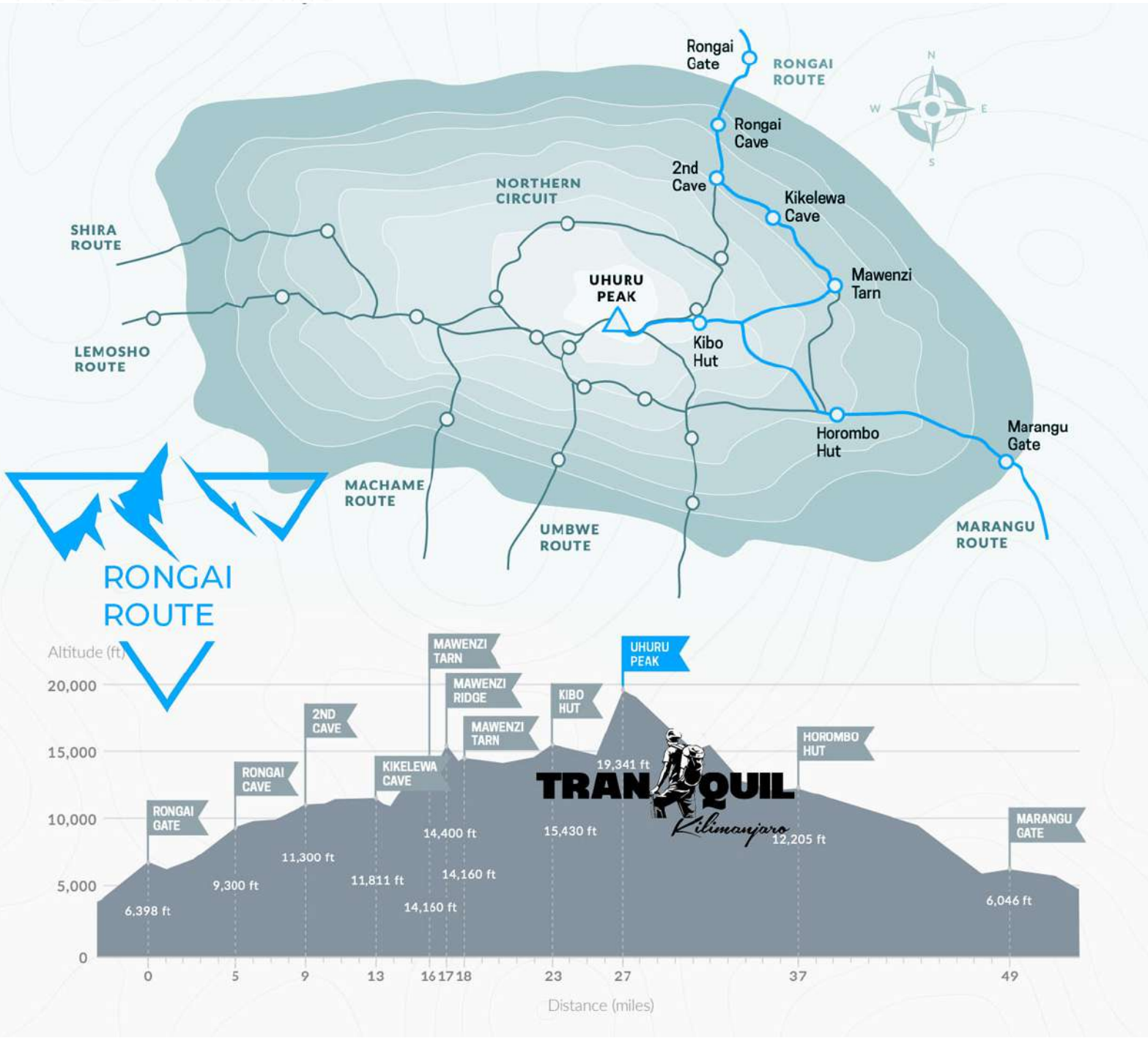




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# 6 Days Rongai Route + 2 Days Hotel Stay ( Before + After your Trek)



[www.tranquilkilimanjaro.com](http://www.tranquilkilimanjaro.com)



**TREK DURATION**  
6 Days

**STARTING CITY**  
Moshi/Arusha

**ENDING CITY**  
Moshi/Arusha

# Itinerary Overview

The 6 days Rongai route is unique as it's the only path to Kilimanjaro from the north, near the Kenyan border, and while it's gaining traction among climbers, it remains less crowded.

This route offers a gentler slope compared to other paths on the mountain. It's favored by those seeking an alternative to the well-trodden Marangu route, those desiring a more secluded hiking experience, or climbers tackling the ascent during the wet season, since this side gets less rain.

Rongai is considered moderately challenging and is particularly recommended for those new to backpacking. While it might not offer the same scenic diversity as routes on the western side, it compensates by traversing through largely untouched wilderness areas. The descent from the summit is done via the Marangu route.

Day	Start	Altitude (m)	Altitude (ft)	Finish	Altitude (m)	Altitude (ft)	Time (hrs)	Distance (km)	Distance (miles)
1	Rongai Gate	1,950	6,398	Rongai Cave	2,835	9,300	3-4	8	5
2	Rongai Cave	2,835	9,300	2nd Cave	3,444	11,300	3-4	6	4
	2nd Cave	3,444	11,300	Kikelewa Cave	3,600	11,811	3-4	6	4
3	Kikelewa Cave	3,600	11,811	Mawenzi Tarn	4,316	14,160	3-4	5	3
4	Mawenzi Tarn	4,316	14,160	Mawenzi Ridge	4,389	14,400	1-2	2	1
	Mawenzi Ridge	4,389	14,400	Mawenzi Tarn	4,316	14,160	1-2	2	1
5	Mawenzi Tarn	4,316	14,160	Kibo Hut	4,703	15,430	5-6	8	5
6	Kibo Hut	4,703	15,430	Uhuru Peak	5,895	19,341	7-9	6	4
	Uhuru Peak	5,895	19,341	Horombo Hut	3,720	12,205	4-5	16	10
7	Horombo Hut	3,720	12,205	Marangu Gate	1,843	6,046	5-7	20	12
<b>Total</b>								<b>79</b>	<b>49</b>



## Arrival Day

When you arrive at either Kilimanjaro International or Arusha Airport, our Tranquil Kilimanjaro Operations Manager or a knowledgeable Kilimanjaro climbing specialist will be there to greet you right outside the arrival area. They'll escort you to a private transfer vehicle, designed with your comfort in mind, to transport you to Moshi. Upon arrival, you'll check into your hotel, where you'll get ready for your upcoming climb and spend the night relaxing at the lodge.

Overnight at **Chanya Lodge/Maridadi Hotel/Shose Chalets or similar**. *Booked on bed and Breakfast.*

## DAY 1: RONGAI GATE - FIRST CAVE

- **Elevation (m):** 1950m to 2600m,
- **Distance:** 8 km,
- **Time:** 4 hours,
- **Habitat:** Montane Forest.

Our adventure begins with registration at Marangu Park Gate, after which we'll transfer for roughly 2 ½ hours to the Rongai trailhead. In Nale Moru village, we'll gather with our porters before setting out. The trek starts on a quaint path through maize fields, transitioning into a mild climb through a pine forest. We'll make camp for the night at First Cave, at an altitude of about 2600 meters.

**Meals:** [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMODATION:** [First Cave](#)

## Day 2: FIRST CAVE - KIKELELWA CAVE

- **Elevation (m):** 2600m to 3600m,
- **Distance:** 9km,
- **Time:** 6 – 7 hours,
- **Habitat:** Moorland.

We continue our ascent towards Kibo, trekking beyond Second Cave at 3450 meters to reach Kikelewa Cave at 3600 meters. Here, the landscape begins to widen, revealing the immense scale of Mount Kilimanjaro to us. Our overnight stay will be at Third Cave Camp, which is located at Kikelewa Cave.

**MEALS:** [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMODATION:** [Kikelelwa Camp](#)

## Day 3: KIKELELWA CAVE – MAWENZI TARN HUT

- **Elevation (m):** 3600m to 4330m,
- **Distance:** 6 km,
- **Time:** 4 hours,
- **Habitat:** Moorland.

We tackle a short, steep climb over grassy slopes today, which is rewarded with exceptional views all around and a strong sense of being in untouched wilderness. Shortly before we reach Mawenzi Tarn at 4330 meters, we'll leave the greenery behind. Our camp is spectacularly placed in a cirque at the foot of Mawenzi's towering peaks. The afternoon is at our leisure, allowing time to rest or explore nearby, which helps with acclimatization.

**MEALS:** [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMMODATION:** [Mawenzi Tarn Hut](#)

## Day 4: MAWENZI TARN – KIBO HUT

- **Elevation (m):** 4330m to 4750m,
- **Distance:** 4 km,
- **Time:** 3 hours,
- **Habitat:** Alpine desert.

Our route today takes us across the barren, lunar landscape known as the 'Saddle' between Mawenzi and Kibo, leading us to Kibo campsite at 4750 meters, situated beneath the Kibo crater wall. We'll spend the remainder of the day resting, getting ready for our summit push the following day.

**MEALS:** [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMMODATION:** [Kibo Hut](#)

## Day 5: KIBO CAMP - UHURU PEAK SUMMIT - HOROMBO HUT

- **Elevation (m):** 4750m to 5895m to 3720m,
- **Distance:** 6 km ascent/16 km descent,
- **Time:** 6-8 hours ascent/4-5 hours descent
- **Habitat:** Stone scree and ice-capped summit.

At 11:30 PM, we'll get up, have some tea and biscuits to fuel up, and then embark on the toughest phase of our trek. The trail starts with a rocky ascent to Hans Meyer Cave at 5150 meters. Next, we'll tackle a zigzagging, steep climb over loose stone scree to reach Gillman's Point at 5681 meters on the crater rim, pushing our limits. From Gillman's, snow could cover our path to Uhuru Peak, the highest point on the continent at 5895 meters. Our stay at the summit for pictures will be weather-dependent. After our summit experience, we'll head back down to Kibo Hut and then to Horombo Hut for our overnight stay. The evening will be spent enjoying our final dinner on the mountain and getting a good night's rest.

**MEALS:** [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMMODATION:** [Horombo Hut](#)

## Day 6: HOROMBO HUT – MARANGU GATE

- **Elevation (m):** 3720m to 1980m,
- **Distance:** 20 km,
- **Time:** 5-7 hours
- **Habitat:** Moorland.

Following breakfast, our descent continues, taking us past Mandara Hut and down to Marangu Gate, the point where you'll collect your summit certificates. The trail can get quite wet and muddy at these lower elevations, so gaiters and

trekking poles are advised. While you might find shorts and T-shirts comfortable, it's prudent to keep rain gear and additional warm clothing within reach.

**MEALS:** Lunch | Dinner | Breakfast **ACCOMMODATION:** Moshi Hotel

## Departure

Following a pleasant breakfast, your checkout from the hotel is set for 10:00 AM, after which you'll be waiting for your ride to Kilimanjaro Airport to return home. If you're considering adding a safari experience or a trip to Zanzibar Beach to your itinerary, please let us know!

### The package includes

- Kilimanjaro trekking according to the itinerary
- All airport transfers in private car (Pick up and drop off at Kilimanjaro International Airport)
- 06 days private Kilimanjaro Climb / Rongai Route
- Full board during climb including mineral /drinking water
- Professional well experienced Kilimanjaro Team with English speaking Mountain guide, porters and cook
- All gear incl mountain tents, mattresses, - mess tent, chairs and table
- Please bring your own sleeping bag
- Services of a professional English-speaking Mountain guide, Experience chef and ethical Porter
- All Kilimanjaro National Park entry fees
- Camping/Hut fees
- Mountain rescue fees
- Unlimited mineral water
- 02 x HB Accommodation in Moshi or Arusha before, then after your climb
- VAT (18%) by The Government of Tanzania
- Group transport to and from Moshi to ALL Kilimanjaro park gates\*
- No additional transport fees will be charged to the Northern or Western route gates\*
- All-season mountain tents
- All meals on the mountain
- No small party supplement fees will be charged
- No single supplement fees for Private Climbs will be charged

### The package does not include

- Tips for the crews,
- Personal Mountain Gear like warm clothes, gloves, walking poles etc
- Curio shop purchases, Gratitude
- All International and Domestic Flights is not included.
- International airfare & flights
- All items of a personal nature
- Gratuities for safari guide and lodge / camp staff
- Visa fee (50 US\$ / 100 US\$ for Americans- to be paid upon arrival)
- Travel insurance

## INCLUDED ACTIVITIES

- > Full-service group trek up Mt. Meru including all climbing permits, entrance fees, hut and rescue fees.
- > Full-service group trek up Mt. Kilimanjaro including all climbing permits, entrance fees, hut and rescue fees.
- > Game drive in Arusha National Park.
- > Private transportation as specified in itinerary.

## PHYSICAL PREPARATION

Although no mountaineering experience is necessary, this is a pretty strenuous trek to high altitude. You should be able to trek uphill carrying a 25lbs (11kg) bag for up to 8 hours a day. It is highly recommended that you begin training for this adventure a few months prior to arrival. Consider a workout regime to improve your stamina and endurance.

On the climb, your guides will set a pace much slower than your most individual's normal walking speed for a few reasons:

1. Give your body plenty of time to acclimatize.
2. Conserve your energy for the summit push.
3. Make the experience more enjoyable. You'll also have routine stops along the trails to catch your breath and enjoy the impressive views.

## Before Your Adventure Begins

### TRAVEL VISAS

Most nationalities require a tourist visa to enter Tanzania. Visas can be arranged at the main ports of entry - Kilimanjaro International Airport, Dar es Salaam International Airport, and Zanzibar International Airport. For those entering Tanzania through the ground in one of our overland tours, visas can be arranged at the Namanga, Kasumulu, and Isebania entry points.

The cost of a multi-entry visa is \$100 USD for US citizens and \$50 USD for most other nationalities. The multi-entry visa is valid for up to one year, with no more than 90 consecutive days in country on a single visit.

Currently, Tanzanian visas (single-entry or multi-entry) are also valid in Kenya and Uganda for up to a 90-day stay. You are also able to travel to Uganda and Kenya and return back to Tanzania on the same visa, as long as you do not visit a country that is not one of the three.

If you do travel to a country that is not Kenya and/or Uganda on a Tanzanian single-entry visa, you may be required to purchase a second visa for re-entry into Tanzania. This unfortunately, depends on the immigration officer on duty, but you are able to purchase these on the spot.

All visas purchased at the point of entry need to be paid for in US dollars, with clean, un-torn bills printed on or after 2006.

NOTE You may be required to provide evidence of means to cover your stay, a vaccination

/yellow fever record and a passport with at least six-months validity.

Additionally, requirements can change without notice. It is the traveler's responsibility to have all the proper health and immigration requirements prior to

### SINGLE TRAVELERS

Our grassroots approach to travel means that most of our tours were designed for shared accommodation throughout, either twin or multi-share. Single travelers will be paired with someone of the same sex for the duration of the trip. In our mountaineering expeditions, single trekkers will be sharing a mountaineering tent with a member of the same sex.

On select trips, travelers will have the option of paying a single supplement for a private accommodation. However, single accommodations may not be available on all days of your trip, but will be stated at the time of booking.

Mixed gender accommodations will be specified in the Accommodations section of our Adventure Details document.

## Group Information

### GROUP LEADER

Certified, mountain head guide, between 1–3 additional guides (depending on the size of the group), a cook, an assistant cook and a team of porters. An armed park ranger will accompany the group on the lower slopes of the trek to ensure your safety in the event of a wildlife encounter.

Your local guides are all trained by the Tanzanian National Park Authority in group management, first aid and mountain rescue. Your cook received culinary training at a local college and is more than capable of making healthy, well-balanced meals appropriate for the strenuous physical demands of the trek.

The head guide of your travel group will have the final decision on all matters that may affect the tour, safety of the group and overall enjoyment of any person participating in the tour. Anyone that becomes disruptive or interferes with the well-being of the group in any way may be asked to leave the tour with no right of refund. Your head guide will have solid English communication skills, although your patience and understanding in any language difficulties will make the trip more enjoyable for everyone. The other guides will have basic communications skills and many of the porters will have no English knowledge. Again, we ask for your patience and understanding when dealing with the generally timid porters. If you feel like the language difficulties might be a problem for you, we will be more than glad to arrange a western-born guide at your expense.

### GROUP ETIQUETTE

We think small group, adventure travel is the most exciting way of exploring the world.

With this travel style, however, comes the occasional difficulties and frustrations of dealing with different personalities, all with a unique set of likes and dislikes. With this in mind, we ask that you be understanding to the varied cultures, nationalities and age groups.

Consider the following

- Respect your group member's personal belongings and space.
- Come willing (and expecting) to compromise.
- Keep an open mind about everyone and everything.
- Hot water is often at a premium; Take short showers.
- If it smells rotten, it stays outside (shoes, socks, etc).
- Not everyone wants to listen to your music; Use your headphones.
- Keep your belongings together and out of the way of other travelers.
- Clean up after yourself - in the shower, in the shared rooms and everywhere else.
- Keep your voice down to avoid waking up your group mates.
- Use your headlamp to get around the room at night, instead of turning on the light.
- Be willing to share - it's often the easiest way to make new friends.
- If you need to get away from the group, do so, just let your tour leader know.

## SUPPORT TEAM

- Cook
- Assistant Cook Depends on group size
- Support Team
- Park Ranger (Only for Mt Meru)
- Driver/Safari Guide

### GROUP SIZE

Maximum of 12 trekkers per group, Average 10.

### GROUP COMPOSITION

This is a combination tour, which means that your group size and composition may change during the trip.

Be advised

- Your group may gain members who may have been traveling together on another Tranquil Kilimanjaro Adventure prior to their arrival on this tour.
- You may join another group of travelers who may have been traveling together on another Tranquil Kilimanjaro Adventure prior to your arrival.
- Your group may lose members who are not continuing on the next segment
- of this particular trip, or who may be joining another itinerary elsewhere.
- Group size will never exceed 12 travelers, unless otherwise specified.

### TIPPING

A tip for most mountaineering expeditions is typically between

\$100 – \$150 USD per traveler. Tips are usually collected on the last

day of the tour after breakfast and presented to the crew as a group

in a small ceremony. Tips are then divided by tasks performed and will be given to each member of our team in your presence to ensure that everyone receives their due amount.

## TRAVEL SAFETY + HEALTH

Although a Tranquil Kilimanjaro representative will accompany you on all included activities, our trips were designed to allow plenty of time for independent exploration. Even though our representatives can inform you of the available activities at each destination, Tranquil Kilimanjaro makes no representations about the safety of these optional activities.

We suggest using good judgment when participating in any optional activity, due to the varying standards of safety. You assume all risks associated with these optional activities not included in your itinerary. Be extra cautions when participating in water-based activities, as they have an added element of risk.

**NOTE** Our representatives have the ability to alter or change the route/itinerary for reasons of safety including social unrest and increment weather.

*Please consider the following during your travels to East Africa:*

- Blend in! Do not attract attention to yourself. Respect the local culture and customs.
- Avoid dark streets and less populated areas.
- Leave your expensive jewelry at home.
- Never use the ATM at night. Preferably, use one with an armed security guard, during daylight hours, from a known international bank.
- Avoid carrying all your money in one place. Try to keep a small amount in your pocket for the daily expenses, the rest should be kept tucked away in your money belt or hotel safe.
- Use the in-room safe, if available. If none is available, use the hotel's communal safe and have the staff give you an itemized receipt for the valuables you've deposited.
- Never leave your belongings unattended. If the bag is small enough for a grab-and-run, keep the bag on you.
- Be aware of your surroundings! Look out for people 'hanging around' or attempting to get close to you, as they might be pickpockets looking for an opportunity.
- Avoid taking a taxi off the street, if possible. Have your hotel call a taxi or go to the nearest taxi stand.
- Avoid using the motorcycle taxis, locally known as 'bora-bora' or 'picky-picky'. Although very exciting and effective at avoiding traffic jams, moto-taxis have an abysmal safety record.

## TRAVEL HEALTH

*Consider the following when planning for your trip and/or speaking with your medical professional*

Our adventure travel style requires all participants to be in good physical health in order to participate and enjoy the trips. It is your responsibility to assess whether our travel style is right for you.

Furthermore, we recommend you consult with your primary physician or travel clinic at least six weeks before departure to determine what vaccinations and/or medications are recommended for your travels to East Africa.

## WATER

Drinking tap water is not recommended. The water we provide for you during the trek has been chemically treated and/or filtered and is safe to drink. For all other times, we suggest using bottled water, or bringing purifying tablets from home. Although drinking tap water will generally only result in an upset stomach, it may be enough to ruin a few days of your trip

## IN CASE OF EMERGENCY

Please contact our regional representatives:

Charles +255.787.738.048

Kaji (Tanzania) +255.747.541.280

Kaji (Kenya) +254.718.118.808

## MALARIA

Tanzania is part of a region that extends into central and southern Africa known as the Malaria Belt. Antimalarial medications are strongly recommended for any travel in East Africa.

Also, when discussing your antimalarials with your doctor, please inform him/her of your plans to trek at higher elevations, as some antimalarials are known to have adverse effects at higher

altitude. From our experience, the antimalarial Lariam/Mefliam is not recommended for high altitude treks, as it tends to cause hallucinations and delirium at higher elevations. There's a popular saying in the mountaineering community: "Lariam causes Delirium" Again, only your doctor can determine which antimalarials are good for you. This information should in no way replace a personal consultation with your primary physician.



## ALTITUDE SICKNESS

Altitude sickness occurs when your body cannot get enough oxygen from the atmosphere at higher altitudes, beginning at around 8,000ft (2,500m). Most trekkers should expect to experience some form of mild altitude sickness as a result of your body's inability to adapt to the reduced oxygen levels.

It is of extreme importance that you discuss your plans with your doctor, particularly if you have any pre-existing medical conditions.

While our guides are trained to deal with emergency situations, including altitude sickness, you must be aware of the signs and effects of trekking to altitude.

Possible symptoms for mild mountain sickness are

- Headache
- Fatigue
- Dizziness or Lightheadedness
- Difficulty Sleeping
- Loss of Appetite

Possible symptoms for acute mountain sickness are

- Worsening Headache
- Vomiting
- Confusion
- Hallucinations
- Blurred Memory
- Slurred Speech
- Erratic Behavior

Consider the following to reduce the risk of high-altitude sickness:

- Walk slowly, slower than you usually would to give your body time to adjust to the increasing elevation. Do not overexert yourself in the first few days.
- Drink plenty of water! between 4 and 6 liters a day.
- Do not consume alcohol 24 hours before you begin your trek, as alcohol in your blood slows down your body's ability to acclimatize.
- Maintain a regular sleep schedule in the days leading up to your trek. Some travelers may choose to take medications, such as Diamox, to reduce or prevent the effects of altitude sickness. Diamox works by decreasing the alkali excreted in urine, which makes the blood more acidic. Acidifying the blood increases ventilation and speeds up the acclimatization process.

NOTE Speak to your Doctor to determine if Diamox is a good option for you. The information provided for you is for reference only and in no way should it substitute a visit with your physician.

## DIARRHEA

It is normal for first-time Africa travelers to experience some mild form of diarrhea, as your body is not used to the common bacteria and viruses in the environment.

Consider antimotility medication. Following these simple guidelines should also help:

- Hand disinfectant goes a long way. Use it often, very, very often.
- Keep up with your vitamins/meds before and during your trip.
- By all means, please indulge in the regional cuisine - but practice sound judgement when choosing your local eatery.
- Avoid sharing drinks and utensils.
- Wash fruits and vegetables thoroughly, particularly if you bought them from a street vendor.
- Avoid drinking tap water. Bottled water is widely available and inexpensive.

## Consider the following

- Do not skip antimalarial doses. If taken weekly, take them on the same day each week.
- Use a mosquito net, when available.
- Use insect repellent with at least 30% DEET.
- Wear long-sleeve shirts and pants and apply repellent to any exposed skin, particularly at night.
- Avoid leaving unscreened doors and windows open.

## FEEDBACK

Tell us how we did! Send us your post-adventure comments, suggestions and everything in between to our [TripAdvisor page, here](#). Your feedback is

greatly valued and appreciated, as it helps us know what we are doing good, and what needs improvement. Feedback is also one

of the ways we evaluate our field staff and ground operators and is directly tied to their compensation. So go on, give us your two-cents, we'll reward you with some cool deals and awesome gear.

ack in which you'll keep all your essentials like

The equipment carried by the porters will be placed in a waterproof bag and will usually be waiting for you by the time you arrive to that day's camp. Note that the gear carried by the porters will not be accessible until you reach camp, as the porters carry a much, much faster pace than most trekkers. You will always be accompanied by a guide.

Be aware that if you exceed the allowed weight (40lb/20kg), you will be required to hire additional porters at your expense. On summit night, expect temp to be well below freezing – around 10° Fahrenheit (-12°C).

You should consider a layered clothing system, as the climate is typically very hot during the day and around freezing at night,

particularly at higher elevations. Consider wicking materials and avoid cotton for your trek, as this retains heat and will not dry easily once wet. Sunglasses, hat, sunblock, thermal under layers, comfortable boots, a warm sleeping bag and comfortable sleeping mat will make your trek all that much more enjoyable.

NOTE You may be able to leave some of your gear at the lodge for the Mt. Meru trek, since it is considerably warmer at night than Mt.

Kilimanjaro; You'll most likely need all your layers for Mt. Kilimanjaro. Your head guide will be able to advise you on what to take for both treks. The list provided below is specific to Mt. Kilimanjaro, but it should cover any gear you may need during your Mt. Meru climb.

## DOCUMENTS

- VALID PASSPORT with at least six months validity and two blank pages
- RETURN FLIGHT PRINTOUTS just in case
- TRAVEL INSURANCE DOCUMENTATION
- EMERGENCY CONTACT INFORMATION
- TRANQUIL KILIMANJARO DETAILS
- VACCINATION/ YELLOW FEVER CERTIFICATE

## CLOTHING

- HIKING BOOTS

TIP high ankle, waterproof and well broken-in

- THIN LINER SOCKS 2 pairs
- TIP worn under wool socks for comfort
- THICK WOOL SOCKS 2 pairs
- THERMAL UNDERPANTS for sleep and summit day
- THERMAL LONG SLEEVE SHIRT

for sleep and summit day

- WICKING SHIRT
- NOTE never cotton
- CAMP SHOES OR SANDALS
- LINER GLOVES
- INSULATED GLOVES for summit day
- 3 FLEECE SWEATERS
- WATERPROOF PANTS
- HIKING PANTS
- WARM PANTS for summit day
- LIGHTWEIGHT WATERPROOF JACKET
- HOODED PARKA
- BRIMMED HAT
- BALACLAVA OR WOLHAT

for sleep and summit day

## MOUNTAIN GEAR

- QUALITY SLEEPING BAG with at least a +20°F/-6°C temperature rating
- WALKING POLES great for the descent
- HEADLAMP & EXTRA BATTERIES
- NOTE no flashlight
- 3 LITER HYDRATION SYSTEM
- TIP carry this in your day backpack
- SLEEPING MAT
- POLARIZED SUNGLASSES

NOTE exposure to UV rays increases drastically at higher elevations

- MUSIC PLAYER
- CAMERA & EXTRA BATTERIES
- HIKING BACKPACK 40–60 LBS
- NOTE porters will carry this
- DAY BACKPACK 20–30 LBS

NOTE you'll carry this with your essentials

## TOILETRIES

- NAIL CLIPPER to keep from losing a toe nail on the descent
- TOOTHBRUSH
- TRAVEL SIZE TOOTHPASTE
- SUNBLOCK at least 30 SPF
- LIP BALM at least 30 SPF
- SPARE CONTACTS If applicable
- CONTACT LENS SOLUTION If applicable
- PRESCRIPTION GLASSES If applicable
- TRAVEL SIZE TOWEL
- INSECT REPELLENT with Deet
- ANTI-BACTERIAL WIPES

## MEDICATIONS

- MEFLOQUINE an antimalarial
- NOTE no Lariam/Mefliam
- LOPERAMIDE an antidiarrheal
- TIP pepto won't cut it
- CYPROFLOXIN antibiotics
- LORATADINE for allergies
- DIAMOX for altitude sickness
- IBUPROFEN for pain and headaches
- Reference only! Consult your primary physician.

## FIRST AID

- ANTIBIOTIC CREAM for bug bites
- ADHESIVE BANDAGES for minor cuts
- MOLEFOAM for blisters
- WOUND CLOSE STRIPS minor lacerations
- ELECTROLYTE REPLACEMENT SOLUTIONS
- TIP powder/gel form for dehydration
- ELASTIC BANDAGE for ankle sprains or knee support
- CHEMICAL HAND/FOOT WARMERS

## MONEY

- \$100 – \$150 USD TIP for guide//cooks//porters
- TIP you'll see how hard they work, but this is obviously at your discretion
- US DOLLARS for drinks, meals and visas not included
- DEBIT CARD in case of emergency
- BACKUP CREDIT CARD in case of emergency
- MONEY BELT