



## Kilimanjaro Marathon Information Pack

### **Trip Insurance:**

All participants must have suitable travel and emergency medical insurance cover to embark on one of our events. This is a condition of participation mentioned in our T&C's. A policy from any insurer with the correct level of cover will be acceptable. Please send us a copy of the policy wording showing specific cover for your trip, along with the policy number for our records.

If you do not have suitable insurance cover, we recommended clients take a policy from **World Nomads**. Their insurance policies have been designed by travellers for travellers, with coverage for more than 150 activities as well as emergency medical, lost luggage, trip cancellation and more. Please use the World Nomads link at Step 3 of the Sign Up page on our website to be taken to your personal policy quote. Make sure you select the Explorer Plan for your trip.

Please email us a copy of your policy certificate for our records.

### **Flights:**

You are responsible for booking your flights at the correct time. We normally check the flight status and details of our participants to monitor whether they are arriving for the event on time. However, you remain fully responsible for monitoring your flight status. PJS takes no responsibility for any customer errors that occur regarding arrival or departure times, dates, or other issues in connection with flight travel.

Please make sure you email us a copy of your flight itinerary as soon as possible, no later than 60 days before departure.

### **Visa & Passport:**

It is your responsibility to fulfil all passport, visa and other immigration requirements applicable to your itinerary. We can provide general information about the passport and visa requirements for your trip, but this is for guidance only, we take no responsibility for any omissions or errors in any information provided.

Although we require your passport details for our Online Registration, your specific passport requirements are your responsibility. Please check your passport is valid for your dates of travel.



E-Visa application are available online and should be done around a week or two before departure, please use the following link:

<https://eservices.immigration.go.tz/visa/>

When completing the E-Visa online, you will need the following contact details information:

Company - PJS Adventures

Address - PO Box 717, Moshi

Contact Number - +44 7577 012087

Address in Tanzania - Planet Lodge, Moshi

American Passport Holders: please select Multiple Entry Visa

Other Passport Holders: please select Tourist Visa

Once your E-Visa application has completed and submitted online, it can take up to 7-10 days to receive the approved visa back by email. You should print all pages and take them with you to show on arrival. **Visas are also available at Kilimanjaro airport on arrival.**

#### **Vaccinations:**

Participants should all have up to date vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid. It is optional to have vaccinations for TB, Meningococcal Meningitis, Hepatitis B, Rabies, Cholera.

We highly recommend having the **Yellow Fever** vaccination. Your Yellow Fever certificate will probably be checked on entering arrivals at Kilimanjaro Airport. It is a requirement to show a Yellow Fever Vaccination Certificate on entering any African Nation when traveling from and spending a minimum of 24hrs in any other African Nation. Although you will most likely not be spending 24hrs in another African Nation prior to arriving in Kilimanjaro, you will almost certainly be getting off transferring flights from somewhere in Africa (Addis Abba, Nairobi etc). Therefore, it is simply better to be safe than sorry. It will be your decision to get the Yellow Fever vaccination or not, but it will be your responsibility if there is any problem entering Tanzania or contracting the disease if you decide not to get the vaccination.

#### **Malaria Medication:**

These should be essential for everyone. The course of tablets should be started approx. two days before travel and continues approx. seven days after travel. Please consult your doctor or pharmacy for their advice.

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### **Regular Medication:**

Our team are not medical experts. We encourage you to visit your family doctor to discuss your medication requirements.

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist
- These should be carried in your hand luggage when travelling on flights
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- When taking out an appropriate level of travel health insurance including repatriation, specify cover for any pre-existing illnesses

### **Pre-Existing Medical Conditions**

Please assess for yourself whether you are fit and able to take on this challenge. Please review this detailed Information Pack, our website and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the adventure more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Whilst we will do our best to put in place appropriate measures, we cannot guarantee that this will be possible.

### **Medical Support**

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the trip to support with medical matters related to the trip environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive for pre-existing medical conditions and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the trip leader.

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**Emergency Contact:**

In a serious emergency, if you are out of contact, a family member or friend can complete the form on the link below and we will begin the process of reaching you.

The link is also available at the bottom of each of our website pages.

<https://www.pjs-adventures.com/emergency-contact-form>

**Local Staff Tips:**

We have a standard recommendation for staff tips. This amount is based on the total number of crew members and their job titles. We will notify you of the recommended tip amount for your trip approx. two weeks before departure. You should bring this cash to the mountain. It will be collected from everyone on the final night, and then present to the

whole crew on the following morning. As we need to split the cash into each crew section, please try to bring small notes, such as \$20, \$10, \$5 (maybe a few \$1's)

In any event:

- No more than 2x \$50
- Preferably no \$100's
- Dollar bills must NOT be older than from 2010
- Old worn \$ bills or \$ bills with tears are not accepted, clean \$ bills only

**Other Helpful Info:**

- Don't drink tap water at the lodge or anywhere else. Use bottled water to brush teeth
- Drinking water alone on the trail will not hydrate you enough, make sure you have some electrolyte tablet to use in your water, such as GU, NUUN, ZERO, SIS. The sodium and minerals contained in these electrolytes will help keep you hydrated when you drink
- Bring a variety of snacks. Trail mix, trail bars, chocolate & hard candy. A mixture of sweet and savoury is good.

## Race Details

- **Full Marathon – 42.2km:** Start Time – 06h30

The race will start and finish at the MoCU Stadium Grounds in Moshi

All runners must wear their running bib, clearly, on the front (not back). Do not fold your race number as there is a chip on it that records your official time. We will provide pins for your race number. You may only cross the finish line and enter the tunnel section once, if you do it a second time your results will be deleted.

- **Half Marathon 21.1km:** Start Time – 07h00

The half marathon run will start on the Sokoine Road Gate of MoCu and finish at the MoCU Stadium in Moshi. All runners must wear their running bib, clearly, on the front (not back). Do not fold your race number as there is a chip on it that records your official time. We will provide pins for your race number. You may only cross the finish line and enter the tunnel section once, if you do it a second time your results will be deleted.

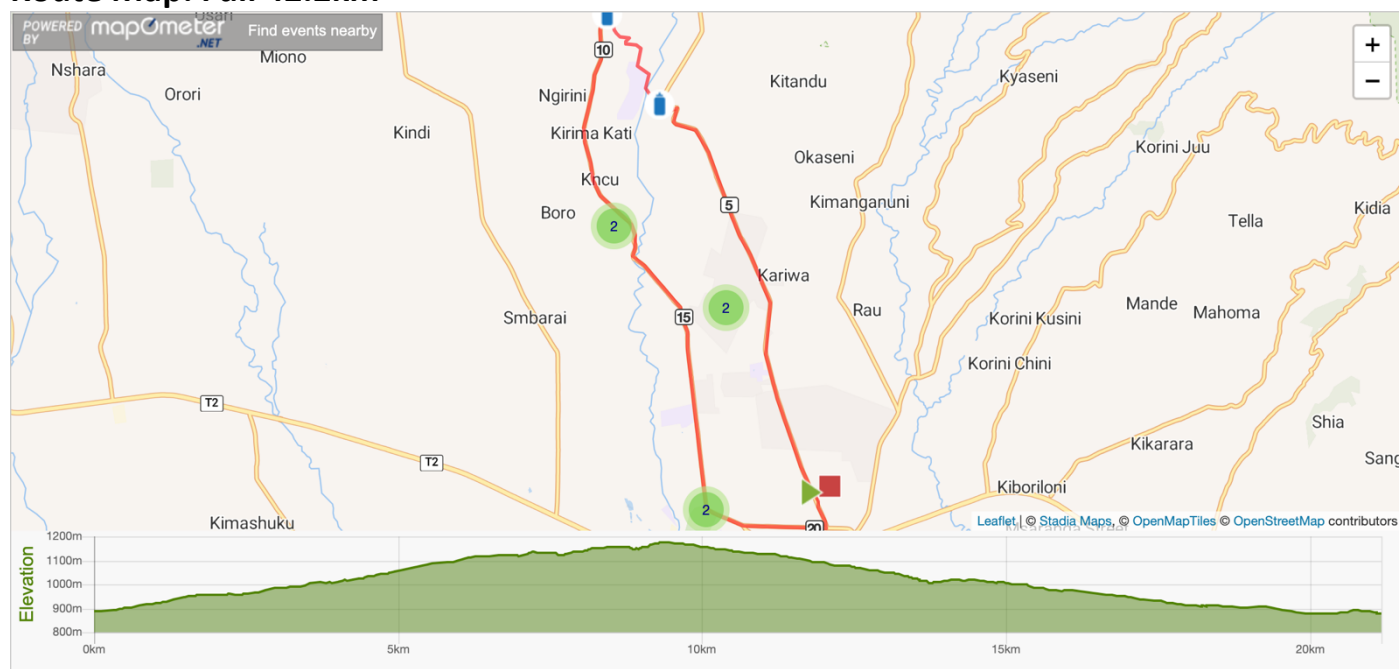
- **5km Fun Run:** Start Time – 07h30

The race will start at the bottom of MoCU Stadium, on Uru Road and finish in the stadium.

**SEEDING** – We would like to appeal to all runners to ‘self seed’ at the start and allow the top athletes to be at the front.

**CUT OFF TIME** – Final cut-off for both the full and half marathon races is at 12h30.

## Route Map: Full 42.2km



## Route Map: Half 21.2km

