



GENERAL INFORMATION FOR INTERNATIONAL TRIPS

For K2 Adventure Travel Clients

Check List

1. Register at k2adventuretravel.com for your trip.
2. Pay the 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. For most destinations, insurance is not mandatory, but strongly recommended.
4. Send K2AT a copy of your passport. Make sure your passport is valid six months after your trip dates. *International clients need to research their passport requirements.*
5. Final trip payment is due 90 days prior to your trip. Late payments incur a 5% late fee.
6. Training Plan can be downloaded at www.k2adventuretravel.com in the trip details section of your specific trip. Follow it to ensure a successful trip.
7. Packing List can be downloaded at www.k2adventuretravel.com in the trip details section of your specific trip. This list includes suggestions for community service donations, if applicable.
8. A participant form will be emailed upon registration. The form must be completed and returned to K2AT within 30 days of registration. You will have an opportunity to update your form with your trip leader before the trip.
9. Visit your primary physician for a check up and to address any health concerns for your trip.

GENERAL INFORMATION FOR INTERNATIONAL TRIPS

For K2 Adventure Travel Clients

Immunization Recommendations

COVID-19 – Fully vaccinated prior to your travel dates.

Hepatitis A and B – 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, or as recommended by your primary physician.

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

If you are traveling from another country other than the USA, check 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.



GENERAL INFORMATION FOR INTERNATIONAL TRIPS

For K2 Adventure Travel Clients

Malaria Medication

Taking malaria medication is a personal decision. Consult 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. Do not use 500mg capsules.

A sulfa-based altitude sickness medication, commonly used on the mountain and very effective. 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.

All personal medications must be in their 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 team without a refund. Please feel free to speak with Kristen regarding any questions concerning the pill or how to handle it on the mountain.



GENERAL INFORMATION FOR INTERNATIONAL TRIPS

For K2 Adventure Travel Clients

Medical Liability and Release Trip Form

Trip forms will be emailed to all clients for completion and must be returned to the K2AT office within 30 days of registration. You will have an opportunity to update your forms with your trip leader prior to starting the trip.

Airline Reservation

You are responsible for purchasing your own international airfare. Upon booking, please send K2AT the complete flight itinerary. We will arrange airport transportation and hotel reservations based off of this itinerary.

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 \$50 USD (cash only). *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.*

Russia – USA clients must purchase a visa in advance for travel into Russia. **Visas cannot be purchased upon arrival.** Cost is approximately \$325 USD. *International clients need to check with their local government agency for visa purchase.*

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.*



GENERAL INFORMATION FOR INTERNATIONAL TRIPS

For K2 Adventure Travel Clients

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 to the country guides, porters, mountain cooks, drivers, bellmen for luggage handling and staff at hotels. 100% of your tips will go to these men and women who work so 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 a 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 a 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

Russia – Russian Rubles

Packing List and Gear Suggestions

A packing list can be downloaded at k2adventuretravel.com in the trip details section of your specific trip. Gear and hiking clothes can be purchased online at places such as Sierra Trading post www.sierratradingpost.com or online 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.



GENERAL INFORMATION FOR INTERNATIONAL TRIPS

For K2 Adventure Travel Clients

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, 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 various brands and 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 earlier or depart 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.

GENERAL INFORMATION FOR INTERNATIONAL TRIPS

For K2 Adventure Travel Clients

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

Our top priority is to provide our clients with a safe, organized and successful adventure of a lifetime. Receiving the required documents in a timely manner is greatly appreciated.

Payments

Make checks payable to: K2 Adventure Travel

Mail to: 14354 N. Frank Lloyd Wright Blvd. Suite 4, Scottsdale, AZ 85260

Online Payments: <https://k2adventuretravel.com/product/make-a-payment/> (unless directed otherwise). A 4% credit card fee will apply.

By Wire: Wiring instructions will be provided upon request

We look forward to traveling with you!

Kevin Cherilla

kevin@k2adventures.org

602-686-6146

Kristen Sandquist

kristen@k2adventures.org

480-797-2950

Taryn Borges

taryn@k2adventures.org

512-576-2657

