

Kilimanjaro Mountain Medicine Expedition

Tanzania, 11-20 February 2016



Info package v2015_1103

This information may be subject to change.

Contact ross@wildmedix.com for the latest update.

Introduction

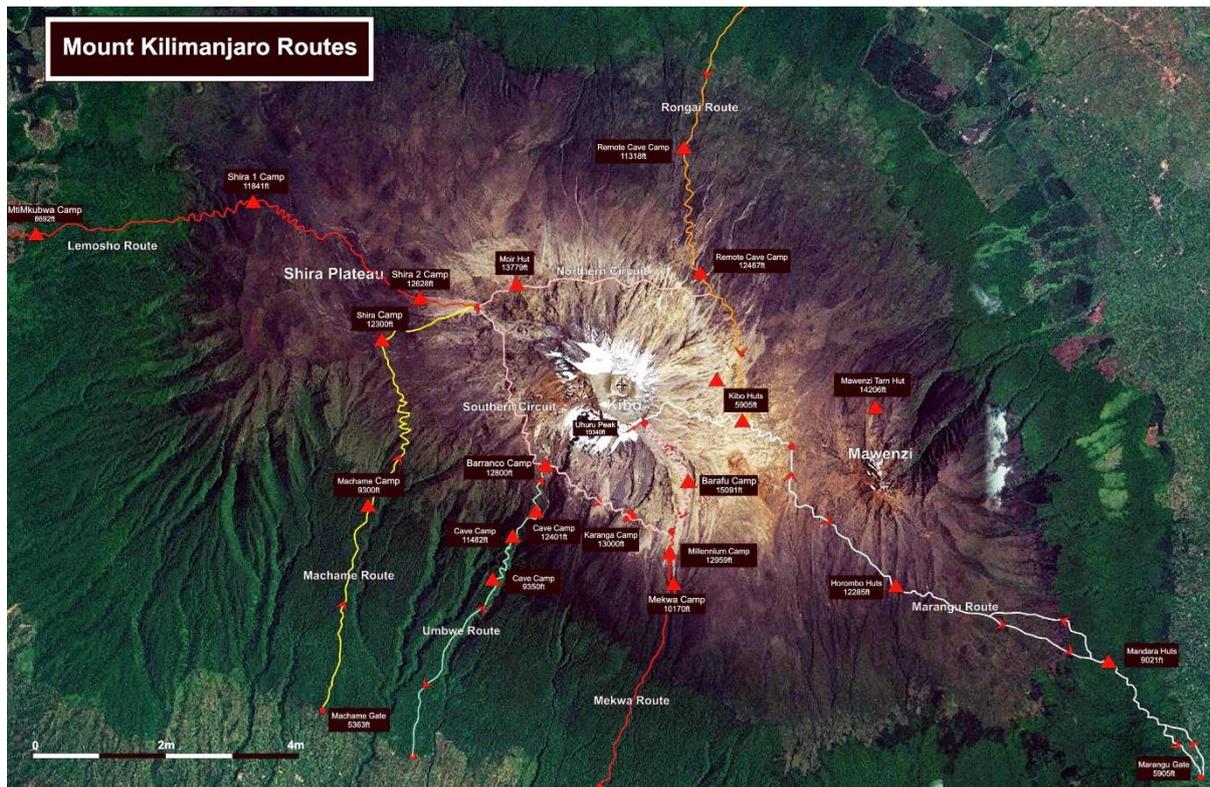
There is no better way to learn expedition medicine than to take part in an expedition, and no better place to learn mountaineering than on a mountain. Combining the two concepts, WildMedix presents a Mountain Medicine Expedition on Mount Kilimanjaro, Africa's highest peak and the highest freestanding mountains in the world. 'Kili' is an excellent place to gain personal and professional insight into high altitude medicine: its reputation as an 'easy' trekking peak, lack of requirement for technical mountaineering to gain the summit, and ruthless competition between tour operators aiming for the quickest turnaround on the mountain lead to one of the highest incidences of acute mountain sickness and altitude pathology in the world. As other groups trade speed against effective acclimatisation, the possibility exists that you will not only learn new skills and knowledge, but also get to apply them high on the mountain.

Over the course of the expedition, experts in the fields of mountaineering, wilderness and expedition medicine will cover topics ranging from training and preparation to work as an expedition medic, wilderness health and hygiene, common African infectious diseases, wilderness trauma management, high altitude physiology and medicine, backcountry and mountaineering skills.



Participants should be medical professionals – although we encourage suitably skilled volunteers – with an interest in remote and wilderness medicine, especially mountain medicine. An adequate baseline level of fitness is necessary and hiking experience is advisable, but prior mountaineering or climbing skills are not required. If you are uncertain about your suitability, please contact us for advice. We are now also offering a 'trek-only' option, where non-medical friends and family can join the expedition at a reduced cost. Trek-only participants will take part in the same itinerary, but will not undergo the lecture and practical training sessions (leading to lots of time to relax!).





About the Expedition

Preparation for the WildMedix Mountain Medicine Expedition will begin well before your departure, when you receive the required reading material and a navigation workbook. After flying into Tanzania, you will spend two nights in a hotel in view of the mountain. We will get to know the group over dinner on the first night. The next day will be spent covering a series of lectures on wilderness, mountain and expedition medicine, and sorting gear for the climb. Early on the morning of Day 3 we will travel to Nalemoru (~1950m), where we begin our ascent of Kili, following an extended variation of the Rongai Route.

Rongai is ideally suited to an expedition of this calibre. The only route to approach Kilimanjaro from the north, it traverses a much more wild and remote area than the more well-frequented southern routes. As we descend and exit the park on the southern side, you will have the advantage of seeing both faces of the mountain. It is a longer route, discouraging the crowds found elsewhere, and is therefore the best route for seeing wildlife. Possibilities include colobus and blue monkeys, various sunbirds, hornbills, and rarely, larger game. It is also slightly drier (and less subject to sustained rain than the other routes), although you can still anticipate a soaking in the forest at lower elevations.

For the first four days on the mountain, we deliberately walk shorter distances, making a gradual ascent to ~4330m. This leaves adequate time for practical skills training and simulation in the field, covering aspects of backcountry skills, mountaineering, navigation, communication, patient assessment and care. The fourth day includes an acclimatisation excursion and exercise at around 4600m, before returning to a lower elevation to camp. In the evenings, we will have short lectures and discussions on wilderness and expedition medicine topics.

On the fifth Kili day, we climb to Kibo Huts (~4700m), reaching a confluence with the southern routes. Our slow ascent and excellent acclimatisation mean that by the time we reach Kibo, and meet the other routes, we will be feeling relatively strong, and may be able to see cases of mountain



sickness from the other groups both ascending and descending the mountain. That evening we will rest early, as we depart around midnight to begin our summit bid.

Summit day is long, gruelling, and incredibly rewarding. An uphill slog will hopefully be rewarded to reaching the crater rim in time for sunrise, before continuing on to Uhuru Peak (5895m). We then descend by the same route into reassuringly thicker air, continuing down to the south over new territory to Horombo (~3700m). The last of 7 days on the mountain is a spectacular descent through multiple biomes (including tropical rain forest) to our exit from the park at Marangu, from where we return to the hotel for a celebratory dinner. The last morning will see heartfelt goodbyes as we return to the airport and begin travel home.



Expedition costs, inclusions and exclusions

Costs:

The expedition fee is USD 3450 per person. This includes all training, the expedition itself, and the specific items listed in the section below. Group size is limited to guarantee personal and focussed attention on all participants. Please note that the camping on the mountain is in shared tents; this is not negotiable for safety reasons. Accommodation in town is in shared rooms, but a single room supplement is available. The trek-only option expedition fee is USD 2650, and includes all items except the textbooks, lectures and practical/simulation exercises, and course completion certificate.

Course fee includes:

- Commemorative multifunctional headwear
- Prescribed textbook (Oxford Handbook of Wilderness and Expedition Medicine)
- Prescribed navigation workbook (Andrew Friedemann's 'Navigation Anyplace Wild')
- Local accommodation and all meals from dinner on the evening of arrival until the course dinner on the final day before departure
- Park, nature conservation, trekking and rescue fees (required by Kilimanjaro National Park)
- Porter and cook fees (Porters are required by Kilimanjaro National Park, and their salaries help uplift the communities in the region)
- Tented accommodation on the mountain
- Group equipment (tents, mattresses, cooking equipment)
- Eating utensils, plates, etc.
- Course completion certificate

You need pay your own:

- Flights to and from Tanzania



- Transfers to and from the airport (we will assist with a group booking dependant on the timing of flights once we have this information for the group)
- Travel and medical insurance (compulsory)
- Soft and alcoholic drinks
- Tips for guides and porters (budget to pay at least USD 100-200)

Required & Advised Equipment

Required (Compulsory) Equipment

These items are not negotiable. WildMedix has negotiated a discount for the expedition members from Venture Forth International should you wish to purchase additional items.

- Duffle bag for personal kit. You may wish to consider a small additional bag for items to remain at the lodge.
- Daypack/small rucksack; 35-50 litres optimal. You will be carrying rain gear, water, snacks for the day and personal items such as a camera.
- Sleeping bag: aim for a comfort rating of between -5 and -10 with a liner, depending on how 'warm' a sleeper you are
- Hiking boots: waterproof mid-weight mountaineering or trekking boots are advisable. The terrain is very varied and includes rough loose scree; temperatures on the summit can drop below -15C. No running shoes!
- Hard shell rain jacket and adequate rain pants
- Warm (fleece or down) top/insulation layer
- Water bottle or hydration system (minimum 3 litre capacity)
- Insulating and shell gloves
- Balaclava and/or beanie and buff
- Thermal underwear
- Hiking socks
- Trekking shirts and pants
- Personal toiletries
- Personal medication
- Small personal first-aid kit
- Headlamp with extra batteries (needs to function for >6 hours in biting cold on summit day)
- Sunscreen and lip balm
- Sunglasses
- Hat or peak cap

Advised equipment

- Trekking poles
- Compass (WildMedix will supply maps for exercises)
- GPS
- Camera
- Small hiking pillow
- Gaiters
- Trail mix, hiking snacks, and lots of chocolate to share with your instructors.
- Dorland's Medical Dictionary and/or Harrison's Internal Medicine, 16th Ed.

These items are a guide; we will help you refine your kit list as the expedition approaches.



Programme/Itinerary

This program may change due to weather or operational considerations. The practical skills training and lecture program will vary according to the speed of the group's progress.

D	Dt	Commence	Activity	Training	Dist	AltGain	Overnight
1	Feb 11	Country of origin	Fly in Transfer to Leopard Hotel, Moshi	Welcome	0	0	Leopard Hotel, Moshi
2	Feb 12	Leopard Hotel, Moshi	Lectures all day, evening free time then dinner/drinks	Lectures	0	0	Leopard Hotel, Moshi
3	Feb 13	Leopard Hotel, Moshi	AM: Drive to Rongai gate at Nalemoru (1997m), then hike 2-4 hours to Simba PM: Exercises After dinner lectures	Skills on trail Afternoon exercises Evening lectures (2)	7	638m	Simba Camp (2635m)
4	Feb 14	Simba Camp (2635m)	AM: 3-4 hours hike to Second Cave PM: Exercises After dinner lectures	Skills on trail Afternoon exercises Evening lectures (2)	6	852m	Second Cave (3487m)
5	Feb 15	Second Cave (3487m)	AM: 3-4 hour walk to Kikelewa Caves PM: Exercises After dinner lectures	Skills on trail Afternoon exercises Evening lectures (2)	4	188m	Kikelewa Caves (3675m)
6	Feb 16	Kikelewa Caves (3675m)	AM: 3-4 hour walk to Mawenzi Tarn. PM: Acclimatisation walk to 4500m After dinner lectures	Skills on trail Afternoon exercises Evening lectures (2)	4	627m	Mazweni Tarn (4302m)
7	Feb 17	Mazweni Tarn (4302m)	AM: 4-5 hour walk to Kibo PM: Rest/nap/prepare	Skills on trail Afternoon rest and prep for midnight start	9	412m	Kibo Huts 4714m
8	Feb 18	Kibo Huts (4714m)	Summit day (commence 00h00) and descend to Horombo Huts	Via Gilman's Point (5719m) to Uhuru Peak (5895m)	↑ 6 ↓ 16	↑1181m ↓2174m	Horombo Huts (3721m)
9	Feb 19	Horombo Huts (3721m)	Hike down to Marangu Gate Drive back to Moshi	Course dinner Awards ceremony	20	-1816m	Leopard Hotel, Moshi
10	Feb 20	Leopard Hotel, Moshi	Return to home country	Total distance:	73		Home

Reserving a Place & More Info

The expedition's FaceBook event page is a good source of continued updates. Visit <https://www.facebook.com/events/987436447954472/> to join the page.

If you are seriously considering joining the expedition and would like to reserve a place, you can assist us with capturing your details using this online form: <http://goo.gl/forms/No68VuWiOy>

Due to our commitment to providing personalised instruction and building a lasting working relationship with our expedition participants, the group size is capped. Please contact the expedition leader ASAP to secure your place:

Dr Ross Hofmeyr ross@wildmedix.com +2784 549 9259 (SA Mobile)

We will provide you with details to pay a deposit, which will secure your participation. The deposit amount is USD 1950 or ZAR 26250, and can be paid to our account in SA or in the UK for overseas payments. We have already met the minimum number of participants, and spaces are now quite limited, so please make arrangements to pay the deposit

If you are looking to establish costs for flights, we recommend using a search engine such as Momondo (www.momondo.com) or Expedia (www.expedia.com) to search for the destination airport, Kilimanjaro International (IATO code 'JRO'). You should plan to arrive on February 11 2016, and depart on February 20.

Please contact us to answer any of your questions!

