



MANY HOPES

Mount Kilimanjaro

July 6th, 2023 – July 18th, 2023



ITINERARY TRAVEL:

Tentative Schedule:

- **July 6th** — Leave United States
- **July 7th** — Arrive in Tanzania
- **July 8th - 9th** — Acclimation days (safari optional)
- **July 10th - July 15th** — Climb (summit day July 14th)
- **July 16th - 18th** — Depart Mt. Kilimanjaro to visit Many Hopes partner site.

Dear Friends,

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

Other than being ranked the poorest country in the World, Malawi is also ranked as one of the worst places to be a mother because of the high maternal, neonatal, and infant mortality rates. We have a little girl

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

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

Anne B. Alaniz

MALAWI PARTNER LEAD

EXPENSES/MONEY

<p>FEES DUE Start looking at airfare (Qatar)</p>	<p><i>This will depend on the route at Mt. Kilimanjaro. Please refer to the doc sent via email.</i></p> <ul style="list-style-type: none"> • Airfare approximately: \$1,800-\$2,100 • Hiking equipment approximately: \$1,600 • Feb 2023 : registration fee \$650 • March 2023: Safari fee \$1,100 • April 2023: Mt. Kili climb balance • May 2023: Tanzania Misc. fee \$875
<p>Kili climb prices are inclusive of:</p>	<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.
<p>Prices do not include</p> <p><i>Continued >></i></p>	<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)

EXPENSES/MONEY

Prices do not include

Tipping

- 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:
 - *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*

Recommended Tipping

- Each climber should expect to tip between \$250 – \$350 for the entire climb.
- These are just guidelines and tips can be given to mountain crew according to services provided.
- For the Kilimanjaro climb through Machame route every 2 climbers will have:
 - *1 guide, 6 porters, 1 extra assistance guide, 1 cook*

Incidentals

- You will need a small amount of cash for incidental purchases such as souvenirs, additional misc meals, drinks or snacks.

KILIMANJARO WEATHER

AVERAGE TEMPERATURE, AND RAINFALL IN MOSHI , TANZANIA

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

TRAVEL

Health Requirements and Travel Insurance

(See 'Health' section for more details)

- **Please note: Fully vaccinated travelers will be exempted from RT-PCR and Rapid Antigen Test requirements.** Travelers will be required to present a valid vaccination certificate with QR code. The only accepted vaccines are those approved by the United Republic of Tanzania and the World Health Organization. Jan 23, 2023.
- **Please note you will need a Yellow Fever Inoculation;** this must be done no later than 10 days prior to departure. If you have had any previous history of Liver Disorders, you must consult your physician first. Malaria prophylactics are a must.
- Please ensure you have sufficient Medical Coverage for the duration of your trip and in particular to cover you while doing the Kilimanjaro Climb.
- Zara tours recommend WORLD NOMADS worldnomads.com. You may also go online to allianztravelinsurance.com or call 1-800-284-8300.

Baggage

- Depending on the airline and flight, you are usually allowed 2 50 pound bags per person and one carry on and one personal item (double check with all your airline carriers). Climbing gear will take up at least one bag.

TRAVEL

Last minute reminders/ General items

- Start taking your anti-malaria medication before leaving for Malawi as prescribed.
- Call the issuing bank for any credit cards and/or ATM cards that you plan to 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.
- Make sure you have your adapters so you can recharge batteries, cameras, etc.

Airport Day

- A. Print itinerary and bring it to the airline check in counter.
- B. Bring your passport and immunization documents.**
- C. 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.
- D. Bring all of your prescriptions, vitamins, and medications with you in your carry-on. **DO NOT** pack anything valuable in your checked luggage.

HEALTH

Required Vaccinations

- Tetanus
- Hepatitis A
- Hepatitis B
- Typhoid
- Yellow Fever
- Meningitis (for trips 2 weeks or longer)

Health Departments for Vaccinations

Check the nearest local Health Department for vaccinations

- Ensure you receive your vaccines at least 4-6 weeks prior to your trip to allow time for the immunizations to take effect.
- The costs vary by agency. Some agencies charge for an office visit. If an entire family is traveling, getting immunizations together can sometimes save money.

Immunization Card

You have two choices when getting your immunizations:

- A.** 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.***

HEALTH

Health Departments for Vaccinations

- B.** 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.
- C.** For additional information, check the CDC's website regarding health information for travelers wwwnc.cdc.gov/travel.

Medical

Medications

- Prescription for Anti-Malaria pills.
- Prescription for Ciprofloxacin.
- Motion sickness medication or sleeping medication if needed.
- Prescription refills on any personal medications.

Vaccines, Prescriptions, & Other Medical

- 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)
- 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)

HEALTH

Medical Conditions

- Please let us know if you have any medical conditions. This is for your safety in cases of an emergency.
- It is critical you let us know if you have been sick prior to the trip or believe you may be getting sick. Even if a common cold.
- Any information will be considered confidential and not shared outside of the trip leaders unless relevant in cases of emergency.

Staying Healthy

- Wash your hands frequently with soap and water or use an alcohol based hand sanitizer.
- Malaria is a serious disease that is transmitted to humans by the bite of an infected mosquito. Symptoms may include fever and flu-like illness, including chills, headache, muscle aches, and fatigue. Malaria may cause anemia and jaundice. Infections, if not promptly treated, may cause kidney failure, coma, and death. Malaria is hyper-endemic and is present throughout the year and in most of the country. It is imperative that you take your malaria prophylaxis as directed by your physician. Use bug spray daily to prevent bites and sleep under the mosquito nets. Bug repellent incense are in your rooms. It is a good idea to light these as evening starts to fall.
- If you believe you are experiencing any malaria related symptoms, let your trip leader know IMMEDIATELY.

HEALTH

Staying Healthy

- If you have any signs of intestinal issues or stomach flu type symptoms, begin to take your Ciproflaxin and inform the group leader immediately.
- Carry some tissues with you. If you have to go the bathroom, toilet paper is hard to find. Use purell on your hands after using restroom facilities. Do not set anything on the floors.
- Avoid contact with animals.
- Always wear shoes or sandals. Do not walk around in your bare feet. This is a mode for contacting a parasite.

Post-Trip Doctor Visit

- If you become ill after your trip (even up to a year later) be sure to let your doctor know you were in Africa and what countries.

WHAT TO PACK

Clothing (other than hiking)

- Clothing should be conservative and modest. Short and long sleeve shirts are appropriate for both men and women.
- **Men** - long pants and shorts are appropriate for work sites.
- **Women** - long pants and longer capri pants for work at project site. Skirts for church should be knee length or longer. NO TANK TOPS. Shirts should be modest and should not show excessive cleavage.
- Bring a lightweight jacket.
- No loud or “crazy” prints (skulls and crossbones, etc.)
- Sturdy, comfortable shoes. Note that the dirt is very red and will stain white shoes and socks.
- Do NOT bring any gold, silver, or precious stones jewelry

Miscellaneous

- Sunglasses
- Passport belt or holder (that can be worn under your clothes)
- Mini-alarm clock
- Converters for European outlets
- Reusable water bottle
- Incidentals for hygiene
- An extra towel and a few wash cloths
- Hand Sanitizer
- Medical Insurance Card
- Small first aid kit
- Snacks and extra for sharing
- Notebook for journaling
- Flashlight for power outages that occur frequently
- Extra clothing to give away at the project sites—bring clothing in a variety of sizes for the children, mamas, patients, and workers.
- Shareable items for kids: soccer ball, volleyball, frisbee, chewable multivitamins, gumballs, lollipops, etc.
- Plastic garbage bags for dirty clothes

WHAT TO PACK

Packing Tips

- If you bring a credit card, try to limit it to one. An ATM card is preferred over a credit card.
- Be sure to keep all your medication - prescription, over-the-counter, even vitamins - in their original containers.

Packing Specifications for Kilimanjaro

- Baggage includes 1 day pack for you to carry, and 1 large duffel bag or backpack for porters to carry
- The pack that the porters carry is limited to 15 kg (35 pounds)
- 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.

MISCELLANEOUS INFORMATION

Luggage Labels and 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.
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 we absolutely cannot give to beggars. 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">• 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.

MISCELLANEOUS INFORMATION

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• Always be on time and listen carefully to instructions• Suffer a little and avoid complaining too much ;)
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.• 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.

PREPARING PHYSICALLY FOR THE CLIMB

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

- A. Make an appointment with your doctor to not only get a physical but tell them what you will be doing and get their advice.
- B. Set up a diet plan and stick with it.
- 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 a weight goal to help achieve your desired fitness level and come up with a diet plan to achieve this 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 as a minimum training for climbing Mt. Kilimanjaro:

- **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 (min of 1-2 hours per session)
- **MARCH** – 5 hours/week (min of 1-2 hours per session)
- **APRIL** – 5 hours/week (min of 1-2 hours per session)
- **MAY** – 5 hours/week (min of 1-2 hours per session)
- **JUNE** – You are ready to climb Mt. Kilimanjaro!

Every month, increase the intensity of your work out a little bit each week. 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.

CONTACT INFO/COMMUNICATION

Accommodations in Malawi	<p>Contact person for all arrangements: Eddah Hara, eddah@charistours.net</p> <p>Accommodation Options:</p> <p>Livingstonia Beach Hotel in Salima, Senga Bay Malawi Single \$170 / Double \$200</p> <p>Kambiri Beach Lodge in Salima, Senga Bay Malawi Single \$100 / Double \$130</p>
Cell Phone Service and Internet Connection	<ul style="list-style-type: none">• Please contact your cell phone service provider to find out the details and costs of international roaming charges. Fees can be high. You can get service at the resort in Malawi. Depending on your carrier, text messages are generally \$.50 per text.• There is limited internet access. If you do get access, it is extremely slow.
Questions? Contact us	<ul style="list-style-type: none">• If you have any questions please email us at vision@manyhopes.org