



GENERAL INFORMATION FOR INTERNATIONAL TRIPS FOR K2 ADVENTURE TRAVEL CLIENTS

CHECK OFF LIST

1. Register at k2adventuretravel.com for your trip.
2. Pay required non-refundable deposit by check, credit card or wire.
3. Purchase evacuation/rescue/travel insurance within 14 days of making your deposit to be covered for pre-existing conditions. We recommend Ripcord Rescue Travel Insurance.
4. Send K2AT a copy of your passport. Make sure your passport is valid six months after your trip dates.
5. Final trip payment is due 75 days prior to your trip. Late payments incur a 5% late fee.
6. **Training Plan** can be downloaded at www.k2adventuretravel.com in the detail section of your specific trip. Follow it to ensure a successful climb.
7. **Packing List** can be downloaded at www.k2adventuretravel.com in the detail section of your specific trip. Includes community service donation suggestions.
8. **Trip Form** will be emailed. Form must be completed and returned to K2AT prior to 75 days of your departure date. You will have an opportunity to update your forms with your trip leader before going on the mountain.
9. Visit your primary physician for a check up and to address any health concerns for your trip.
10. If necessary, receive immunizations for your destination 2 months prior to departure.
11. Pre-arrange with K2AT all trip add-ons or extended stays outside of scheduled itinerary.
12. Purchase international flights and send K2AT a copy.
13. Watch for important trip updates by email from the K2AT office.
14. Start preparing for an adventure of a lifetime.

EVACUATION/RESCUE/TRIP CANCELLATION TRAVEL INSURANCE

Your safety is our primary concern. K2AT recommends **Ripcord Rescue Travel Insurance** for all hiking and community service clients. This insurance is specifically selected for its adventure sports coverage and is available for clients of all nationalities. It is evacuation and rescue with premier travel insurance coverage designed for adventurers and is available in three different coverage plans. For more information, please visit:

www.ripcordrescuetravelinsurance.com/k2adventuretravel

Insurance is strongly recommended, not mandatory. *For those with a pre-existing condition, insurance must be purchased within 14 days of making your first trip deposit in order for the pre-existing condition to be covered.*

PASSPORT

Check the expiration date. Make sure your passport is valid six months after your trip dates. Email passport copy to K2AT.

IMMUNIZATION AND MEDICATION RECOMMENDATIONS (for travelers from the USA)

All international travelers need to check with their government requirements for traveling to and from the countries they will be visiting.

Immunizations

Hepatitis A and B – These are a series of shots that need to be started a *minimum of two months prior to your travel date.*

Hepatitis A - Series of 2 shots

1st – A minimum of two months *prior to travel date.*

2nd – Six months from the date of 1st and may be received after returning from your trip.

Hepatitis B - Series of 3 shots

1st – A minimum of two months *prior to travel date.*

2nd – One month after 1st shot. Must be received *prior to travel date.*

3rd – Six months after 2nd shot. This may be received after returning from your trip.

Tetanus – Received within the last 5 years

Yellow Fever – Not required for USA travelers into Argentina, Australia, Mexico, Nepal, Peru or Tanzania.

If you are traveling from another country other than the USA, check with your government's entry requirement.

If you have a layover in Kenya or Uganda for longer than 6 hours, you may be required to have a record of this immunization.

Where to Get Your Immunizations (for travelers from the USA)

Primary Physician

Your primary physician can administer immunizations during your check up to be approved for travel. Make sure to schedule your doctor's appointment a minimum of *two months prior to travel date* to allow enough time to receive the 2nd Hepatitis B immunization prior to departing for your trip.

Passport Health www.passporthealthusa.com

This is a great place in the US for all travel vaccines, travel related medications and travel questions. You will make an appointment to meet privately with a nurse, specialized in international travel. Clients can get all necessary immunizations and recommended prescriptions here. There are locations in Canada and Mexico as well.

International clients need to look to their local communities for specific services.

Malaria Medication

Taking malaria medication is a personal decision. Consult with your government agency and personal physician for your country's specific requirements.

Recommended Prescriptions and Over the Counter Medications to Bring

Prescription and over the counter medications will not be provided by K2AT. It is your responsibility to bring these for personal use. International clients, please use this information as a guide for finding similar medications in your specific country.

Diamox (Acetazolamide) Quantity of (15) of 250 mg. Tablets only. No 500mg. capsules

This is an altitude sickness medication, commonly used on the mountain and very effective. This is a sulfa-based medication. For those who are allergic to sulfa-based drugs, you will need to talk with your doctor about the use of Dexamethasone instead.

Cipro (Ciprofloxacin) 7-day supply

This is an antibiotic medication for intestinal disorders such as diarrhea, a common occurrence on the mountain.

Z Pack (Azithromycin)

This is an antibiotic medication commonly used for a broad range of other bacterial infections, such as sinus infections.

Personal prescriptions and over the counter medications

- Tylenol, Aleve and Ibuprofen are beneficial for hiking soreness
- Melatonin for a sleeping aid, no Ambien
- Benadryl or other antihistamine if you are prone to allergic reaction
- If you are taking daily medications, make sure you bring enough for the entire trip and keep them with you at all times. Must be in original container and listed on the K2AT medical form.

Birth Control

If you are currently on birth control, you need to continue taking the medication as prescribed by your doctor. If you are not on birth control, it is recommended that you refrain from starting this prescription one year prior to going to altitude. Birth control pills can cause strokes and possibly death if not taken properly. Some women want to *double up* on the pill to avoid menstruation on the mountain. If you consider this, you will be removed from the climbing team and no refunds will be given. Please feel free to speak with Kristen regarding any questions concerning the pill or how to handle it on the mountain.

MEDICAL AND LIABILITY RELEASE TRIP FORM

Trip forms will be emailed to all clients for completion and must be returned to the K2AT office no later than 45 days prior to your trip. You will have an opportunity to update your forms with your trip leader prior to starting on the mountain.

AIRLINE RESERVATIONS

Purchase international flights and send K2AT the complete flight itinerary upon purchase. We will arrange airport transportation and hotel reservations based off this itinerary.

You may book your own flight reservations or directly with K2AT's travel agent.

Contact: Alan Hoyt with STA Travel.

alan.hoyt@statravel.com

TRAVEL VISA REQUIREMENTS

Argentina – No visa required for USA clients. *International clients need to research their requirements for Argentina.*

Australia – No visa required for USA clients. *International clients need to research their requirements for Australia.*

Mexico – No visa required for USA clients. *International clients need to research their requirements for Mexico.*

Nepal – USA clients will receive their visa upon arrival at airport, approximate cost is \$40 USD. *International clients need to research their requirements for Nepal.*

Peru –No visa required for USA clients. *International clients need to research their requirements for Peru.*

Tanzania – USA clients will purchase a visa upon arrival at JRO airport, cost is \$100 USD (cash only). We do not recommend purchasing visas online or mailing passports to 2nd party agencies for purchasing a visa. *International clients need to check with their local government agency for visa purchase.*

TIPPING

Each person is asked to bring \$300 USD for tips unless stated otherwise in the trip itinerary. All tips will be combined and will be appropriately distributed by a K2AT representative for the country guides, porters, mountain cooks, drivers, bellmen for luggage handling, and staff at hotels. 100% of your tips will go to the men and women who work hard and with more pride than you can imagine.

Tips should be in US currency and need to be in small denominations of \$5, \$10 and \$20 bills. All bills must be circulation of 2012 or newer and with no tears or marks whatsoever. US dollars in poor condition are very difficult for the locals to exchange, often receiving less than normal exchange rate. *International clients may exchange their currency into US Dollars at a major airport or at their local bank.*

CURRENCY EXCHANGE OPTIONS

- Order specific country currency through your personal bank
- Exchange at banks located inside major airports
- Exchange currency in your arrival city at bank, ATM or at your local hotel

Argentina – Argentine Pesos

Australia – Australian Dollar

Mexico – Mexican Pesos

Tanzania –Tanzanian Shillings, accepts US dollars in small denominations, clean, unmarked bills, 2012 circulation or later.

Peru – Peruvian Soles, accepts US dollars in small denominations, clean, unmarked bills, 2012 circulation or later.

Nepal – Nepalese Rupees

PACKING LIST AND GEAR SUGGESTIONS

Packing list can be downloaded at k2adventuretravel.com in the trip details section of your specific trip. Gear and hiking clothes can be purchased on-line at Sierra Trading post www.sierratradingpost.com or on-line at REI www.rei.com. REI stores are a great place to get fitted for your backpack and the knowledgeable employees are readily available to assist you with the purchase of all your gear and clothes.

COMMUNITY SERVICE DONATIONS

Suggested donations will be provided 2 months prior to travel.

ADAPTERS

Refer to www.whatplug.info for information on specific adapters for your destination.

CELL PHONE USE

Check with your provider for specific charges while in the country you are visiting. All hotels have Wi-Fi, which is the least expensive means of international communication. Cell reception on the mountain is limited, often unavailable. An emergency contact number will be provided for family emergencies while you are on the mountain.

ELECTROLYTES

Electrolytes contain sodium and potassium and other nutrients that are often lost during a day of climbing. They also serve an important role in helping with fatigue and nourishment. Electrolytes come in individual packets in different brands and various flavors. Try them out during your training hikes so you know which brand works best for you. Plan for 2 servings a day. They can go directly into your Nalgene water bottle.

SAFARI OPTIONS (Africa Only)

We are happy to arrange one day or multi day safaris to Tarangire National Park, Lake Manyara National Park, Ngorongoro Conservation Area and Crater and/or Serengeti National Park. Safaris packages are 5-Star accommodations unless requested otherwise. Please refer to www.k2adventuretravel.com/tanzania for pricing and detailed itineraries. Safaris need to be booked with K2AT well in advance and paid in full at time of booking.

ADDITIONAL DAYS OUTSIDE OF ITINERARY

If you plan to arrive any days earlier or depart any days later than the scheduled trip itinerary, you will need to book your room through us. The extra night(s) hotel cost is an additional cost to your trip and includes breakfast, dinner and airport transportation. If you choose not to book through us, we will not provide airport transportation.

In order to adequately secure hotel rooms, arrange transportation, and purchase permits, it is very important we receive your flight itinerary, completed trip form, copy of travel insurance policy by the stated deadlines.

Our intention is to provide our clients a safe, organized, and successful adventure of a lifetime and receiving these in a timely manner will be very much appreciated.

Two methods for sending your flight itinerary, completed trip form and copy of travel insurance policy are:

Email to: Kaki O'Shaughnessy
Customer Service Manager
Kaki@k2adventures.org

Mail to: K2 Adventure Travel
20645 N. Pima Rd. Ste. 100
Scottsdale, AZ 85255

PAYMENTS

Check payable to: K2 Adventure Travel.
Mail to: 20645 N. Pima Rd. Ste. 100
Scottsdale, AZ 85255

Online Payment: www.k2adventuretravel.com/payments (unless directed otherwise) A 4% credit card fee will apply.

By Wire: Wiring instructions will be provided upon request

We look forward to hiking with you!

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