



Expedition Medicine (altitude)

The Information Booklet 2019



Table of contents

- 1. Welcome
- 2. Location and map
- 3. In country support staff
- 4. Tentative Itinerary
- 5. Recommended kit list
- 6. The package
- 7. Booking flights
- 8. Terms and conditions



Tanzania

Tanzania is an East African country situated just south of the Equator that is bounded by Uganda, Lake Victoria, and Kenya to the north, by the Indian Ocean to the east, by Mozambique, Lake Nyasa, Malawi, and Zambia to the south and southwest, and by Lake Tanganyika, Burundi, and Rwanda to the west. Apart from the narrow coastal belt of the mainland and the offshore islands, most of mainland Tanzania sits above 600 feet (200 metres) in elevation. Vast stretches of plains and plateaus contrast with spectacular relief features, notably Africa's highest mountain, Kilimanjaro (19,340 feet [5,895 metres]), and the world's second deepest lake, Lake Tanganyika (4,710 feet [1,436 metres] deep). Although Dar es Salaam (the largest city and port in the country), remains the seat of most government administration, Dodoma is the capital.

Kilimanjaro – Roof of Africa

Mount Kilimanjaro is a dormant volcano in Tanzania and the highest mountain in Africa (5,895 metres). It is made up of three volcanic cones named "Kibo", "Mawenzi", and "Shira" and is also the highest free standing mountain in the world. This majestic mountain can be found inside the Kilimanjaro National Park of Tanzania, at 005.00 degrees south, 036 degrees east. The Lemosho Route is widely considered to be the best route on Mount Kilimanjaro. Lemosho starts in lush, fertile rainforest. It is the first ecological zone you encounter on Kilimanjaro (we will trek through four). The route heads up and across the Shira Plateau, which used to be Kilimanjaro's third peak before it collapsed. Next, we climb high up and over Lava Tower before dropping into Barranco Valley, one of the prettiest areas on the entire trail. We climb the intimidating Barranco Wall and then circle along the southern circuit to Karanga and high camp Barafu Hut. The summit attempt is made from Barafu in the early morning hours, often during the full moon.



MOUNT KILIMANJARO
CONGRATULATIONS
YOU ARE NOW AT





The in-country support staff

Your expedition is led by an experienced faculty of expedition medicine experts. An expedition leader, course facilitator and team doctor will work with our team of porters, driver-guides and cooks who are led by an expert local guide. All staff have immense experience throughout Tanzania and are well acquainted with all areas you will trek through.



The Course

The proposed program is to be run over a 15-day period and will encompass a 7-8 day trek up Mount Kilimanjaro that follows an intensive course period in the lodge. This program introduces the skills and knowledge required to recognise and respond to life threatening emergencies using basic life support measures to sick and injured patients in remote mountainous high altitude locations. Incorporating contemporary and evidence based techniques and equipment to extend the care giving capability of the Remote Area Wilderness Medic. Remoteness relates to distance, extended time response, difficulty of access and egress.

Classroom in Africa

Entry Requirements

It is recommended that participants have literacy and numeracy competencies equivalent to National Reporting System (NRS) Level II. Adequate numeracy, literacy and comprehension competencies, and physical strength and agility to be reasonably expected to cope with the theoretical and practical requirements of the course. Basic navigation proficiency will be beneficial but not a prerequisite.

Delivery Strategy

A variety of delivery modes will be used, including theory presentation, practical demonstrations, practice, and scenario management. Strategies should be selected to reflect the nature of the learning outcome and the needs of the participant, with related professional development and vocational application.



Certificates

Certificate – Expedition Medicine (altitude)

Certificate – Wilderness First Aid Skill set (Nationally accredited)

Certificate – Basic Wilderness Life Support (BWLS)

Topics

- ✓ Wilderness emergency response coordination
- ✓ Expedition planning
- ✓ Search and rescue techniques
- ✓ Steep terrain travel
- ✓ River crossing techniques
- ✓ Use of improvised stretchers and splints
- ✓ Leadership and teamwork
- ✓ Remote area communications
- ✓ Basic Navigation
- ✓ Improvised medical techniques
- ✓ Expedition Medical Kits
- ✓ Emphasis on cold injury, high altitude conditions and avalanche awareness
- ✓ HACE / HACO & HAPE / HAPO



TENTATIVE ITINERARY

Day 1



ACTIVITY: Arrival in Arusha

INCLUSIONS: Airport pick up by host -
Travel to hotel

NOTES: Lodge twin share

Day 2

ACTIVITY: Course

INCLUSIONS: B/L/D

NOTES: Lodge twin share

Day 3

ACTIVITY: Course

INCLUSIONS: B/L/D

NOTES: Lodge twin share

Day 4

ACTIVITY: Course

INCLUSIONS: B/L/D

NOTES: Lodge twin share

Day 5

ACTIVITY: Course

INCLUSIONS: B/L/D

NOTES: Lodge twin share

Day 6

ACTIVITY: Course

INCLUSIONS: B/L/D

NOTES: Lodge twin share

Day 7



ACTIVITY: Course / Trekking

INCLUSIONS: Transfers B/L/D

NOTES: Camping twin share

Day 8



ACTIVITY: Course / Trekking

INCLUSIONS: B/L/D

NOTES: Camping twin share

Day 9



ACTIVITY: Course / Trekking

INCLUSIONS: B/L/D

NOTES: Camping twin share

TENTATIVE ITINERARY

Day 10



ACTIVITY: Course / Trekking

INCLUSIONS: B/L/D

NOTES: Camping twin share

Day 11



ACTIVITY: Course / Trekking

INCLUSIONS: B/L/D

NOTES: Camping twin share

Day 12



ACTIVITY: Course / Trekking

INCLUSIONS: B/L/D

NOTES: Camping twin share

Day 13



ACTIVITY: Course / Trekking

INCLUSIONS: B/L/D

NOTES: Camping twin share

Day 14



ACTIVITY: Course / Trekking

INCLUSIONS: Transfers B/L/D

NOTES: Lodge twin share

Day 15



ACTIVITY: Course completion

INCLUSIONS: B/-/-, transfers

NOTES: airport drop off

Recommended kit-list

This list has been put together based on our experience and aims to save you unnecessary expenses and time researching what you should bring.

ESSENTIALS

- Backpack – 60 litre +
- Day bag / small pack
- Waterproof Pack cover / dry bags
- 4 litres water carrying capacity
- Hiking Boots /socks
- Head torch
- Quick-dry towel
- Sleeping bag: -15 degrees Celsius rating
- Clothes line – Bungy line with hooks
- Gortex Rain jacket

GENERAL CLOTHING

- Long quick dry trekking pants for walking
- Thermals
- Down vest
- A pair of bathers/board shorts for washing in or swimming
- Hat – Personal choice what type to wear but consider maximum shade
- Two comfortable T-shirts. Also throw in a long sleeve shirt / t-shirt



Please note: There is opportunity to rent items such as a sleeping bag however this will need to be arranged prior to departure.



MISCELLANEOUS

- 2 rolls of toilet paper
- Daily snacks (energy bars or equivalent)
- Spare batteries for camera and torches
- Toiletries
- Cup (optional)
- Pocket knife/Leathermans (optional)
- Journal for jotting down memories (supplied)
- Local currency in small denominations for buying fruit and snacks at markets
- A good book
- Souvenirs for locals (Consider the environmental impact)

PERSONAL FIRST AID KIT

You should always have a personal first aid kit in their pack. Here are some items to consider putting in your personal kit:

- A roll of sticking plaster and blister kit
- Anti-inflammatory gel such as Voltaren or Nurofen for inflamed joints/tendons.
- A small bottle of tea tree oil – a good natural antibiotic and great for insect bites.
- Sunscreen & tropical strength insect repellent such as RID or Bushmans.
- Rehydration electrolyte mix such as Gastrolyte.
- Antibiotics for gut, bladder, skin infections (discuss with your doctor).
- Immodium for diarrhoea



Fundraising for the local Community

WHAT FOR?

At Earth Trails Expeditions, we always aim to add purposeful value in the communities we work in. This sometimes means raising a little bit of money to assist with running a local project or initiative. Your Expedition planner will brief you prior to departure on the needs of our targeted communities as this can change every 6 months.

HOW?

We have identified that the most powerful way to raise funds will be for participants to start individually campaigning by tapping into their network of friends and family.

Start a crowdfunding platform

Consider setting up a crowdfunding platform such as “everyday hero” or “chuffed.org” and link in with your family and friends to raise funds for the upcoming project you will be supporting. Please contact your ETX planning manager for details on what you are fundraising for specifically.



Fundraising for the Community

HOW MUCH?

We aren't going to put a limit on what you can achieve, as this will depend on the way you drive it. We say as a guide to set a bare minimum of \$500 as this is achievable for almost anyone!

In terms of what to aim for...well the sky is the limit but this is also dependent on what the team goal is. Once you have reached your total, contact your expedition planner to work out how it will be implemented.

FLIGHTS AND TRAVEL INSURANCE

ETX work with an exclusive travel expert to ensure that all travel arrangements have the best possible support. ETX will provide flights (ex Australia from any capital city), and travel insurance as part of this opportunity so participants can just focus on the expedition ahead.

All bookings are to be booked and paid no more than 12 weeks prior to departure date. ETX recommends and uses COVERMORE for travel insurance.



1300 193 349 |



The Package

INCLUSIONS:

International flights and travel insurance
Airport transfers
All transport including drivers & insurance during the entire experience
All accommodation during the experience
All food during the expedition phase (cooking gear and cook team).
Qualified faculty and expedition staff
All trek permits
English speaking guides
Expedition Handbook
Team Expedition Jacket, T-Shirt, duffel bag and journal
Wilderness Life Support Text book

EXCLUSIONS

Visa Fee
Passport cost
Personal trekking gear
Extra food / drinks
Calls home/ internet



REGISTRATION PROCESS: Contact admin@earthtrails.com.au

DATES

TBA 2019

COST

\$10456.00 AUD per
person

FLIGHTS AND TRAVEL INSURANCE

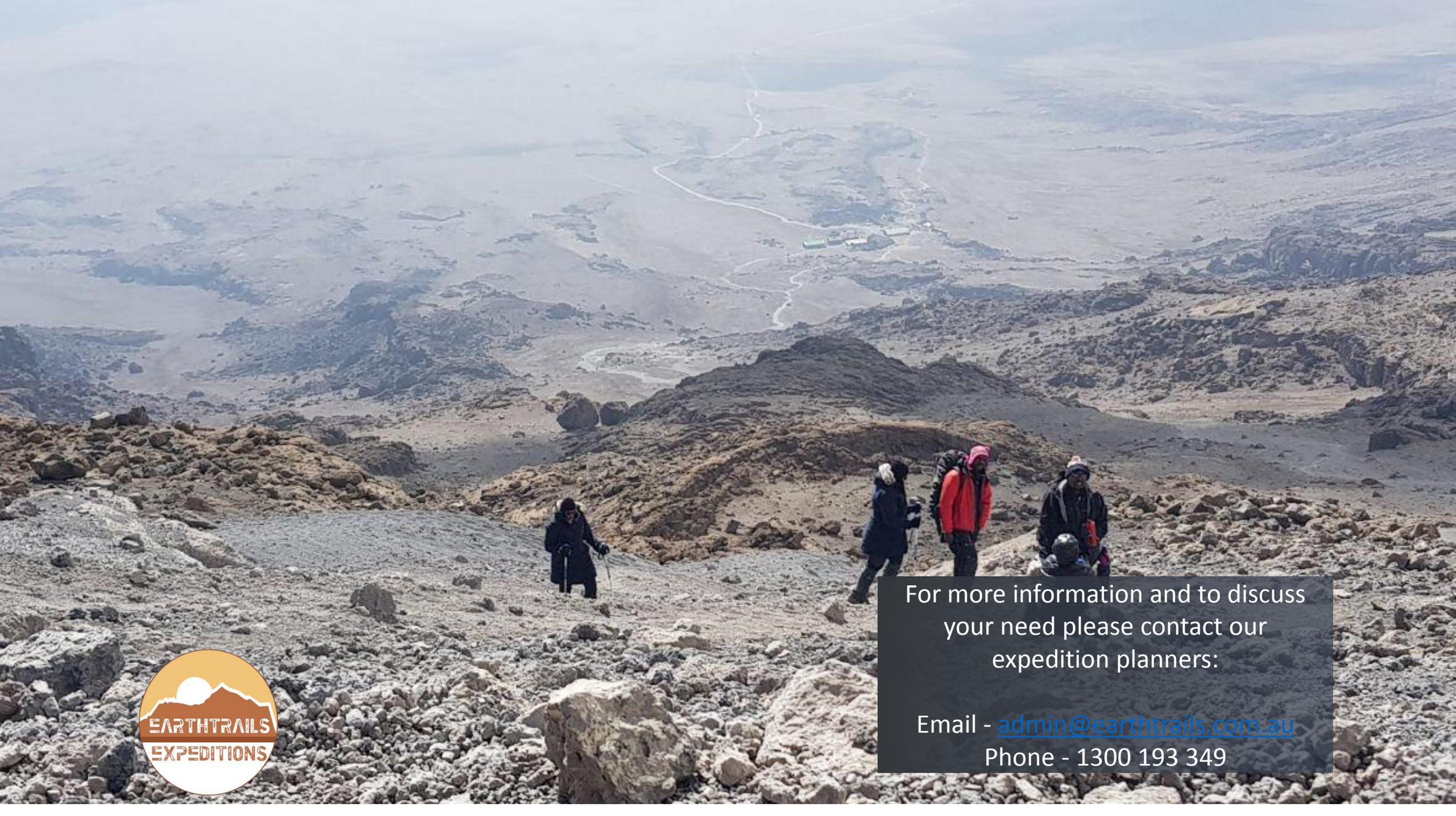
ETX will provide international flights (ex Capital Cities), and travel insurance as part of this opportunity so participants can just focus on the expedition ahead. All bookings are to be booked and paid no more than 12 weeks prior to departure date.



Team Expedition Kit

Each expedition team member will receive an expedition kit as part of our risk mitigation strategy that includes:

- Expedition Jacket
- Quick dry shirt
- Duffel bag



For more information and to discuss
your need please contact our
expedition planners:

Email - admin@earthtrails.com.au

Phone - 1300 193 349

EARTH TRAILS BOOKINGS INFORMATION

Earth Trails reserve the right to update, change or modify these terms and conditions at its discretion without prior notice and you agree to abide by the most recent version implemented. In the event that any changes are made, the revised terms and conditions shall be posted on this website immediately. Please check the latest information posted herein to inform yourself of any changes. Once you have reviewed the itinerary and information provided by Earth Trails on the upcoming expedition, to secure your place you will need to do the following:

- Transfer a \$650 non-refundable deposit into the Earth Trails bank account to go towards your complete package price;
- 50% balance is required for all departures at least 16 weeks prior to departure or we reserve the right to treat your booking as cancelled.

Full payment due

Full payment of the balance is to be paid in full 12 weeks prior to the departure date. If your booking is made within 90 days of the departure date, then the full amount is payable at the time of booking. If this balance is

Payment Options

- Individual online invoice

Your details

In order for us to confirm your travel arrangements you must provide all requested details with the balance of the expedition price 90 days prior to departure date. Necessary details include full name as per passport, date of birth, nationality, passport number, passport issue and expiry date and any pre-existing medical conditions you have (which may affect your ability to complete your travel arrangements). On some more demanding expedition we also require you to complete and forward a Self-Assessment form. Your booking cannot be confirmed without provision of these details.





Cancellation by Earth Trails

We may cancel an expedition if minimum numbers are not met. We may cancel an expedition at any time up to 60 days before departure for administrative reasons. We may cancel an expedition at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your expedition, you can transfer amounts paid to Earth Trails to an alternate departure date or alternatively receive a full refund. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, and travel insurance excess or non-refundable flights.

Cancellation by the traveller

A cancellation will only be effective when we receive written confirmation of the cancellation. If you cancel your expedition or placement:

- 90 days or more prior to departure, we will retain the initial deposit and 25% paid by you in connection with the booking;
- 60 days or less prior to departure, we will retain the deposit and 75% paid by you in connection with the booking.
- 30 days or less prior to departure, we will retain the deposit and 100% paid by you in connection with the booking.
- If you leave an expedition or placement for any reason after it has commenced we are not obliged to make any refunds for unused services. All monies paid are non-refundable after commencement.
- If you fail to join a journey, join it after departure, or leave it prior to its completion, you are not entitled to a refund of any payments made by you.

Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits and certificates for the countries in which you will visit during your expedition. Your passport must be valid for 6 months beyond the duration of the expedition. It is your responsibility to ensure that you are in possession of the correct visas, permits and certificates for your expedition; please refer to the expedition Notes for details. We are not responsible if you are refused entry to a country because you do not hold the correct passport, visa or other travel documentation.

Booking flights and travel insurance

Earth Trails will arrange return international flights from a major capital city as part of the package. Travel insurance will be provided by COVERMORE travel insurance.

Authority on expedition

When an expedition leader is designated, the decision of the expedition leader is final on all matters likely to affect the safety or well-being of any person participating in the expedition. When an expedition leader is unavailable a project host will assume this responsibility. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the expedition immediately, with no right of refund. We may also elect not to carry you on any future expedition booked. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited.

Acceptance of risk

You acknowledge that the nature of the expedition is adventurous and participation involves a high degree of personal risk. You will be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all possible relevant travel information and the nature of your itinerary. Passengers must ensure that they are suitably fit to allow full participation in the expedition. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements and recommendations for your destination. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

You acknowledge that EARTH TRAILS has provided you with a risk warning and these risks include, but are not limited to:

- Personal injury and loss (including financial loss) and damage;
- Personal injury and loss (including financial loss) resulting from your actions, and/or actions of others; and
- Loss or damage to personal property whether it be lost, stolen, damaged or destroyed.

You acknowledge that you fully understand these risks and participate freely and accept the risks involved.

You agree to release and indemnify Earth Trails, you will not hold responsible Earth Trails, its officers, employees, volunteers or agents from all claims and liabilities whatsoever, associated with your participation in any Earth Trails project or activity.

You state that you are physically and mentally capable of participating and that you have fully read this form, in particular the 'acceptance or risk'.





Release and waiver of liability

In consideration of Earth Trails accepting your booking application and in consideration of you being permitted by Earth Trails to join the expedition to the extent permitted by law:

You release, waive, discharge, hold harmless and agree to indemnify Earth Trails and its volunteers, guides and other representatives and the land management authorities in the countries in which the expedition is conducted from all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services, lost profits, consequential, exemplary, indirect or punitive damages or otherwise which may arise out of or occur during your travel in connection with the expedition or any activities conducted in conjunction there within unless caused by the wilful negligence or wrongful act of Earth Trails and its volunteers; and regardless of the situation or circumstances giving rise to the claim you waive any claims you have, or may at any time have, against Earth Trails and its volunteers and you agree, by accepting the additional inherent dangers and risks associated with the expedition, not to make any claim against or seek any compensation from Earth Trails and its volunteers in respect of any personal injury, illness or death suffered by you or damage to or loss of property sustained by you as a result of your participation in the expedition.

Medical Disclosure

- You declare and warrant that
- You are in good health and mental and physical fitness at the time of booking this expedition;
- You have disclosed to Earth Trails every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, that is relevant to Earth Trails decision to permit you to go on the expedition;
- Immediately upon any adverse change in your health or fitness that may be likely to affect Earth Trails decision to permit you to go on the expedition, you will notify Earth Trails in writing of any such adverse change.
- Earth Trails may exclude you from an expedition staff deems it necessary. You acknowledge that the obligation to disclose under this condition continues from the time of booking the expedition through to departure and extends for the duration of the expedition.
- You have taken the necessary precautions to immunise/vaccinate for the destination you are travelling to.

If you fail to comply with the duty of disclosure in this condition and if Earth Trails would not have permitted you to undertake the expedition, or continue participation of the expedition, had you made full disclosure under this condition, Earth Trails will not be liable, except to the minimum extent required by law, for personal injury, death or property damage or loss incurred by you

