



## **KILIMANJARO Checklist**

All forms and other information documents referred to below are available on our website

<http://www.freespiritadventures.com.au/adventures/KilimanjaroAfricanSafari.htm>

Please scroll to the bottom of the Kilimanjaro page where you'll find additional information, forms and preparation information.

### **TRAVEL & FINANCIAL ARRANGEMENTS**

- Register and Pay deposit of \$1500 to Travel Managers – As soon as possible.  
The Kili Rego Form provides us with your contact details so that we can correspond with you.
- Organise passport to be valid for 6 months after returning from trip.
- Contact Andrea Turner to book flights & organise travel insurance.
- Email: [andreat@travelmanagers.com.au](mailto:andreat@travelmanagers.com.au) Mobile: 0414596945
- As soon as you have arranged flights and insurance through Andrea, please complete and return the Kili Booking Form.
- All booking & medical forms must be returned to Free Spirit Adventures no later than 60days pre-trip.
- Balance of payment is due to Travel Managers 60 days prior to departure .

### **HEALTH REQUIREMENTS**

- Take the *doctor's letter* to your GP to get your medical clearance. Please return the *Medical Clearance* form signed by your doctor no later than 60 days prior to your trek.
- If you don't have a regular GP you can see the Travel Doctor.
- Phone: 1300 658 844 for advice on personal health issues, vaccinations and malaria precautions etc.  
[www.traveldoctor.com.au](http://www.traveldoctor.com.au) for locations.

### **FITNESS & CONDITIONING**

- Set goals and an action plan for improving health habits and fitness.
- FSA 90 day conditioning document can be downloaded from our website.

### **CLOTHING AND EQUIPMENT**

- Refer to detailed Kili Gear List available on our website.

### **CONCERNS & QUESTIONS**

- Please contact either Craig or Wayne the moment you have any queries or concerns
  - Craig:           0408 856548   08 83537757
  - Wayne:         0421 598465   08 83772415