



## 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

- **Complete Booking Form** and return to [gabrielle@freespiritadventures.com.au](mailto:gabrielle@freespiritadventures.com.au) or fax to: 08 83773963 or post to: 17 Kent Avenue Seacombe Gardens SA 5047; to reserve a place on this trip.
- You will then receive a deposit invoice for a **\$500 deposit to be paid to W & G Enright** to secure your spot.
- Once your itinerary and departure date is confirmed, you will receive a **confirmation invoice for \$1500** which must be paid within 14 days to avoid cancellation of your reservation.
- Organise your **passport to be valid for 6 months** after returning from trip. You will be advised of any **entry visa** requirements upon confirmation.
- **Contact our Travel Manager** - Andrea Turner to book flights & organise adequate travel insurance.  
**Email:** [andreat@travelmanagers.com.au](mailto:andreat@travelmanagers.com.au) **Mobile:** 0414596945
- **Balance of payment is due 100 days prior to departure .**

### HEALTH REQUIREMENTS

- Take the **Medical Form** to your GP to get your medical clearance.  
Please return the *Medical Clearance* form signed by your doctor as soon as possible but no later than 100 days prior to the trip.
- If you don't have a regular GP you can see the Travel Doctor closest to you.
- 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 **Kilimanjaro Gear List** available on our website.

### CONCERNS & QUESTIONS

- Please contact either Wayne or Gabrielle the moment you have any queries or concerns
  - Wayne: 0421 598 465
  - Gabrielle 0414 410 963

**Email:** [gabrielle@freespiritadventures.com.au](mailto:gabrielle@freespiritadventures.com.au)