

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 CAT 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 CAT 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 – will need passport photos
- Equipment list – decide which items you may need to buy

Page	Contents
2-3	Health Issues
3	Paperwork:
	insurance
	passport
	passport photos
	visas
3-4	Tanzanian visa application process
5	Kenyan visa application process
6	Money
7-8	Further information:
	arrival
	trekking day
	food
	accommodation
	washing facilities
	mobile phones
	electricity
	weather
	further reading
	extending your trip
9-10	Equipment List
11	Trekkers' Code
13	Medical Form
15	Trekking Insurance Information Form
17	Tanzania Visa Application Form
19	Kenya Visa Application Form



Information updated 28/7/2010 (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 is recommended for all visitors to Tanzania and Kenya, and 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.
Rabies does exist in East Africa – avoid dogs and monkeys! The decision about the expensive 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 boiled (better than buying plastic bottled water as recycling facilities haven't reached these countries yet)! 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 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 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 the enclosed insurance declaration form, and return it to us.

As a result of changes to travel insurance rules from 1 January 2009 we can no longer arrange your insurance for you. However, we would be happy to refer you to Campbell Irvine, an insurance company we have worked with in the past, but the relationship is then between yourself and the insurance company. To purchase the same insurance that you would have previously been able to buy from ourselves, please contact Campbell Irvine direct by one of the following methods, **and please mention that you are trekking with Community Action Treks:**

Online: www.catreks.com/info/Insurance.pdf
By telephone: 020 7938 1734
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 CAT 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 for a Kenyan visa, and 2 passport photos for a Tanzanian visa. You do not need to send any passport photos to the Community Action Treks office.

Visas

All British Passport holders require a visa to go to Kenya or Tanzania. You can choose to get your visa either before you leave for your trip or on arrival in East Africa. It is your responsibility to ensure that you have visas in time for your trip.

Tanzanian Tourist Visas

We do our best to keep visa application information up to date, but embassies do change their requirements and application processes regularly. It is your responsibility to ensure that you have the very latest information at the time that you apply for your visa. Please refer to the following webpage for the latest details on how to apply for a Tanzanian Tourist Visa.

http://www.tanzania-online.gov.uk/web/index.php?option=com_content&view=article&id=51&Itemid=65

For general visa enquiries for Tanzania, telephone 0207 569 1489.

Do I need a visa? UK passport holders will require a visa to enter Tanzania.

Validity: Your stay in Tanzania is valid for 3 months from date of entry. Multiple entry visas are issued for business only.

When to apply: A Tourist Visa is for single entry to the United Republic of Tanzania; Entry should be effected within 3 months from the date of issue of the Visa, **so you should not apply more than 3 months before travel.**

How to obtain a form: We have supplied a form at the back of this document, but please check that this is the current form at the time you apply by checking the above website.

How to apply: You can apply for your Tanzanian Visa by the following methods:

- On arrival
- By post – post it by special delivery, and also enclose a pre-paid self-addressed special delivery envelope to have your passport returned to you.
- In person at the embassy:
The Visa Section of the Tanzanian embassy in London is open to the public for **logging of Visa Applications** from 10.00am to 12.30pm Monday to Friday, with exception of local Bank Holidays and Public Holidays falling under the national holidays' calendar of the United Republic of Tanzania and United Kingdom.
Note: Collection is only between 2.00pm and 3.30 pm.

Items to submit with you application:

- fully completed visa application form (a form is supplied at the back of this document, but see the above website for latest form)
- valid passport with at least 6 months validity from the date of entry and with at least one unused page for endorsement
- 2 passport photographs
- photocopy of trip itinerary and booking letter
- special delivery prepaid self-addressed envelope for return of passport (for postal application)
- visa fees (or original receipt from Barclays bank for postal applications)

Payment: Currently £38 for all types of visa.

Applications in person: fees are payable in cash only.

Postal applications: If you apply by post, the fee in this category must be in cash paid in Barclay's bank or postal order payable to the Tanzania High Commission. Visa fee payments must be made to any Barclays Bank branch, using the counters pay-in slips and original receipt sent with the application forms and supporting documents. The details to be included on the pay-in slips are:

- **Date** - the date money paid in
- **Paid in by** - Name and Passport Number of the Applicants
- **Barclays Account Holding Branch** - 68 Knightsbridge
- **Credit the Account of** - High Commission for the United Republic of Tanzania
- **Sort Code** - 204735
- **Account No** - 50914126
- **Amount** - Detailed amount paid in (must be cash only)

Notes for completing the visa form:

Date of Entry: Date you arrive in Tanzania, but note this is not the start date of Visa
Means of Financial Support: Trip fully paid in advance to Community Action Treks.
Reference in Tanzania: Contact address & telephone details will be supplied on receipt of your booking

Processing time: **Personal applications** take 3 working days. There is an express service of 24 hours available at a charge of £5 extra but this service is not applicable for postal applications.

Postal Applications: takes 10 working days. Any failure to comply with the stated requirements may result in unnecessary delays or returning of unprocessed application to the sender. Calls will not be entertained within the time mentioned above. Please do not call us about the development of your application unless you want to withdraw it. In case of emergency call between 3.30pm - 5.00pm. Tel. 0207 5691487/1486/1489.

Kenyan Tourist Visas

We do our best to keep visa application information up to date, but embassies do change their requirements and application processes regularly. It is your responsibility to ensure that you have the very latest information at the time that you apply for your visa. Please refer to the webpage below for the latest details on how to apply for a Kenyan Tourist Visa.

Visa Section	Tel: 020 7636 2371/5
Kenya High Commission	Fax: 020 7323 6717
45 Portland Place	email: immigration@kenyahighcommission.net
London W1B 1AS	Web: http://www.kenyahighcommission.net

Do I need a visa? All British Passport holders require a visa to go to Kenya.
Children below 16 years of age do not require a visa to enter Kenya

We have been advised by Kenya embassy staff that visitors who are flying to Kenya, then visiting Tanzania before returning to fly back out of Kenya only need apply for **one single entry visa**. This will enable them to travel from Kenya to Tanzania and back to Kenya, and will be valid for 3 months from the date of issue. A Tanzanian visa would still be required.

A transit visa may be issued to a visitor for the purpose of connecting flights for those visitors who are in Kenya for less than 48 hours.

Multiple entry visas may only be issued to British Passport holders on application.

Validity: A single entry visa is issued for entry to Kenya within 3 months from the date of issue.

When to apply: Do not apply more than 3 months before travel.

How to obtain a form: We have supplied a form at the back of this document, but please check that this is the current form at the time you apply by checking the above website.

How to apply: You can apply for your Kenyan Visa by the following methods:

- On arrival in Kenya - If you apply at the port of entry, you will not need a photograph.
- By post – post it by special delivery, and also enclose a pre-paid self-addressed special delivery envelope to have your passport returned to you.
- In person at the embassy:
Opening times - Monday to Friday 9:30am - 12:00noon (for presentation of passport) and 2:00pm - 3:30pm (for collection - please allow 72 hours after presentation)

Items to submit with your application:

- A valid passport valid for at least three months at the date of entry to Kenya and with at least one unused page for endorsement
- A completed Visa application form (V1).
- 1 recent passport size photo.
- Photocopy of trip itinerary and booking letter
- A stamped self addressed envelope preferably special delivery (for postal applications).
- Indicate your daytime telephone number.
- visa fees

Payment:

Single entry visa	£20
Multiple entry visa	£30
Transit visa	£10

Personal applications: Cash

Postal applications: postal orders, bank drafts or building society cheques payable to "Kenya High Commission".

Personal cheques and credit cards are not acceptable.

Notes for completing the visa form:

6. Contact Address in the Country of Residence - These details will be supplied on receipt of your booking
7. (a) Reasons for Entry - Tourist
8. Full Names and Addresses of Friends, Firms or Relatives to be visited – as for question 6

Processing time: **Personal applications:** Visa applications presented at the counter are ready for collection after 3 working days.
Postal Applications: take about 1 week from the date of receipt.

Money

- **Currency:** Sterling (preferably not Scottish notes) and US dollars cash can easily be changed on arrival. 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 1:119, and UK Pound:Tanzanian Shilling is around 1:2,091
- **Credit & debit cards:** Although a few of the bigger shops 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 £250 is sufficient for their personal trek expenses and including porter/trekking crew tips. 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 unflinching 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 Kenya trek: £40 per client to be given to the whole group.
Mt Kilimanjaro trek: £50 per client to be given to the whole group.
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, we have a dedicated sister organisation, Community Action Nepal, which is a registered charity which operates to improve the medical and educational facilities of areas that really need it. If you would like to give to this, please contact info@canepal.com. If you are a tax payer, your donation can also be gift-aided at no extra cost to yourself.

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.

Arrival in Tanzania by air: You will be met at Kilimanjaro airport by our staff there, and taken to the group hotel in Arusha or Marangu. 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.

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 5 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 or pack animals 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. 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 tent for night before eating dinner with your fellow trekkers in the mess tent. 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 hotel in Nairobi is usually the Hotel Boulevard, in Arusha we usually use the Hotel Impala, and in Marangu the Hotel Nakara. Occasionally we may have to use a hotel of a similar standard. Whilst on trek you will be in a 2-person tent. 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 CAT 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. 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 CAT'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 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.

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 (iPods 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 when the weather is typically dry and warm, and June to early October when it is usually dry 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 or pack animals 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
- Passport photos – for visa
- 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 jacket (#*) – recommended for trips above 4,000m
- 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 2-3 of both short and long-sleeved. Include at least 1 long-sleeved.
- Thermal long johns and vest *
- Fleece jacket – ideally windproof.
- 2 pairs of loose fitting walking trousers - not jeans, as once wet are hard 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).
- Loose fitting long skirt / wrap around skirt or sarong for women #
- 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).
- Small bag which can be left in the hotel during the trek for travel clothing (#)
- 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

(continued on following page...)

- Spare toilet paper
- Ear plugs (in case of snorers) (#)
- Small padlocks for your kitbags and for any kit you leave at hotel

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. It is always worth considering wearing 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

Cotswold Discount: Cotswold is a UK-wide chain of outdoor equipment shops, and also an on-line shop. They have generously offered a **15% discount** to Community Action Treks clients – details will be sent to you with the confirmation of your booking.

Cotswold	tel. 0844 557 7755	www.cotswoldoutdoor.com
Field & Trek	tel. 0844 800 1001	www.fieldandtrek.com
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



COMMUNITY ACTION TREKS LTD

Stewart Hill Cottage, Near Hesketh Newmarket, Wigton, Cumbria, CA7 8HX

Tel: 01768 484842

Email: info@catreks.com Web: www.catreks.com



Trekking Insurance Information

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
- 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 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.	
Signature:	
Date:	



THE UNITED REPUBLIC OF TANZANIA

VISA APPLICATION FORM

Please Affix Passport size Photograph

Tanzania High Commission
3 Stratford Place
London W1C 1AS

Tel: 0207 569 1481(Strictly for visa enquiries only)
Fax: 0207 495 8817
Email: visa@tanzania-online.gov.uk
Web Site: www.tanzania-online.gov.uk

CONSULAR SECTION SCHEDULE: 10.00am – 12.30pm Visa Application Only
2pm – 3.30pm Visa Collection Only

(PLEASE COMPLETE THE FORM IN CAPITAL LETTERS)

Form fields including Surname, Title, Other Names, Date and Place of Birth, Gender, Marital Status, Nationality at Birth, Present Nationality, Passport No., Place of Issue, Date of Issue, Expiry Date, State Your Employer/University/College, Position, Address, Post Code, Office Tel, Fax No, Residence Address, Post Code, Tel No, Mobile No, Fax No, Email Address (please write clearly), Type of Visa, Date of Entry, Port of Entry, Duration of Stay, Means of Financial Support, Name of Tour Company if Any, Reference in Tanzania (Contact Address /Host/ Hotel), Address, Tel No, Fax, Email (of the host)

APPLICANT'S SIGNATURE

DATE

NOTE:

- It is illegal to work or conduct business with a Tourist Visa
A Tourist Visa is for single entry to the United Republic of Tanzania; Entry should be effected within 3 months from the date of issue of the Visa. Your stay in Tanzania is valid for 3 months from date of entry.
We do not issue post-dated visas.
Multiple entry visas are issued for Business only.
Travel Document Holders: Visas are issued at the Immigration Headquarters in Dar es Salaam. Please apply through the High Commission and inform your host in Tanzania.

FOR OFFICIAL USE ONLY
VISA NO:
ERV NO:
FEES PAID:
DATE ISSUED:
DAYS GRANTED:
CONSULAR OFFICER:
SIGNATURE
VISA REJECTED AND REASONS



REPUBLIC OF KENYA

DEPARTMENT OF IMMIGRATION
APPLICATION FORM FOR A VISA
(TO BE COMPLETED IN BLOCK LETTERS)

1. Type of Visa required: - Single /Multiple /Transit (Please tick one)

(a) Surname (Mr/Mrs./Ms)
(b) Other names in full
(c) Full names of Father/Husband/Wife
(Name of husband or wife in the case of married persons or father if unmarried)

2. (a) Date of Birth
(b) Country and Place of Birth
(c) Profession/Occupation
(d) Sex.....

4. (a) Nationality at Birth
(b) Present Nationality, if different
(c) Country of Residence

5. Passport/Travel Document held:
(a) No. (b) Place of Issue
(c) Date of issue (d) Valid Until
(e) Issuing Authority.....

6. Contact Address in the Country of Residence
.....
.....
..... Tel:

7. (a) Reasons for Entry
(b) Proposed Date of Entry
(c) Duration of Stay.....

8. Full Names and Addresses of Friends, Firms or Relatives to be Visited
.....
.....
..... Tel:

9. Dates and Duration of Previous Visits to Kenya
.....
.....

10. Will you be returning to your Country of Residence/Domicile?

I hereby declare that the foregoing particulars are correct in every detail.
Signature of applicant Date

FOR OFFICIAL USE ONLY

[Empty rectangular box for official use]

NB PERSONAL CHEQUES ARE NOT ACCEPTABLE
PAY CASH FOR PERSONAL APPLICATION
FOR APPLICATION BY POST PAY BY BANK DRAFT,
BUILDING SOCIETY CHEQUE OR POSTAL ORDERS