



## Mt Longonot to Mt Suswa Trek, Kenya 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 recommend 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. 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.

You must have a visa to visit Kenya if you are aged 16 and over.

Visa applications can now be completed online by using the following link:

<https://evisa.go.ke/>

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. Once received, you must print all pages and take them with you to show on arrival.

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### **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.

### **Altitude Sickness:**

Most people experience some symptoms of Altitude Sickness (AS) at some point on the trek. This will normally be limited to headaches and nausea, as well as finding it a little more difficult to eat, drink and sleep. These symptoms are not severe but will make your journey a little uncomfortable for a short time. To prevent these symptoms as much as possible, we recommend going to your family doctor and asking for a script/prescription for Acetazolamide, usually sold under the trade name Diamox. This is a drug given for Glaucoma symptoms, but is also used for the treatment of AS.

### **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

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- 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.

### **Kit List:**

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you get one fitted in-store and train with this. Other essentials are high quality waterproof and

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windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night.

Everything listed on the Kit List is essential.

Please see a full copy of the Kit List at the end of this Information Pack.

#### **Luggage:**

Only soft sided duffle bags, holdalls and rucksack are allowed on the mountain. Hard suitcases or soft bags with wheels will not be accepted. The maximum weight for your Kit Bag on the mountain is 15kgs. It will be weighed at the hotel the night before departure and in the morning before we load the bus. If your bag is too heavy, we will advise what items should be left behind.

Please bring a bag to store any items you don't need to take to the mountain such as clean clothes for travel or Safari days etc. This bag will be stored securely at the lodge the day we leave for the mountain until we arrive back after the climb. Valuables can be stored securely. However please try to limit the valuable items you bring.

Please note that PJSC do not accept responsibility for any stored items.

#### **What to Wear for Your Outbound Flights:**

If your checked in luggage gets lost/delayed, it could take a couple of days to catch you up. You won't be able to start your trek without your boots and essential clothes, so wearing or carrying them for the flight is advisable.

- Walking boots
- Walking socks
- Trekking trousers/pants
- Base layer top

#### **A Typical Day**

During the hike you will be walking an average of 4 to 8 hours each day. Depending on the weather and the day, rest/water stops will be frequent along the way, where you can regroup, rest and relax while drinking water and eating your snacks. Lunch will usually be a cooked lunch either along the way or when you reach the campsite (depending on the length of that trekking day). You will get to your campsite in the afternoon where you can relax, have a hot drink and eat your dinner in the mess tent.



## **Terrain**

The route is mountainous. The terrain will change between rainforest pathways, rocky step and dry shingle slopes. Although the climb up will be gaining altitude each day, there will also be many downhill sections. The decent can be taxing on muscles and joints. Walking poles are strongly advised.

## **Training**

This challenge is graded T2 - MODERATE: These treks involve longer walking days and are not usually longer than 7 days in total. A reasonable level of fitness is required as there will be both ascents and descents. Accommodation will be a mixture of camping / hotel. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or mountains (weigh your pack with water containers and pour out the water before your descent to minimize knee stress).

## **Electric Power:**

There are no electric power outlets on the hike. Assuming you will be using your mobile phones to take photos, if you turn on Airplane Mode and turn off Bluetooth, your battery should last a couple of days from one full charge. Please note that batteries will discharge quicker in the cold, so should be stored overnight inside a bag, sock or jacket. A 20,000mah battery pack should be capable of charging your phone plenty of times.

## **Communication:**

Wi-Fi is available at the lodge, however there will be little to no phone reception on the mountain, you should assume that there won't be connection. Even known areas of connection are subject to weather and cloud cover. The PJS Leader may carry a Satellite Phone for emergency use. It is only switched on when it needs to be used so cannot be used for incoming calls. However, clients can use it to make outgoing international calls whenever they would like, at a cost of \$5 per minute.

## **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>

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### 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)

- 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:

- Please check off all your kit against the Kit List before packing, and make sure you have everything
- Pack clothes into dry sacks (or other waterproof bags) inside your kit bag in order to help protect against wet, damp and moisture and to make it easier to find what you're looking
- Don't forget to bring earplugs as the accommodation can sometimes be noisy when you want to sleep
- Keeping a 'pee bottle' inside your tent at night saves going out in the cold in the middle of the night. Women can use a plastic Tupperware box & lid. PLEASE MARK THE BOTTLE CLEARLY
- 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.
- Duracell batteries generally perform better in extreme cold temperatures than other brands



## KIT LIST

### RUCKSACKS AND BAGS

- Day Pack 30lt – 40lt
- Duffle bag 70lt – 90lt
- Hotel/Lodge bag
- Dry Sacks

### SLEEPING

- 4 season sleeping bag\*
- Sleeping bag liner (optional)

### FOOTWEAR

- Walking boots with ankle protection
- Hiking socks (at least 5 pairs)
- Sturdy comfortable shoe (for evenings around camp)

### EQUIPMENT

- LED Head Torch (plus spare batteries)
- 3lt Water Bladder
- 2 x 1lt Water Bottles (Nalgene)
- Sunglasses
- Daily Snacks (tracker bars, dried fruit, chocolate, nuts)
- Walking poles\*

### CLOTHING

- Waterproof Jacket
- Waterproof Pants/Trousers
- Warm Jacket
- Windproof softshell jacket
- Lightweight fleece tops
- Wicking long sleeve t-shirt
- Trekking Pants / Trousers (not jeans)
- Thermal long johns & Thermal long sleeve top
- Underwear (light and wicking)
- Neck Buff



- Sun Hat
- Thermal Hat
- Thin Liner Gloves
- Casual clothes and personal items for last day at the hotel and journey home

### **TOILETRIES**

- Toothbrush & Toothpaste
- Antibacterial Liquid Soap
- Baby wipes
- Antibacterial Wipes
- Lip Sun Protection Stick
- Travel towel (Microfiber towel that is space saving and fast drying)
- Deodorant
- Insect repellent containing DEET
- Malaria tablets (under advice from your doctor)
- Aftersun/Moisturiser cream
- Sun Cream/ Protection (min SPF30)

### **PERSONAL ITEMS**

- Camera
- Contact lenses (plus spare glasses)
- Ear Plugs
- Small First Aid Kit
- Pain killers
- Band Aids
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Electrolyte Tablets
- Your own medication
- Knee support (if you normally need and use)

### **DOCUMENTS**

- Passport  
(Make sure you have at least 6 months left on your passport expiry date)
- Photocopy of passport  
(Keep a copy at home and a copy in your travel bag for emergencies)



- Travel insurance

(Suitable insurance available from World Nomads, via the PJS Challenges website)

- Visa (please check in-country requirements)
- Flight Tickets (e-tickets)
- Cash (US Dollars)
- Credit card

\* Items available to rent on some events, please ask for information