



KILIMANJARO CENTRE FOR TREKKING & ECOTOURISM (KCTE)

# Kilimanjaro Climbing COVID-19 Safety Guidelines

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At Kilimanjaro Centre for Trekking and Ecotourism (KCTE), the health and safety of our trekkers, guides, and support staff are our top priority. As we continue to welcome adventurers to the majestic Mount Kilimanjaro, we are committed to maintaining a safe and responsible trekking environment by adhering to strict COVID-19 safety protocols. These guidelines are designed to minimize the risk of transmission while ensuring a memorable and successful climb.

## 1. Pre-Climb Requirements

- **Health Check and Documentation**
  - All trekkers must provide a **negative COVID-19 test result** within **72 hours** before arrival.
  - Submit a **Health Declaration Form** confirming no symptoms of COVID-19.
- **Vaccination Requirement**
  - Strongly encouraged to be fully vaccinated. Proof of vaccination may be required.
- **Travel Insurance**
  - Ensure your insurance covers **COVID-19-related medical expenses** and evacuation.

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## 2. Health and Safety During the Trek

- **Temperature Screening**
  - Temperature checks for trekkers, guides, and staff upon arrival.

- Anyone showing symptoms will not proceed with the trek and will be referred for medical attention.
  - **Social Distancing**
    - Maintain at least **1 meter (3 feet)** distance, particularly during meals, briefings, and crowded areas.
  - **Face Masks**
    - Mandatory in **indoor areas** and when physical distancing is not possible.
  - **Hand Hygiene**
    - Frequent hand washing or use of **hand sanitizers** (minimum **60% alcohol**) required throughout the trek.
  - **Cough and Sneeze Etiquette**
    - Cover nose and mouth with elbow or tissue when coughing or sneezing.
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### 3. Accommodations and Meals

- **Dining Arrangements**
    - Staggered meal times and individualized dining options to reduce crowding.
  - **Sleeping Arrangements**
    - Spacious tents for climbers. Shared tents will be limited with proper ventilation.
  - **High-Quality Equipment**
    - KCTE provides sanitized **trekking equipment** such as sleeping bags, mattresses, and camping gear.
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### 4. Guiding and Support Staff Safety

- **COVID-19 Training for Guides and Porters**
    - Staff trained on **COVID-19 safety protocols**, sanitation, and PPE use.
  - **Personal Protective Equipment (PPE)**
    - Guides and porters wear face masks and gloves during interactions with trekkers.
  - **Health Monitoring for Staff**
    - Daily health screenings and temperature checks for all KCTE staff.
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### 5. Emergency Response and Medical Support

- **On-Call Medical Assistance**
  - KCTE has a dedicated medical team for immediate assistance and emergency evacuation if needed.

- **Isolation Protocol**
    - Trekkers showing COVID-19 symptoms will be isolated and arranged for **immediate descent** for testing and medical care.
  - **Oxygen Supply and Monitoring**
    - Oxygen bottles and monitoring for trekkers with altitude sickness or COVID-19-related issues.
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## 6. Post-Climb Safety and Departure

- **Post-Trek Health Check**
    - Health check for trekkers after the trek to monitor any COVID-19 symptoms.
  - **Departure Protocols**
    - Information on **travel restrictions**, quarantine measures, and health documentation for departure.
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## 7. Your Commitment to Safety

- **Self-Responsibility**
    - Trekkers must follow COVID-19 guidelines for their own and others' safety.
  - **Stay Informed**
    - Regulations may change. Stay updated on the latest travel and health guidelines.
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## Book with Confidence – Choose KCTE

**KCTE** has implemented these COVID-19 protocols to ensure a safe and enjoyable Kilimanjaro climb for all trekkers. When you book with us, you're choosing a tour operator that prioritizes your health and safety above all else. Our experienced staff, coupled with our comprehensive safety measures, ensures you can focus on reaching the summit without worry.

Ready for your Kilimanjaro adventure? **Book with KCTE today** and climb with confidence. Visit [www.mt-kilimanjaro.com](http://www.mt-kilimanjaro.com) for more details.

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**This guide ensures safety while providing trekkers with a smooth and responsible Kilimanjaro experience.**