MOUNTAINEERING ON TANZANIA'S KILIMANJARO

Alumni Trip

Location: Arusha, Tanzania

Dates: March 28 - April 5, 2027



Photo by Parker Ashton-Youngs

Course Features

- Eight moving days
- Summit attempt Kilimanjaro - 19,340' - the top of Africa
- Cultural interaction, including porters to carry the gear
- Incredible scenery of the Western Breach, Shira Plateau, and the Great Barranco Wall
- 15 participants, 2 NOLS instructors, local guides and porters

Trip Description

This 9-day expedition allows time to climb as well as opportunities to see the surrounding countryside and culture of Tanzania. Vast stretches of plains and plateaus contrast with spectacular relief features, including Kilimanjaro and Lake Tanganyika, the world's second deepest lake.

Your route travels muddy trails, steep rocky scrambles, thick jungle, and across hard snow and as you gain elevation, you will be thankful for local staff that are carrying the bulk of your load. The climb to the summit will occur over a series of moving days and one day of acclimation and rest. The group will attempt the summit on the seventh (and longest) day in the field. NOLS has a very high success rate with this travel plan and while not everyone reaches the summit, we strongly believe that this setup is good.

If you are interested in participating in a **Safari while in Tanzania**, NOLS does have an amazing 3-day safari **linked to this trip!**

A Day in the Life

From Arusha, the group will be driven to the base of Kilimanjaro where we will hike about five hours to the Machame Hut. Porters will accompany the group and carry the majority of the group camping gear and food. Utilizing porters and local guides in addition to your NOLS instructors provides needed employment for a country that is in need and also fulfills obligations required by the national park.

The trip includes seven moving days and one layover day in the backcountry. Typical days start around 7:00 am with a staff-prepared hot breakfast and packing up camp. Participants will hit the trail after breakfast and gradually make their way to the next camp carrying only light packs with layers and food for the day. Lunches on the trail are a mix of cheese, vegetables, chicken sandwiches, boiled eggs, fruits, and juice.

After full days of hiking through the forest and up the mountain's slopes, you will arrive at camp. Camp is already set up by the porter team and you will be greeted by your designated porter and shown to your tent. In addition to sleeping tents, there is a dining tent with tables and chairs. This comfortable setup is something most folks enjoy.

Darkness on the equator falls about 7:15 p.m and folks start heading off to bed early. Getting lots of rest is key to a successful climb!

Trip Itinerary

Date	Description	Lodging
March 27	Depending on your country of origin and exact travel route, many people will leave the US on this day.	We recommend that you depart no later than this day to provide for travel delays, jet lag, misplaced baggage, etc.
March 28	A NOLS representative will pick you up at Tanzania's Kilimanjaro International Airport (code: JRO) and transport you to the hotel in Arusha, elevation 4,600'. There is time for jet lag recovery, relaxation, and dinner. Lodging, dinner, and bottled water are provided by NOLS.	Lodging provided by NOLS at Lush Garden Hotel
March 29	Breakfast at the hotel. Instructors will check your gear after which you will depart for Machame Park Gate (elevation 5,992') for drop off. Start the 5 hour hike through the temperate forest.	Lodging: Machame Hut (9,911')
March 30	After breakfast, we start a ~4-5 hour hike through giant heather shrubs and moorland.	Lodging: Shira Caves (12,595')
March 31	After breakfast, hike from Shira Caves to Barranco via Lava Tower – (15,180') and dropping down to camp. ~7 hrs hiking.	Lodging: Barranco (13,077')
April 1	Rest day with day hikes around the camp.	Lodging: Barranco (13,077')
April 2	Hike from Barranco to Karanga. This day starts with scramble up the Breakfast Wall. This takes ~4 hours to reach Karanga.	Lodging: Karanga Campsite (13,235')
April 3	Hike ~2.5hours. There will be a possible acclimatization day hike after reaching camp.	Lodging: Barafu Hut (15,295')

April 4	Wake up before midnight for some snacks. Start for the summit at midnight and depending on the pace and weather, possibly summit at sunrise on Uhuru Peak—the summit of Kilimanjaro! (19,340'). Afterwards, hike down to Barafu for breakfast or brunch. Continue down to the next camp. This will be a long day.	Lodging: Mweka Hut (10,204')
April 5	Hike down to Machame Gate for 3-4 hours. Say goodbye to your guides and porters and head back to Arusha for clean up and rest. There will be a lunch stop in Moshi Town before getting to Arusha. Plan on a celebratory dinner this evening!	Lodging and dinner provided by NOLS at Lush Garden Hotel
April 6	NOLS will shuttle people to Kilimanjaro International Airport (JRO) or stay for the Safari!	

Difficulty Scale

This trip is rated 4 out of 5 on our difficulty scale. Porters carry the heavy stuff, but it's a long hike at high elevation.



We use a difficulty scale to help participants evaluate if a trip is right for them. It considers probable weather conditions, physicality of activities, and food and accommodations. You don't need to be a honed athlete, but pre-trip work to improve your strength, flexibility and endurance, is highly encouraged to improve your enjoyment of the place.

About NOLS East Africa

Travel to NOLS East Africa to explore Tanzania's famed wilderness landscapes and rich cultural history. Hike through renowned wilderness areas ranging from Mt. Kilimanjaro and the Ngorongoro Crater to the Great Rift Valley and Oldoinyo Lengai, an active volcano. Trek across the lowland savannah where the Maasai people herd cows alongside zebra and giraffes or bushwhack through the rainforest to Kilimanjaro's summit - an experience as grand as its name.

Trip Environment

The Seven Summits are composed of the highest mountain peaks on each of the seven continents, with Kilimanjaro standing proud as the tallest peak on the continent of Africa. You will travel and live in this unique equatorial alpine environment while learning about the geology, glaciology and unusual flora and fauna found on the mountain. While in the forests, you may see Cape Buffalo, elephant, bushbuck, and monkeys. As you move into higher

elevations, birds will be your most common companion soaring high above, and occasionally below, you.

Kilimanjaro, once an active volcano, is the tallest freestanding peak in the world. It is snow capped throughout the year even though it is near the Equator. While pictures of the mountain are incredible, the views from the top will redefine what you think of a mountain.

Kilimanjaro is among the most biodiverse places on the planet, transitioning from arid savanna at its base to rainforest, subalpine forests, and then alpine meadows over a distance of less than 30 kilometers as the crow flies. The weather on the mountain is just as diverse and transient.

The climb begins in a belt of wet tropical forest before shifting to colder and drier zones. The summit is covered in glacial ice, with sub-freezing temperatures and clouds that usually produce snow. Our climb occurs during the wet season (between March and early June) when temperatures tend to be warmer, and there are fewer people on the mountain. Rainfall is typically concentrated in the forest, and the higher elevations can be quite clear.

Our primary reason for traveling during this season is the lack of other climbers, as April gives us a dramatic reduction in crowding. Over the years, we have encountered snow occasionally and rain in the lowlands, but it has not impacted summit teams. With the right gear and attitude, the benefits of climbing during the quieter “rainy season” far outweigh the potential inconveniences of moisture. Both the wildlife and the lush vegetation come alive during this time, making it a spectacular part of your Kilimanjaro experience.

Secondarily, climbing during the low season provides much needed work and support for the guides and porters that work on the mountain. For each climber on the trip, the wages feed about four families for a month, something that is needed during the non-peak seasons.

Temperatures range from 65-70 °F at the base of the mountain but often are close to zero at the top. Rain, fog, mist, blue skies and every other type of weather you can imagine are possible on this climb as you progress through climate zones on your way to the top.

About Tanzania

Tanzania is the largest country in East Africa and includes the islands of Zanzibar, Pemba, and Mafia. The mainland is about twice the size of California and home to some of the oldest signs of human existence, with the northern part of the country often referred to as "The Cradle of Mankind.” Archaeologists have discovered some of the oldest human tools and settlements here, including marvels like the Laetoli Footprints: an 88-foot trail of early human tracks preserved in volcanic ash and thought to be up to 3.7 million years old.

Because of the historically low density of human settlements, mainland Tanzania is home to a rich array of wildlife. The largest remaining elephant populations in the world are in Tanzania's Selous Game Reserve where, sadly, they are still sometimes killed for their ivory tusks. Some of the most well-known African mammal species are native to Tanzania: wildebeest, zebra, giraffe, rhino, lion, and leopard. Crocodiles and hippopotamuses can be found along riverbanks and lakeshores, and giant turtles live off the coast.

With over 130 languages spoken within its territory, Tanzania is one of the most ethnically diverse countries in Africa. Swahili and English are the two official languages, with Swahili standing as the national language. About 90 percent of Tanzania's population lives in rural settings, and agriculture employs close to four-fifths of the economically active population. The country's beautiful game parks and striking topography have contributed to tourism developing as another vital aspect of the Tanzanian economy. The landscape and wildlife of the country are valued by Tanzanians as national treasures.

Food on the Trip

There will be plenty of food provided on the trip for everyone. We are happy to ensure that folks who have reasonable dietary needs and/or preferences are well taken care of throughout the entire trip. Listing those needs on your registration paperwork is critical for our success here.

If you would like to bring your own snacks along, that is highly encouraged. We all have treats that we enjoy and bringing something special is a great way to keep motivation high and not have to rely on the group's schedule for your munchies. There will be an opportunity to shop for snacks in Tanzania, but it is easier to bring them from home.

Alcohol is not prohibited while in-town but we do firmly restrict it on Kilimanjaro. Our bodies do not acclimatize as well when consuming alcohol and it increases risk factors for a variety of different problems. While you might see alcohol present with other outfitters on the mountain, NOLS has made the decision to remove that additional risk.

Equipment List

Rental gear is not easily available in Tanzania. Please bring everything you might need with you. If you are running into problems with gear, let us know and we might be able to work something out for you. This list focuses on the backcountry portion of the trip, you will need to pack other clothing and items for travel and time in Arusha.

Upper Body Clothing	
Equipment	**Notes**
Mid-weight base layer	Underwear style, made of wool, or synthetic
Mid or heavy weight insulating layer	Warm top to go over your underwear layer. Patagonia R1 is a popular one
Insulating jacket	Puffy jacket or fleece. Synthetic is best. It can be near or below zero degrees
Wind shirt	A lightweight, breathable, durable nylon wind shell
Rain jacket	Coated nylon or breathable fabrics such as Gore-Tex® are acceptable
T-shirt (1-2)	A lightweight synthetic or merino wool t-shirt
Sports bra or tank(1-2)	Synthetic sports bra or a synthetic sports tank are recommended
Warm hat	Fleece or wool
Sun hat	Baseball cap or something similar
Gloves / mittens	Waterproof and Windproof
Glove / mitten liner	Warm fleece or wool liner
Lower Body Clothing	
Equipment	**Notes**
Mid-weight base layer (1-2)	Underwear style, made of wool, or synthetic. Bringing a second, heavy pair is a great plan
Insulating pants	Fleece or puffy pant
Wind/ hiking pants	Breathable nylon wind pants or lightweight hiking pant, roomy enough to fit over all lower body layers
Footwear	
Equipment	**Notes**
Hiking boots or shoes	Sturdy pair of boots or shoes to hike in. Boots are the best option for this trip
Gaiters	Either short or tall gaiters are great
Camp shoes	A comfortable pair of running shoes or street shoes to wear around camp
Socks (3-4 pairs)	½ crew to crew length wool socks

Miscellaneous Personal Gear	
Equipment	**Notes**
Medium duffel bag	A medium sized duffel bag for the porters to carry your gear (50-60L)
Small stuff sacks	Great to keep your gear organized inside of the duffel
Medium day pack	Sized to carry your daily needs, layers, food and water. 20-40L
Sleeping bag and stuff sack	We recommend synthetic bags. A bag with a 0° F temperature rating is recommended as it can be cold up high
Sleeping pad	A full length closed cell foam or inflatable pad to insulate and pad between the ground and your sleeping bag.
Trekking poles	Most participants enjoy hiking with 2 poles
Trash bags (2-3)	Heavy-duty compactor bags (33 gallon) to waterproof your duffel and pack
Water Bottles	Bottles with at total capacity of at least 2 liters
Sunscreen, Lip Balm	SPF 30 or greater
Bandannas (1-2)	A few of these are always handy
Sunglasses	Good-quality sunglasses with 100-percent UV protection
Headlamp	Bring spare batteries
Toiletries	Toothbrush, toothpaste, comb, brush, skin lotion, tampons, etc.
Hand Sanitizer	A small travel size bottle is sufficient
Watch	A watch with an alarm is useful
Photocopy of passport	Needed for permits to climb Kilimanjaro
Optional Items	
Umbrella	Something small and lightweight is great for sun and rain
Hydration System	A reservoir and tube system ie. Camelbak
Buff or Bandana	It can be dusty or windy and it is nice to cover your face up
Sunglass Retainers	Chums® or Croakies® for keeping track of your glasses or sunglasses
Book or e-reader	Bring something fun to read
Camera	We would love to see your photos post-trip!
Coffee	Coffee is provided, but if you want your own, Via's are a great way to go

Wet Wipes and Ziploc bags	Many people like this for toilet wipes. You will be able to dispose of the Ziploc bag every day with your used wipes in it
Vest	If you are a colder person, an insulating vest is great
Rain pants	There is good potential for rain this time of year

Trip Logistics

Getting to Tanzania

Your trip begins and ends in Arusha, Tanzania and the easiest thing to do would be to fly into Kilimanjaro International Airport (JRO). Be aware that there is a domestic airport in Arusha as well, but you will be best served by using JRO.

Upon arrival at the airport you will immediately proceed to immigration and passport control. At the immigration desk, your passport and visa will be inspected and stamped (At this point you will process your Tanzanian visa if you have not done it in the States). At the immigration desk you will need to obtain a free “Visitor Entry Permit” (this is in addition to the visa) as a tourist. Ask for a month-long Visitor Entry Permit. There is no fee for the entry permit. Then collect your luggage, move through Customs, and exit.

Please tell us your flight plans via your enrollment dashboard so NOLS can organize an airport pickup for you. The NOLS representative will be holding a NOLS sign. If you are uncertain about anyone who presents himself or herself as a NOLS employee, do not accompany them anywhere. Once in Tanzania, please call our East Africa Program Director at +255766597431 if you have concerns or if your airport pickup goes awry.

At the end of the trip NOLS supplies transportation to Kilimanjaro International Airport (JRO). We try to only run one shuttle to the airport on the departure day but are happy to drop you off at a different hotel in Arusha if you are staying on.

Lodging

The group will stay at a hotel on the first and last night of the trip. Luggage can be stored there through the duration of the trip. It may be possible to stay at the hotel if you arrive in Tanzania early; please check with us for details.

NOLS will provide transportation from the airport into town where the group will enjoy a relaxing evening before beginning the hiking trip the next day. Meals and bottled water are provided at the hotel during the start and end of the trip.

Currency

U.S. currency can be exchanged for Tanzanian shillings, the local currency. New, crisp $100 dollar bills are the easiest to exchange and give you the best rate, bills older than 2006 might not be accepted in some places. You will not have an opportunity to change money once the trip has started, so be prepared to exchange money when you arrive in Arusha. You will likely want to have a small amount of cash during the trip. USD $100 is typically plenty.

There are limited places that accept credit cards, cash is easiest. There will be limited opportunities to use a bankcard at an ATM machine. We encourage participants to bring one or both of these.

Travel Insurance

We strongly recommend purchasing refundable or changeable airline tickets and considering travel cancellation insurance in case unforeseen circumstances require you to adjust your plans or NOLS needs to cancel a trip. If you plan to book airfare **more than 90 days before the course start date**, please reach out to us first.

We also encourage you to confirm any existing coverage with your personal insurance provider and consider additional travel medical insurance to help cover medical care or evacuation needs while traveling, domestically or internationally. Some options include cat70.com and worldnomads.com. NOLS is not affiliated with these companies.

Visa / Passport

You will need a valid passport for the duration of your stay. Keep a photocopy of your passport I.D. page, in a separate place, and bring this to Tanzania. NOLS will need a photocopy of your passport in order to register your climbing permit for Kilimanjaro. This photo needs to be perfectly clear and without a glare. Each number and letter on the main page must be readable.

Your passport must be valid (check the expiration date) for at least six months after your intended date of departure from Tanzania or you will be denied entry into Tanzania.

When entering the country, you will need to obtain a tourist visa. You want to tell the immigration office that you are here to travel. If you tell the immigration officer you are here to study, you will be asked to pay much more and provide more documentation for a student visa, which is not necessary for your NOLS experience as NOLS is considered a business (not a school) in Tanzania.

At the time of writing, visas for North Americans were USD $100. You need to have this money in cash (traveler's checks and credit cards are NOT accepted at the airport immigration office)

and having a $100 bill newer than 2000 (older bills are not accepted) is highly recommended over smaller denominations.

You may need contact information, in Tanzania, for your visa application:
NOLS East Africa
P.O. Box 15259
Arusha, Tanzania
Telephone: +255766597431

The visa allows you permission to enter the country and stay up to three months. All non-Tanzanians need a passport and visa to enter the country, not just U.S. citizens.

If you choose to apply for a visa prior to entering the country, please allow at least one month for this to be arranged via mail. Consulate representatives have said a visa may be obtained in three days if you present the necessary documents in person to the Tanzanian Consulate.

For current information, visit: www.tanzaniaembassy-us.org

Visa processing centers in the U.S.A.
Embassy of the United Republic of Tanzania
1232 22nd St. NW
Washington D.C 20037
TEL: 202-884-1080/ 202-939-6125.
FAX: 202-797-7408.

Permanent Representative of Tanzania to the United Nations
201 East 42ND Street, Suite 1700,
New York, NY, 10017
TEL: 212-972-9160 | FAX: 212-682-5232.

Attention International European travelers - ***Must read… Action Required***

ETA VISA REQUIRED for entering the UK- If your travels have you **entering or transiting** (passing through or laying over) **in the UK**, you will need to apply for and have an approved Electronic Travel Authorization (ETA) to continue to your destination. Here's the link for how to apply through the UK government website. This is new since summer 2025.

ETIAS- At some point in the future Europe (EU) will be requiring an ETIAS travel authorization for most countries that are visa-exempt. This includes USA citizens. Once this system goes into effect, you will need to apply using this new system before traveling and pay a small fee for the authorization. Read updates here.

Storage of Personal Belongings

Personal belongings may be stored at the NOLS facility for the duration of your trip. Due care will be taken to prevent theft or damage of your stored items. Nothing is 100 percent guaranteed and NOLS assumes no responsibility for your stored baggage.

NOLS Staff

Our staff are employees of NOLS and trained and certified accordingly. This means they maintain certifications in wilderness medicine and are trained to NOLS' high standards in risk management. They are senior staff at NOLS who have spent years working and teaching in backcountry environments all over the world. Additionally, our staff specialize in bringing together groups of strangers and building the group culture and camaraderie that makes NOLS trips great.

In addition to the NOLS Instructors on the trip, you will be accompanied by Tanzania guides and porters. This is a legal requirement for climbing Kilimanjaro but also provides an incredible social atmosphere where you will spend time with the people that live and work on the mountain. The addition of local guides and porters is often a highlight for climbers.

Expectations of Participants

The alumni trip atmosphere is more relaxed than a typical NOLS course; however, it is not a guided trip; we call it an educational, participatory vacation. Alumni trips are self-reliant adventures through remote areas where evacuation to modern medical facilities can take several days. Throughout the course, you will travel outdoors, help prepare some meals, and care for yourself.

Different from our standard expeditions, alumni trips do allow electronics and alcohol for those that are of legal age in the country of the trip. We believe that these luxuries can add to a course experience and local flavor. Excessive alcohol consumption is not a part of the culture of alumni trips.

Curriculum

This trip focuses on many traditional NOLS skills, competencies, and concepts including map reading, hiking, and group travel. The instructors will provide information necessary for the group to comfortably travel as well as optional topics as desired by participants. These could include natural history, local history, leadership, decision making, and team function, among other things. Formal "classes" are few and mostly optional, but informal discussions are plentiful. Anticipate a required base level of group management and cohesion.

Tipping

While tipping is common in the outdoor guiding culture, your NOLS Instructors are not driven to excellence by tips but rather by a love for taking people outdoors. You are welcome to support the NOLS mission by donating to the NOLS Annual Fund.

Tipping is standard practice in Tanzania for the climbing culture. A total of $300-500 is a common tip amount for the entire team of guides, porters and cooks on the climb.

Immunizations / Vaccinations / Travel medications

International travel poses special health considerations. NOLS strongly advises all participants to carefully review the vaccinations and inoculations required or recommended for your specific trip. Regulations and recommendations can change, so consulting with a physician, travel medicine specialist, or other healthcare professional is highly recommended. The final decision about which inoculations you receive is your responsibility. There are many sources of information, and some of the information is contradictory. In addition to consulting with your healthcare provider, the following organizations provide useful information:

- U.S. Centers for Disease Control, either via the CDC International Travelers Hotline (404) 332-4559 or their website.
- International Association for Medical Assistance to Travelers (IMAT), 417 Center St, Lewiston, NY 14092, (716) 754-4883.
- Shorelands Travel Health Online

NOLS suggests specific inoculations based on guidance from the U.S. Centers for Disease Control and Prevention (CDC). For more information, visit the CDC International Travelers website: www.cdc.gov/travel

East Africa-specific inoculations - CDC recommendations:
- Yellow fever vaccine: Not required for most travelers. Required for travelers ≥1 year old arriving from countries with risk for Yellow Fever virus transmission; this includes >12-hour airport layovers in countries with risk for Yellow Fever virus transmission (even if you stay in the airport). If you plan on going to Kenya during your time in East Africa, the Yellow Fever vaccine may be mandatory at the border.
- Hepatitis A: People on backcountry treks are considered at risk for Hepatitis A. Vaccination for Hepatitis A is recommended by CDC.
- Hepatitis B: Recommended for travelers younger than 60 years old.
- Typhoid: CDC recommends vaccination for travelers going off the usual tourist itineraries and/or those traveling for 6 weeks or more.
- Malaria prophylaxis: Malaria is caused by a parasite transmitted by the bite of an infected mosquito. As in equatorial regions around the world, malaria exists in East Africa. According to

the CDC the risk of malaria is below 1,800 meters (5,900 feet) There is malaria risk at the NOLS East Africa base, which is at 1,487 meters (4,9071 feet), in the game parks, and the Ngorongoro area where you will be hiking. See below for recommended malaria prophylaxis.
- Rabies: Recommended because rabid dogs are commonly found in Tanzania. If you are bitten or scratched by a dog or other mammal while in Tanzania, there may be limited or no rabies treatment available.
- Cholera: Cholera is present in Tanzania, but risk to travelers is considered low. Immunization is not required or recommended due to the relative ineffectiveness of the vaccine.

Malaria in East Africa is resistant to the drug chloroquine. You and your physician should choose your drug regimen for malaria prophylaxis. Two possibilities are: 1) Malarone 2) Doxycycline. One of the side effects of doxycycline is increased sun sensitivity. Some NOLS students have had challenges in managing this on their course since virtually all your time is spent out of doors. We recommend you discuss the nature of your travels with your doctor and seek out their advice on which medication is better for you as an individual. We strongly recommend that you bring extra sunscreen if you are prescribed doxycycline for malaria prophylaxis.

Follow the directions that come with your malaria medication (this information is also available on the CDC website). Regardless of the prevention method, it is still possible to contract malaria. The CDC currently recommends the use of a chemical prophylaxis in addition to taking measures to avoid being bitten by mosquitoes. There are other possible drug regimens; consult with your physician particularly in regard to interactions with any other medications that you may be taking. The Centers for Disease Control has a Malaria Hotline. For information, call 770-488-7788 (from 9 a.m.-5 p.m. ET) or 770-488-7100 (after hours or on weekends and holidays)

Some tropical diseases you may be exposed to in Tanzania could take a few weeks or even months to produce noticeable signs and symptoms. Follow-up health care with a physician experienced in tropical medicine may be appropriate after your course.

Traveler's Diarrhea
Diarrhea is by far the most frequent health problem of travelers in developing countries. We do not recommend prophylactic use of anti microbial/anti motility agents (Lomotil, Imodium) due to the possible troublesome side effects. Diligent hand washing, purifying water, careful food preparation, and being careful about what you eat are important preventative measures.

All tap water used for drinking, brushing teeth, and making ice cubes should be boiled, disinfected or filtered. We disinfect our water in the field with Aquamira, which NOLS will provide, and heat, i.e. when cooking. We have found that water filters do not work well in Tanzania due to the high sediment load in a lot of our water sources. They can be brought as

supplements, but students should also plan to use Aquamira in the field. If health problems still occur, your instructors will be able to recommend treatment or assist you in getting medical treatment. Until your stomach has adjusted to East Africa, it is best to be conservative with the foods you eat in Tanzania.

Training, Altitude and Medications

Being physically fit enables you to take full advantage of this opportunity; it also enhances the group's strength as a whole, contributing to the ultimate success of the expedition, regardless of whether the summit is attained.

It is essential that participants arrive in very good physical condition and health. High altitude mountain travel is demanding. We strongly encourage you to consider your physical conditioning now and to design appropriate fitness goals before the trip starts.

Discuss the use of Diamox (acetazolamide) with your doctor. If you and your doctor decide to use altitude medications, you will need to bring your own and study the effects of high altitude and human physiology beforehand.

Trip Registration

The best way to register is through the trip information page on the nols.edu website. A non-refundable deposit secures your spot on the trip. Once registered, please begin working on your application forms right away, starting with your Health Form. Your enrollment is complete with receipt of your full tuition and your completed application forms; these are **due 60 days before the start of your trip.**

If any issues arise, please call the NOLS Alumni Department at (800) 332-4280.

All participants are required to submit registration materials, including a medical form. These forms highlight the intersection of your trip's anticipated physical rigor and your current health and fitness status while also providing NOLS information about things like your dietary needs.

NOLS is not responsible for additional costs incurred by late arrivals or evacuations. Those expenses are the responsibility of trip participants and we recommend purchasing travel insurance to mitigate the impact of unforeseen circumstances.

Cancellation and Transfer Policy

For your reference, here is the Alumni Trips Cancellation and Transfer Policy. When enrolling on a trip, you will need to agree to this policy.