry out all non-degradable litter. Graffiti are permanent examples of environmental pollution
- **Keep local water clean and avoid using pollutants** such as detergents in streams or springs. If no toilet facilities are available, make sure you are at least 30 metres away from water sources, and bury or cover wastes.
- **Plants should be left to flourish in their natural environment** – taking cuttings, seeds and roots is illegal in many parts of the world's trekking regions.
- **Help your guides and porters to follow conservation measures.**

THE MOUNTAINS MAY CHANGE YOU – PLEASE DO NOT CHANGE THEM

As a guest, respect local traditions, protect local cultures, maintain local pride.

- **When taking photographs, respect privacy** ask permission, use restraint.
- **Respect holy places** – preserve what you have come to see, never touch or remove religious objects.
- **Giving to children encourages begging** – a donation to project, health centre or school is a more constructive way to help.
- **You will be accepted and welcomed if you follow local customs** – use only your right hand for eating and greeting. Do not share cutlery or cups, etc. It is polite to use both hands when giving or receiving gifts.
- **Respect for local etiquette earns you respect** – loose, lightweight clothes are preferable to revealing shorts, skimpy and tight fitting *action wear*. Hand holding or kissing in public is disliked by local people.
- **Observe standard food and bed charges** but do not condone over-charging. Remember when you are shopping that the bargains you buy may only be possible because of low income to others.
- **Visitors who value local traditions encourage local pride and maintain cultures**, please help local people gain a *realistic* view of life in Western countries.

BE PATIENT, FRIENDLY AND SENSITIVE. REMEMBER – YOU ARE A GUEST



tel: 01244 940 940
 email: info@trekmountains.com
 web: www.trekmountains.com
 address: trekMountains, 27 Meaford Avenue,
 Stone, Staffordshire ST15 8LT, UK

Medical Form

trekMountains operate in often extreme and inhospitable terrain and most of our treks demand a fairly high degree of physical fitness and health. Please fill in this form carefully, detailing your medical history. We will treat all information in the strictest confidence and send it to the trek leader and /or doctor / medic who are responsible for your safety and welfare during your trek with us. Once your trek is complete and you have returned to your destination and safety and there is no further need for the information on this form, it will then be destroyed.

If you have a history of any of the following medical conditions, please give details such as frequency, severity and aggravating factors where necessary. If you have had an operation within the last year, whether minor or not we need to know the details of the operation and the outcomes and possible long term problems, particularly ones that may occur or be accentuated if strenuous and physically demanding exercise is taken.

Pre-existing medical conditions must be declared to your insurance company. See our insurance form for more details.

Title and Full Name as it is shown on your passport (please print in CAPITALS)			
Trek:			
Date of Trek:		Height:	
Date of Birth:		Weight:	
Passport Number:			
Passport Nationality:		Passport Place of Issue:	
Passport Date of Issue:		Passport Date of Expiry:	
Condition	Yes/No	Details (if insufficient room for details, please write on reverse of this sheet)	
High blood pressure			
Heart/circulatory disorders			
Chest/lung disease			
Asthma/hay fever			
Epilepsy/diabetes			
Digestive/bowel disorders			
Joint/ back injuries			
Knee/ hip/ ankle			
Surgical operations			
Mental/emotional problems			
Pregnancy (at the time of the trek)			
Allergies			
Vertigo, fear of heights or of exposure			
Any current medical conditions			
Dietary requirements			

We recommend an ECG for participants over the age of 55 at your doctor's discretion, and compulsory for participants over 60.

- I understand that I will be undertaking a challenge which requires a good level of fitness and I believe that I am fit enough to complete the challenge and take responsibility for myself under these conditions.
- I declare that the above information is a true and fair representation of my current state of health. Should my circumstances change, I will inform trekMountains at the earliest opportunity
- I understand that if I am 55 or over, or have a pre-existing medical condition, I will also post to trekMountains a printed version of this form, with my GP's signature below to confirm that I am fit enough to undertake the trek.

Signature..... **Date**.....

Signature of Doctor..... **Date**.....

If you are 55 or over, or have a pre-existing medical condition, please now print off this form, and post it to us signed both by yourself and your GP to confirm that you are fit enough to undertake the trek.



tel: 01244 940 940
email: info@trekmountains.com
web: www.trekmountains.com
address: trekMountains, 27 Meaford Avenue,
 Stone, Staffordshire ST15 8LT, UK

Trekking Insurance & Next of Kin Information

It is a condition of booking that you have adequate insurance for your trip. It is your responsibility to arrange this.

Your insurance must cover you for

- the entire period of travel
- the activities* and the altitude you are going to
- for helicopter rescue and repatriation.
- You should also notify the insurance company of all pre-existing medical conditions.

Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage. Once you have arranged your insurance, please complete this insurance declaration form, and return it to us as soon as possible.

Name:			
Trip Title:			
Trip code or group name:			
Land-only dates:			
Insurance information:			
Insurance company:			
Insurance policy number:			
Insurance company general telephone number:			
Insurance company emergency international assistance telephone number:			
I understand that responsibility for the payment of all bills incurred for rescue and repatriation lies ultimately with myself, the client in the event of the insurance company not paying for them. I am responsible for ensuring that these payments can be met as outlined in the Booking Conditions.			
Contact details of the person you would like us to contact in an emergency:			
Their name:		Their tel mob:	
Their relationship to you:		Their tel day:	
Their email:		Their tel eve:	
Your Signature:		Date:	