



MANY HOPES

Mt. Kilimanjaro & Malawi Vision Trip

INFORMATION PACKET



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A letter from Many Hopes partner lead, Dr. Anne Alaniz

Dear Friends,

Climbing Kilimanjaro still remains one of the hardest things I have ever done other than un-medicated childbirth. Why do it again? Why torture myself again? As most of you know, I grew up in Malawi, in a small village 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 devastatingly 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. 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. I have since co-founded Many Hopes partner site in Malawi named Pothawira (meaning 'Safe Haven' in Chichewa, our local language). Pothawira has an orphanage, school, outpatient medical care, and birthing center 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 10th time to bring education and healthcare to the people of Malawi, who like I once did, feel forgotten in their plight.

Other than being ranked the 7th 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 education or healthcare in Malawi, there are children in Malawi who have no home, and childbirth remains a life and death decision for young women in Malawi. 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.

Dr. Anne Alaniz

Cost

Mt. Kilimanjaro Climb Prices are Inclusive of

- All Park fees
 - National Park approved guides and porters
 - 18% VAT
 - Accommodation on the mountain (Three-man mountain tents used for two people) 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
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Prices do not Include

- Flights
 - Fundraising
 - Tips to driver, porters, and guide
 - Visas
 - Insurance
 - Personal purchases like snacks or souvenirs
 - Transfer to and from Kilimanjaro Airport (\$20/person one-way)
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Tipping Recommendations

Tipping is highly appreciated at the end of safari/ hiking. 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

Each climber should expect to tip between \$250–350 for the entire climb.

Personal Purchases

You will need a small amount of cash for incidental purchases such as souvenirs, miscellaneous meals, drinks or snacks. It is important for you to pack snacks to hold you up during the climb.

Fundraising

Each individual will be required to raise a minimum of \$5,000 in addition to the trip cost. Families will be required to raise a minimum of \$7,500. You will be provided with a fundraising portal to create a personal fundraising page to make it easier for you to ask for donations via email, text or social media.

Preparing for your trip

Passport and Visas

- Passports need to be valid for at least six months beyond your planned departure date
 - Both Malawi and Tanzania require a visa for entry for US passport holders. Both have visa upon arrival and eVisa options
 - [Malawi eVisa](#)
 - [Tanzania eVisa](#)
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Plan a Trip to your Doctor

Make an appointment for a physical before hiking. Make sure you get any prescription refills on any personal medications you may need for the duration of your trip. You will not be able to get medication while in Africa. Only bring the amount of pills you will need while traveling and keep them stored in the original prescription bottle.

Vaccines

To enter both countries, you are required to have a yellow fever vaccine. **YOU MUST BRING YOUR IMMUNIZATION DOCUMENTS. YOU WILL NOT BE ABLE TO ENTER THE COUNTRY WITHOUT THEM.**

Required vaccines:

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

You have two choices when getting your immunizations...

- 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.**

Ensure you receive your vaccines at least 4-6 weeks prior to your trip to allow time for the immunizations to take effect.

For additional information, check the [CDC's website](#) regarding health information for travelers.

Malaria

Malaria prophylactics are required. Follow instructions as prescribed by your provider.

Preparing for your trip

Medications

- Personal prescription medication you take regularly - prescription medication should always be carried ON YOUR PERSON when in transit. Do not pack it in your checked luggage.
 - Anti-Malaria pills
 - Prescription for Ciprofloxacin (in case you contract bacteria from the food or water)
 - Motion sickness medication (much of the terrain is rough and winding, if you struggle with motion sickness please talk with your doctor)
 - Sleep aids (many people find it difficult to sleep at a high altitude)
 - Tylenol (headaches)
 - Pepto Bismol (intestinal)
 - Imodium (intestinal)
 - Throat lozenges (dusty)
 - Afrin (dusty)
 - Sinus Rinse (dusty)
 - Benadryl (sleep, allergic, reactions)
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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 it's a common cold.
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Travel Insurance

Travel Insurance is recommended. Please ensure you have sufficient medical cover for the duration of your trip.

What to Pack

Mt. Kilimanjaro Hike Packing List

Expect high altitude, cold nights, and a variety of weather conditions.

CLOTHING

- Base Layers
- Moisture-wicking shirts (2-3)
- Lightweight hiking pants (2)
- Thermal underwear (for cold nights)

INSULATION

- Fleece/mid-layer
- Insulated jacket (down/synthetic)

OUTERWEAR

- Waterproof rain jacket & pants
- Warm hat + sun hat
- Gloves (light + insulated)
- Buff/neck gaiter

SOCKS & FOOTWEAR

- Broken-in waterproof hiking boots
- Camp shoes/sandals
- Extra wool socks
- Hiking gaiters

GEAR

- Daypack (20-30L)
- Duffel bag for porters (limit ~15kg)
- Sleeping bag rated for sub-freezing temps and sleeping pad (if not provided)
- Headlamp + extra batteries
- Trekking poles (optional but helpful)
- Sunglasses (with UV protection)

FOOD & HYDRATION

- Bring personal snacks for energy
- Hydration system or water bottles (2-3L)
- Electrolyte packets

MISC

- Journal
- Flashlight
- Camera

What to Pack

Mt. Kilimanjaro Hike Packing List

HEALTH + SAFETY

- Personal prescriptions
- Malaria medications
- Tylenol and anti-diarrhea medications
- Band-aids for blisters
- Hygiene products (toothpaste, deodorant, soap, shaving cream, shampoo, toilet paper, tissues, plastic garbage bag etc...)
- Sunscreen
- Bug spray with at least 30% DEET
- Purell Hand Sanitizer
- Wet Wipes
- If you wear prescription glasses, consider bringing an extra pair.

MISCELLANEOUS

- Journal
- Flashlight
- Camera
- Chargers for electronics
- Converters for European outlets
- An extra towel and a couple wash cloths

TRAVEL DOCUMENTS

- Passport
- Yellow fever and vaccine documentation (you will be turned away from entering the country without proper documentation)
- Photocopies of passport and credit cards

What to Pack

Packing Notes

- 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.
- Leave any valuable or flashy jewelry/ watches at home.
- 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.

Malawi Packing List

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 cool and windy but the afternoons warm up nicely.

The overall custom is to dress modestly and a slightly more formal than the US. It is not appropriate to wear tank tops, sleeveless shirts, deep v-neck shirts or shirts that will show your stomach, back, or cleavage. No loud or “crazy” prints (skull and crossbones, camouflage etc.)

- Men—long pants and shorts are appropriate. Most men in Malawi wear long pants. Short and long sleeve shirts are appropriate.
- Women—long pants and longer pants for work at project sites. Skirts should be knee length or longer. Short and long sleeve shirts are appropriate. Shirts should be modest.
- Men and women--Bring a lightweight jacket. It can be quite cool in the mornings and evenings and you will want the extra layer.
- Sturdy, comfortable shoes. Tennis shoes or boots are good choices. Note that the dirt is very red and will stain white shoes and socks.
- Leave valuables and jewelry at home.

Preparing to Hike

Preparing Yourself Physically for Climbing Mt. Kilimanjaro

To prepare yourself physically for the climb is to:

- Make an appointment with your doctor to not only get a physical but tell him what you will be doing and get his advice
- Set up a diet plan and stick with it
- 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!

START TRAINING TODAY!

Sample Training Schedule

The sooner you set up and begin a cardio plan the better.

- 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. Training on an incline helps develop your cardiovascular health.

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

Miscellaneous

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. Use bug spray daily to prevent bites and sleep under the mosquito nets. Use bug repellent. If you believe you are experiencing any malaria related symptoms, let your trip leader know IMMEDIATELY.
 - If you have any signs of intestinal issues or stomach flu type symptoms, begin to take 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.
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Staying Safe

- 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.
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Cultural Considerations

- Respect the culture and laws of the country
 - Stay with the group
 - Always be on time and listen carefully to instructions
 - Beggars - we 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 - 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, emergencies often get in the way. And, if we do arrive on time, chances are the person we are meeting won't be.
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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.

Internet and WiFi

There is limited internet access. If you do get access, it is extremely slow.

Checklists

Travel Tips & Reminders

- Arrive at the airport early (3–4 hours for international flights)
 - Carry important medications in your carry-on
 - Leave valuables at home
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Final Pre-Departure Checklist

- Valid passport (6+ months beyond return)
- Visas (if doing eVisa option)
- Vaccines & prescriptions
- PROOF OF YELLOW FEVER VACCINE
- Proof of travel insurance
- Gear packed & tested (break i
- Tips in small USD bills
- Credit/debit card (notify bank)
- Copies of itinerary & emergency contacts
- Printed passport, visa, and credit card
- International power adapter + chargers
- SIM card or international phone plan
- Water bottle & snacks