

KILI EMERGENCY PROCEDURES



1

Overview of Kilimanjaro Rescue Services

HIKE, TALK, STAY

On Mount Kilimanjaro, the possibility of health issues or accidents increases with the challenging terrain and high altitudes. To combat this, our Kilimanjaro Rescue Services are equipped with the best in technology and trained personnel, ready to respond at a moment's notice. The components of Our Rescue Services include:

Expert Rescue Teams

Comprising experienced high-altitude medics, professional rescuers, and support staff who are well-versed in the Kilimanjaro Safety protocols.

Advanced Rescue Technology

Utilization of high-altitude compatible helicopters, GPS tracking, and communication tools to ensure swift and effective responses.

These resources are strategically deployed to provide a safety net that spans the entire mountain, ensuring help is always within reach.

2

HELICOPTER RESCUE SERVICES

In severe cases, particularly where altitude sickness, injury, or other health complications arise, Guides will summon and engage Kilimanjaro Helicopter Rescue service using emergency communication devices, which is a vital lifeline. These helicopters are specially equipped to operate in thin air and can quickly reach climbers anywhere on the mountain. The key features of our Kilimanjaro Helicopter Rescue operations are:

- **Immediate Deployment**

Helicopters are on standby at a nearby base, allowing for rapid response times.

- **Specialized Equipment and Crew**

Each helicopter is fitted with necessary medical equipment and flown by pilots trained in high-altitude flight, with medical personnel ready to provide immediate care.

The availability of these helicopters significantly decreases the time it takes to transport a climber from the mountain to the nearest medical facility, which can be critical in preventing complications from common altitude-related illnesses.

SAFETY MEASURES AND DAILY HEALTH PROTOCOLS

Safety Measures and Daily Health Protocols

The aspect of safety is managed proactively through daily Kilimanjaro Medical Health Checks and strict adherence to established climbing protocols. The routine safety checks and equipment include:

- **Daily Health Monitoring**

Vital signs are checked daily, including oxygen saturation, blood pressure, urine color and heart rate, to monitor acclimatization.

- **Emergency Readiness**

Our guides are equipped with emergency medical supplies, including supplemental oxygen and first aid kits, prepared for immediate deployment if needed.

By maintaining high safety standards and continuous health monitoring, our guides minimize the risks associated with high-altitude climbing and ensure that climbers can focus on the beauty and challenge of Kilimanjaro.

INSURANCE COVERAGE

Insurance Coverage and Medical Support

According to our guidelines for Hike Talk Stay Adventures, having the right Kilimanjaro Travel and Rescue Insurance is not just advisable—it's mandatory. This insurance makes sure that all climbers are covered for high-altitude evacuation and the necessary subsequent medical treatments. The insurance Coverage Essentials:

- **Comprehensive High-Altitude Evacuation**

The Kilimanjaro Travel Insurance should cover evacuations up to and above 6000 meters, accommodating the highest points of the climb.

- **Pre-Climb Documentation**

We facilitate the registration of climbers' insurance details to provide a seamless interaction between rescue services and insurance providers if a rescue becomes necessary.

Proper insurance allows climbers to go on their Mount Kilimanjaro Climbing Adventure with peace of mind, knowing that they are financially protected in the unlikely event of an emergency.



Descent Procedure

All our guides have received training for suspicion of pulmonary edema or cerebral edema, including appropriate response and treatment for client's safety.

Our guides are pro-active and work from a framework of prevention. If a climber with **HTS Adventures** begins to feel unwell, we do not allow the situation to ever get so poor as to reach even the first stage of pulmonary or cerebral edema. As soon as it becomes clear that a climber is feeling unwell as a manifestation of altitude sickness, and not the expected discomfort that accompanies the normal process of high-altitude acclimatization, we ensure the ill climber is escorted down to the **nearest evacuation point** with our assistant guides accompanied by experienced porters. From there the victim will be picked up by a special evacuation vehicle or helicopter. This is why our regular medical checks performed twice daily are so important.

What happens after someone is evacuated? They will be taken to the regional hospital in the area; **KCMC Hospital in Moshi with our guide accompanying them.** This is one of the most modern hospitals in all of Southeast Africa, whose specialists are constantly faced with "mountain" diseases. Here, a team of experienced medical doctors will treat the patient and oversee their care. Then when released with the guide, the individual will be transported to the Hotel or airport, and there will be **a charge for additional nights or airport transfer.**

On our expeditions, such situations happen very rarely. **Twice a day**, the team conducts mandatory medical examinations, during which all ailments are identified. With the help of oximeters, the guides regularly measure the oxygen level in the blood of the expedition members. We also carry a large supply of **bottled oxygen** and can always "adjust" the level to make acclimatization easier. It is precisely because of our attention to client's health from the very beginning of each expedition, and being proactive about acclimatization that those who climb with us rarely experience health problems on the mountain.

Our guides are very attentive to monitoring the health of climbers on Kilimanjaro. The descent of those with AMS is organized in a timely manner, and not a single one has had delayed treatment to allow for the onset of a life-threatening situation such as cerebral or pulmonary edema.

The higher count of unsuccessful ascents is also undoubtedly influenced by the fact that many travelers go on ascents in couples, and when, for example, the husband decides to go down, the spouse usually decides to go with him, although she may have been able to successfully reach the summit.

CLIMB KILIMANJARO WITH CONFIDENCE!

With our robust Kilimanjaro guides WFA training, Search And Rescue protocols and resources, you can ascend the mountain knowing that comprehensive safety measures are in place.

From advanced helicopter evacuations to meticulous daily health checks and insurance verification, we want to make sure that every aspect of your climb is safeguarded.

Reach out today to plan your Mount Kilimanjaro Climbing Adventures. With Hike Talk Stay Adventures, get ready to undertake a well-supported expedition equipped with the best in mountain safety and rescue services.

KILIMANJARO EVAC POINTS

PRIMARY HELICOPTER LANDING ZONES-KILIMANJARO

LANDING ZONE	ALTITUDE METERS	LOCATION & ACCESSIBILITY DESCRIPTION
KOSOVO HUT	4900M	Highest accessible point for critical emergencies
HOROMBO HUT	3720M	Frequently used due to its high accessibility and facilities
BARRANCO HUT	3900M	Used for emergencies due to moderate accessibility
SHIRA HUT	3840M	Accessible by road, used for non-critical evacuations



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Key Steps in our Chain of Custody Process:

- Initial Assessment and Recognition of AMS:
 - Guide/Porter Identification: The guide or porter who first identifies the hiker experiencing AMS symptoms should document the following:
 - Date and time of identification
 - Location on the mountain
 - Hiker's name and group information
 - Specific symptoms observed (e.g., headache, nausea, fatigue, dizziness)
 - Severity of symptoms (mild, moderate, severe)

2

- Initial Treatment and Decision-Making:
 - Guide/Porter Action: The guide or porter should initiate immediate treatment, which may include:
 - Descending to a lower altitude
 - Administering prescribed medications (if applicable)
 - Providing hydration and rest
 - Decision on Evacuation: If symptoms worsen or do not improve, a decision to evacuate the hiker should be made. This decision should be documented, including the rationale and the individuals involved.

3

Evacuation Process:

- Porter/Guide Team: A designated team of assistant guide(s) and experienced porters are responsible for the evacuation.
- Documentation: The team leader should document the following:
 - Date and time of evacuation start
 - Route of evacuation
 - Any additional medical interventions provided during evacuation
 - Hiker's condition upon reaching the designated evacuation point

4

Handoff at Evacuation Point:

- Medical Personnel: At the designated evacuation point (e.g., park gate, helicopter point), the affected hiker should be handed over to qualified medical personnel.
- Documentation Transfer: The guide/porter team should provide detailed documentation to the medical personnel, including:
 - Hiker's medical history (if available)
 - Symptoms experienced
 - Treatment administered
 - Evacuation route and time taken

5

- Medical Treatment and Monitoring:
 - Medical Personnel: Medical personnel should:
 - Conduct a thorough medical assessment
 - Administer appropriate treatment
 - Monitor the hiker's condition
 - Document all procedures and observations

6

Transfer to Higher-Level Care (if necessary):

- Decision-Making: If the hiker's condition requires specialized care, a decision to transfer them to a higher-level medical facility should be made.
- Documentation: Documentation should include:
 - Reason for transfer
 - Transfer destination
 - Mode of transportation
 - Handoff information to the receiving medical facility



Key Considerations for our Robust Chain of Custody:
Clear Roles and Responsibilities: We have clearly defined roles and responsibilities for guides, porters, and medical personnel as all are essential to mitigate risks.

Effective Communication: Strong communication channels are established to facilitate timely decision-making and information sharing using available equipment, guides and local authorities.

Comprehensive Documentation: Detailed documentation is regularly maintained at each stage of the process.
Regular Training and Education: Regular training and education for guides, porters, and medical personnel on AMS recognition, treatment, and evacuation procedures is provided to our teams.

Emergency Preparedness: Adequate emergency equipment and supplies are made available on all our treks, no cutting corners here.

Collaboration with Local Authorities: Collaboration with local authorities and park management is crucial for efficient coordination and resource allocation. Our guides adhere to this chain of custody process, by doing this, the safety and well-being of hikers experiencing AMS or other medical conditions on Kilimanjaro is significantly improved.

