

EXPEDITION CHECKLIST



6 MONTHS PRE-DEPARTURE

- Book Flights
- Check kit list
- Break in boots
- Consider training plan
- Check Tanzania entry requirements
- Check Tanzania vaccination recommendations
- Check travel insurance needs
- Book appt with travel clinic

4 MONTHS PRE-DEPARTURE

- Keep training!
- Use kit so you know how it works
- Check visa application
- Ensure you have vaccines
- Talk to us about the \$USD you'll need and what it's for
- Apply for pre paid card if needed
- Plan route to airport
- Book Parking/Trains if needed
- Buy Diamox if planning to use

5 MONTHS PRE-DEPARTURE

- Start Visa Application (eVisa)
- Organise all necessary vaccinations and inoculations relevant for the trip
- Organise travel insurance (We can recommend)
- Research your personal strategy regarding Diamox (Altitude sickness alleviation medicine)
- Continue training and breaking in boots
- Check with Doctor or dentist if you have concerns

2 MONTHS PRE-DEPARTURE

- Keep training and using kit
- Ensure your visa is approved
- Buy any medication needed
- Double check all paper work
- Plan mobile phone use on the trip

1 MONTH PRE-DEPARTURE

- Print any necessary paperwork
- Double check flight schedules
- Relax and prepare for your transformation and finding your summit!



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