

Are you covered for your trek?

A host of unforeseen circumstances can always come up on any holiday. In addition to covering for your **flight, tour, baggage delays** etc. as you would for any holiday, we highly recommend you have **high altitude trekking insurance or 'climbing insurance'** (you are not actually 'climbing' however this may be the common definition by your insurers for a trek on Kilimanjaro).

There is currently **no test in the world to predict how you will react to a high altitude** and even the most experienced trekkers can experience altitude sickness on Africa's highest mountain and even descend unexpectedly.

A few key points to consider when purchasing insurance:

- This should cover at least 5895m (most policies will usually state up to 6000m)
- Your policy should be on a 'non-reimbursement' basis, i.e. the insurer will pay for hospital bills etc. immediately (while you are in Tanzania) as opposed to claiming back when you get home.
- Your policy should cover the activity of trekking to a high altitude, mountain rescue services, helicopter call out etc.
- It is always best to purchase this insurance from a local insurer as you can handle this much easier in the event of a claim.
- What supporting documents are required in the event of a claim (e.g. receipts, booking summary, etc.)
- How much is the excess / deductible in the event of a claim.
- Have you submitted your insurance details to your tour consultant for our records?

Can't find any insurer willing to cover this activity?

If you can't find a local insurance policy to cover yourself, we can recommend **'Ripcord'** who can cover almost anyone on Kilimanjaro, regardless of your country of origin.:

<http://www.ripcordrescuetravelinsurance.com/st190117/>

Most of our trekkers will never use insurance however the costs associated with those that do need to can be in the thousands of dollars and it's always better to be safe than sorry!

Your primary evacuation options:

The following are the primary evacuation methods available for your trek, in descending order for how our guides would consider during an emergency or evacuation with medical reasons.

1. If safe to do so and you are physically able, you will walk down with a guide
2. If safe to do so and you cannot physically walk, you will be carried by a stretcher to the nearest rescue vehicle point.
3. Is a helicopter evacuation required, available and is this possible considering the nearest helipad?

The best way to recover from high altitude symptoms is descending to a lower altitude where the oxygen is rich, and your body can recover better. Our primary goal is always (and will always be) for you to descend by walking down yourself for the safest and best experience!

Note:

- Stretchers are provided by the national park and only available from specific ranger posts at campsites, subject to availability.
- Rescue vehicles are provided by the national park and are subject to their availability.
- Stretchers and rescue vehicles are covered by the compulsory rescue fees already included in all climb packages and no insurance is required for these services.
- As the helicopter service is provided by a third-party company and is not guaranteed to be available, our guides are trained (and experienced) with dealing with various high-altitude emergencies and will consider a helicopter evacuation as a last resort

Please note: You are expected to have appropriate cover in place for your tour. In the event of an evacuation or medical emergency, our priority is to ensure your safety and we will not consider your financial position or insurance at the time, however you may be expected to bear the liability of any costs associated.