



Health Considerations ~ Kilimanjaro Trek & African Safari

The ascent of Mt Kilimanjaro is a strenuous adventure and the effect on your health and well being should not to be underestimated.

We do require that you consult your GP and/or a specialist Travel Doctor for information pertaining to the necessary vaccinations and other health considerations prior to undertaking this trip. The advice provided here is of a general nature only and a medical clearance will be required from all participants.

Vaccinations

- Talk to your doctor about the following:
 - Hepatitis A
 - Hepatitis B
 - Typhoid
 - Yellow Fever – certificate required on re entry to Australia
- Also discuss the following:
 - Malaria tablets
 - Water purification tablets
 - Tetanus
 - Polio
 - Measles, Mumps Rubella
 - Rabies
 - Altitude sickness tablets (Diamox)
 - Immodium

Altitude (Mountain) Sickness

- Resulting from the oxygen depleted air at higher altitudes.
- At the summit oxygen levels are approx. 50% of that found at sea level.
- Symptoms of **Altitude Sickness** include:
 - Shortness of breath
 - Light headedness
 - Headaches
 - Loss of appetite
 - Exhaustion
 - Nausea
 - Insomnia
- Even more severe is '**Acute Mountain Sickness**' or '**AMS**'.
- Symptoms of AMS may include some or all of the above plus one or more of the following:
 - Severe headache
 - Shortness of breath at rest
 - Flu like symptoms
 - Persistent dry cough
 - Blood tinged saliva or urine
 - Lack of mental clarity
 - Unsteadiness
 - Drowsiness
 - Hallucinations
 - Chest congestion
 - Vomiting

In these cases – you must descend to a lower altitude immediately. A porter will accompany you.

- **AMS can be fatal and should not be taken lightly. If you have the symptoms it is important not to ignore them – the experienced guides are there to assist and their advice must be heeded. Immediately communicate any symptoms you might notice in fellow travelers as they may not be aware their own symptoms.**
- Minimising the effects of Altitude Sickness can be assisted by the following:
 - **Stay well hydrated – urine output should be clear and copious.**
 - **Avoid alcohol, tobacco and diuretics such as coffee and tea.**
 - **Put simply – “Don’t go up until symptoms go down”**

For more information please contact: gabrielle@freespiritadventures.com.au Ph: 0414410963

www.freespiritadventures.com.au