Join the **Friends of the Institute for Astronomy** for this special tour of Mauna Kea Observatories and UH IfA Hilo facilities to learn how astronomers do their research.

The tour is limited to 28 individuals. Due to health restrictions, no one under 16 years of age is allowed on this tour. Please review all health restrictions before filling out the registration form. Tour schedule times or activities may change due to weather, availability, or other factors beyond our control.

**Tour Schedule**

**Friday, August 17**
Participants arrive at the Hilo Hawaiian Hotel via Aloha Airlines and ground transportation.

Before dinner flight number 46 departs HNL 5:10 p.m./arrives HILO 6:00 p.m.

After dinner flight number 48 departs HNL 7:05 p.m./arrives HILO 7:56 p.m.

7:00 p.m. Dinner (no host) at Hilo Hawaiian Hotel with Dr. Robert Jedicke

**Saturday, August 18**

8:00 a.m. Breakfast (no host)

8:45 a.m. Depart Hotel

9:00 a.m. IfA Hilo tours and talks

11:30 a.m. Depart IfA Hilo for Hale Pōhaku

1:00 p.m. Arrive Hale Pōhaku; lunch

2:00 p.m. Hale Pōhaku talks

3:30 p.m. Free Time (see the visitor information station, arboretum, or relax)

5:00 p.m. Depart Hale Pōhaku for Mauna Kea summit telescope tours

5:30 p.m. Subaru Telescope facility tour

6:30 p.m. Dinner at the summit

7:15 p.m. Enjoy sunset from 13,796 feet elevation

7:30 p.m. Stargazing with the UH 2.2-meter and the 0.6-meter telescopes

9:30 p.m. Mauna Kea departure for Hilo Hawaiian Hotel

**Sunday, August 19**

9:30 a.m. Breakfast (no host) at Ken’s House of Pancakes

Aloha Airline return flight number 241 departs Hilo 12:56/arrives HNL 1:42 p.m.

**Important Health Restrictions**

The summit of Mauna Kea is at 13,796 feet [4,200 meters] above sea level. Reaction to high-altitude exposure is highly variable. Anyone going on the tour should be in good health and without heart problems. If you have high blood pressure, a respiratory condition, diabetes, ulcers, or are pregnant, you should consult with your physician before attempting the tour.

- No one under 16 years of age is allowed on this tour.
- Low oxygen concentration and the resulting lowering of metabolism at more than 4,000 meters altitude make the temperature seem colder than it would at lower altitude. FOR YOUR COMFORT YOU ARE REMINDED TO BRING WARM CLOTHING [parkas, etc] AND WARM FOOTWEAR WITH YOU.
- In no case can the University of Hawai‘i or the State of Hawai‘i be held responsible for adverse high-altitude reactions while at the Mauna Kea Observatories.
Preparing for Severe Weather

If you are planning to join a tour to the summit of Mauna Kea, please remember that you will be traveling to almost 13,800 feet elevation and should be prepared for the altitude and cold. You must be at least 16 years of age. At this altitude, weather conditions can change radically in a very short period of time. For this reason, we suggest that you prepare for high mountain weather conditions, which may suddenly deteriorate to 20°F, with 70-mph winds and blowing snow. For your comfort you should bring the following equipment:

- warm hat
- mittens or gloves
- long underwear (tops and bottoms)
- warm sweater
- long pants
- wind-proof jacket
- sturdy walking shoes and warm socks
- sunscreen and lip protection – the extra ultraviolet at 13,800 feet burns quickly
- dark sunglasses – snow blindness can occur very quickly

*Stay Warm!* Remember, you can always take extra clothes off, but you cannot put them on if you do not bring them.

Altitude Considerations

In addition to climatic considerations, the problem of altitude must be addressed. Since you will ascend and descend quickly, long-term effects and severe altitude sickness are not usually problems. However, you will probably feel short-term effects such as light-headedness, shortness of breath, headache, increased frequency of urination, increased flatulence, and dehydration. In order to minimize the potential discomforts, the following precautions are suggested:

- To avoid dehydration, drink as much liquid as possible 24 hours before, during, and for 12 hours after your trip to the summit. Avoid drinking alcohol before the trip. Alcohol is not allowed above the 9,000-foot level of Mauna Kea.

- Avoid gas-producing food the day before and the day of your trip (i.e., beans, starches, cabbage, onion, soft drinks).

- Stop smoking 48 hours before ascent to allow the carbon monoxide in your bloodstream to dissipate; you will need all the oxygen your system can get.

- Do not overexert yourself at the summit.

- Do not go to the summit within 24 hours of scuba diving.

If you remember these simple steps, you will be able to enjoy your trip rather than worrying about freezing fingers or sunburned lips, and your visit will be both exciting and memorable.

(Rev. July 2007)