

CH>RITY  
CH>LLENGE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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KILIMANJARO SUMMIT CLIMB -  
NORTHERN ICEFIELDS  
TANZANIA

Wed 23 Oct - Sun 03 Nov 2019





## In aid of your choice of charity

23 Oct - 03 Nov 2019

### 12 DAYS | TANZANIA | EXTREME

This new itinerary takes adventurers up the previously uncharted North Face of Kilimanjaro, Africa's highest mountain. This challenge takes you up a very remote part of the Kilimanjaro massif and whilst no technical skills are required, you will need a high level of fitness and the mental character to participate in a remote environment. The north flank route offers spectacular views over Kenya, whereas the traditional Kili climbs look out over Tanzania. Unlike the popular routes of Lemosho and Rongai with their midnight departures to the summit lit only by headtorch, the north face approach departs camp at 4am, just before dawn. You can enjoy the Northern Icefields in full daylight and then enter into the Crater of Kilimanjaro passing by the famous inner Reusch Crater. Finally you will push up the steep track to Uhuru Point (5,895m) – the Roof of Africa! By the time you reach the Summit, most climbers have already summited and descended so you will have more time and space to enjoy the moment.

Check out our [Kilimanjaro facts](#) page which covers everything you need to know to climb the massif and a few things you don't (such as how a Pizza Hut got themselves in the Guinness Book of World records).

- Climb a new and unique route to the famous 'roof of Africa'
- Trek from the scenic west side to the wild, unspoiled North Face of Kilimanjaro
- Daylight summit climb up the North Face and through the Northern Icefields
- Trek across the amazing Crater to the summit at Uhuru Point
- This new and demanding route has been specially developed for Charity Challenge

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Wed 23 Oct*

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#### **Fly to Kilimanjaro**

The big day has finally arrived and everyone will feel a mixture of nerves and excitement as they meet up for the long-awaited flight to Tanzania. Get ready for the experience of a lifetime!

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### DAY 2 *Thu 24 Oct*

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#### **Arrive Kilimanjaro and transfer to the hotel**

On arrival at Kilimanjaro Airport, you'll be met by your local Charity Challenge representative and transferred to your hotel. Spend the rest of the day relaxing and getting to know your group. After your first team dinner, you will have a full briefing on the climb and a kit check.

Accommodation: Hotel

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### DAY 3 *Fri 25 Oct*

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#### **Start of North Face climb, trek to Big Tree**

Departing early, there is a drive to Londorossi Gate where the group will register for the climb. From here you'll be driven to the trailhead at 2,350m where you will meet the main support team and have lunch before a 3-4 hours trek through the rainforest to camp 1 at Big Tree (2,785m).

The Lemosho approach begins with an exciting rainforest trail from the Lemosho Glades, passing through areas where the vegetation is so undisturbed that it grows right across the narrow track.

The first camp site at Big Tree, is in the heart of the rainforest.

Height Gain 435m. Distance 6kms.

Accommodation: Camping

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### DAY 4 *Sat 26 Oct*

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#### **To Shira Caldera, 3,500m (approximately 5-6 hours)**

The day begins with a tough trek involving a height gain of over 600m, with a lunch stop in a beautiful valley just outside the Shira Crater at around 3,050m. After lunch, the route continues along the ridge before dropping down into the Shira Caldera, the third of the volcanic cones that make up the Kilimanjaro massif, now a high altitude desert plateau.

Tonight's camp at Shira One offers your first close views of Kibo, the dramatic summit cone of Kilimanjaro.

Height Gain 715m. Distance 8kms.

Accommodation: Camping

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**DAY 5** Sun 27 Oct

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**To Shira Hut, 3,895m (approximately 5-6 hours)**

Today is a relatively easy day, intended to help acclimatisation. Leaving camp this morning, you trek east across Shira Plateau before detouring to the top of Shira Cathedral (3,860m) – a high ridge with spectacular views. Descending the ridge, you continue to your camp on the eastern slopes of Shira Crater.

Height Gain 395m. Distance approx. 7kms (+ 3kms if trekking to Shira Cathedral)

Accommodation: Camping

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**DAY 6** Mon 28 Oct

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**To Moir Camp (approximately 4-5 hours)**

Today you divert from the standard trail and curve around the North West flank of Kilimanjaro, a zone that very few climbers visit. The trek passes below Shark's Tooth (just over 4,500m) to reach Moir Camp (4,200m) – a quiet site overlooking Shira Plateau.

This afternoon, if time allows, you can take an optional 100m acclimatising trek up the nearby ridge before returning to Moir Camp for dinner and overnight.

Height Gain 605m. Distance 6kms.

Accommodation: Camping

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**DAY 7** Tue 29 Oct

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**To Pofu Two Camp at the base of the North Face (approximately 5-7 hours)**

The trek today starts by heading eastwards around the northern circuit trail. Along the way there is further opportunity to acclimatise to the altitude. Climbing out of Moir Valley, you continue up on to the summit of Little Lent Hill (4,375m) and then, time allowing, on to the main peak of the Lent Group (4,700m). Underfoot is a little loose rock and scrambling but only for a short time.

The final section of today's walk undulates until reaching the location of Pofu Two Camp, your North Face base camp at 4,030m. At this wild camp you can marvel at the spectacle of the Kenyan flatlands extending out into the horizon.

Height Gain 500m. with Lent Group and Height in camp 4030m. Distance 10kms.

Accommodation: Camping

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**DAY 8** Wed 30 Oct

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**Day 8: To North Face high camp (approximately 5-6 hours)**

The penultimate day before Summit day but today sees some easy scrambling as you get on to the ridge, which serves as good preparation for the bid tomorrow.

**Important Note:** This area on the Kilimanjaro massif is very remote and your camp tonight is necessarily simple. Portering supplies to North Face high camp (4,600m) is a major task. The High Camp is on a rocky outcrop and will allow for a group of around 10 to 15 climbers in twin and triple tents. Bigger groups will camp lower (4,550m) at Scree Valley Camp. They will have to get up correspondingly earlier on summit day.

This evening your leader will hold an important briefing in readiness for the summit push tomorrow. Snacks and water will be prepared and packed in advance. Kit and clothing will be checked by your guides. Then it's to bed, in order to ensure a good rest in advance of tomorrow's 4am breakfast call!

Height Gain with the acclimatising trek around 600m. Distance 4-5kms.

Accommodation: Camping

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#### DAY 9 Thu 31 Oct

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##### **Kilimanjaro Summit climb (approximately 14 hours)**

After an early start, you continue up the North Face ridges and scree slopes to the northern rim of the great caldera of Kilimanjaro. As the sun comes up, the scenery of this unique, amazing wilderness route will gradually unfold.

The first major landmark is the magnificent Northern Icefields – and you will be viewing these at close hand – a privilege that no other Kilimanjaro route offers. The route crosses east and curves around the southern rim of the Reusch Crater and on towards the remnants of the Furtwangler Glacier. From here the trek gets tough with a 300m climb up the inner crater wall on a steep zig zagging trail which takes us back up to the rim of the crater and on to Kilimanjaro's summit at Uhuru Point (5,895m).

Enjoy the amazing views and look north to see in the remote distance the point where you entered and crossed the crater of Kilimanjaro – a real affirmation of your achievement! It's a fast trek down the scree slopes to Barafu Campsite (4,700m), which you should reach by mid-afternoon. Then, after tea and snacks, continue down on an easy trail to Millennium Camp where you will have your final night of camping. Realistically be prepared for 14 to 16 hours on the climb and trek down today.

Distance: 7kms climb to the summit and then a further 12kms to walk off.

Accommodation: Camping

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#### DAY 10 Fri 01 Nov

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##### **Descend to Mweka Gate (approximately 4-6 hours)**

After a leisurely breakfast, descend Millennium Camp (3,800m) and walk down across the Alpine moorland to Mweka Gate. As the southern flank tends to be wet, it is quite likely that you will encounter wet and very muddy conditions in the rainforest section on this last day. With tired legs and the possibility of rain, do not expect an easy jaunt back to the gate!

A big lunch prepared by our chef near the Gate, will keep you going as you continue to your hotel for a well-earned hot shower, celebration dinner and rest.

Accommodation: hotel

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**DAY 11** *Sat 02 Nov*

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**Depart Tanzania**

As you say goodbye to Kilimanjaro and head back home, emotions are likely to be mixed having completed an incredible challenge. The flight home is the perfect opportunity to reflect on all you've achieved and swap details with your inspiring teammates.

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**DAY 12** *Sun 03 Nov*

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**Arrive home**

With amazing memories and a massive sense of achievement, it's time to say goodbye to your new friends making sure you've swapped details before heading home.

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## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.  
The costs below are per person.

### SELF FUNDER

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Pay a registration fee of £725.00 when you book

Then a balance of £2830.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

### MINIMUM SPONSORSHIP

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Registration fee of £725.00 when you book

Raise a minimum of £5775.00 for your charity.

### FLEXI

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Registration fee of £725.00 when you book

Then £725.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £4295.00 for your charity.

## WHAT'S INCLUDED

### Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules

### On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance fees to national parks or other places of interest visited on the itinerary
- All internal transfers
- All ground staff including English speaking guide, drivers, cooks, and porters
- Accommodation during the challenge (usually in twin share)
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- A Charity Challenge T-Shirt
- Activity equipment such as bikes, tents and rafts as per the challenge activity

## WHAT'S NOT INCLUDED

### Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own)

### On your challenge

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- Tips
- Departure Tax (if applicable)

policy details)

## THE DETAILS

### Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 14/08/2019), and the remaining 20% within 4 weeks of completing the challenge (by 01/12/2019). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

### Typical group size

The typical group size is 10 - 15 participants

### Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 10 participants. We can run this trip with 7-9 people, but there will be a small group supplement of £145. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

### Optional extras

Single room supplements\*  
Business class upgrades\*  
Extensions at end of trip\*  
(\*subject to availability)



### Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

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### Level of difficulty

The Kilimanjaro challenge is graded as "extreme".

"Extreme" challenges will involve altitude, and a great deal of endurance. These trips are not to be taken lightly, and will take place in extreme environments, without home comforts. They are usually undertaken by someone with previous experience in a mountain setting, but who wants to take their experience to the next level physically and mentally. Training is essential to ensure you are suitably prepared for the challenge.

Summit night in particular is a gruelling experience that will test you both mentally and physically. You should not undertake this challenge without significant training.

You can tell your supporters that on your Kilimanjaro trek you will be:

- Trekking for around 6-8 hours per day with summit day itself calling for 14-16 hours of trekking!
- Battling the altitude on the mountain up to the summit of 5,895m where oxygen levels are half that at sea level.
- Experiencing nightly temperatures as low as -15 degrees.
- Sleeping in a tent for 7 nights

### Typical day

During the trek you will be walking for around 6-8 hours. Depending on the weather and the day, rest/water stops will be set up regularly, where you can regroup, rest and relax while drinking water and eating your snacks. Lunch will either be in camp with an altitude acclimatising walk in the afternoon or on the longer treks between camps there will be a packed lunch stopping in a reasonable spot. Then you will get to your campsite in the afternoon where you can relax, have a hot drink and eat your dinner in the mess tent.

### Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Kilimanjaro North Face Trek, there are a couple of important points that you should be aware of:

- You will be trekking to an altitude of 5,895m, and altitude trekking carries its own risks
- Emergency evacuation to a hospital may take upwards of 8 hours, depending on your location on the mountain.  
(On summit day, evacuation could take up to 24 hours)
- You will be sleeping in temperatures of down to -15 degrees

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also

make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the local challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

### Should I take gifts or clothes for the locals?

It is extremely beneficial for the local porters and guides if you are able to donate any leftover outdoor clothing or equipment after the challenge as this is hard to come by and expensive for them in Tanzania. At the end of the challenge you will be given the opportunity to leave any kit with the team which will be greatly received.

### Flights

You will be flying overnight from London to Kilimanjaro airport on the group flights. Your flight tickets will be e-mailed to you before departure. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for further assistance). Please note that we are unable to arrange transfers between the hours of 21:00 and 06:00 due to safety issues, so please avoid flights that arrive during this period.

### Visa

Your full ten-year passport must have at least six months left to run from the end of the challenge. You will need a Single Entry Tourist Visa to enter Tanzania. 3 months prior to departure we will provide you with the necessary application form and details to apply.

#### By Post

Allow two weeks to get the visa by post (it is strongly suggested that you also enclose a pre-paid special delivery envelope for the safe return of your passport with the visa).

#### In person

Alternatively you can obtain it, in person, at the Embassy. The visa is valid for three months and becomes valid from the date of issue so make sure you do not apply too early otherwise it will run out before you arrive in Tanzania.

#### E-Visa Application

Visa applications can now be completed online. If choosing to complete the application online, there is no need to visit the High Commission for applications to be completed and processed. Applicants will only be called to the High Commission if contacted and requested to do so.

### Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous

activities undertaken on this challenge.

If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you must complete and return to Charity Challenge prior to travel.

For more travel insurance questions, please refer to our main [FAQs](#) page or for any specific queries, please contact us at [bookings@charitychallenge.com](mailto:bookings@charitychallenge.com).

## Vaccinations, Medicines & Altitude

### Vaccinations

For up to date vaccination information please check the Travel Health Pro page:  
<https://travelhealthpro.org.uk/country/220/tanzania>

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

### Medication:

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at  
<https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

### Altitude:

For advice on altitude sickness, please see <https://travelhealthpro.org.uk/factsheet/26/altitude-illness>

## Climate & Terrain

### Climate

Temperatures on Kilimanjaro can vary dramatically, from 35°C in the plains below the mountain to -20°C at the summit (if you include the wind chill). Early mornings will immediately warm-up as soon as the sun rises and the days should

be warm and bright. As soon as the sun sets, however, the temperature drops radically and it is often well below zero degrees. On the mountain, you will need strong UV protection as there is minimal shade as you start your ascent. Whenever you climb, expect convection to send warm air from the hot plains below across the rainforest to precipitate at higher altitudes as rain, sleet, and snow. This happens on some, but not all, afternoons. Nights are usually clear and frosty, and mornings clear and sunny.

### Terrain

The terrain on Kilimanjaro varies. Where the lower altitude trekking takes place through plenty of forestry, the middle is like a moorland with the top like a desert! You will be trekking up on dirt tracks, across boulders and scrambling on rough trails.

### Training

A good level of fitness is definitely required, as this challenge is graded 'Extreme', due to the basic facilities, high altitude, long days and rough terrain. Don't forget the impact of temperature extremes and high altitude; and remember that you will be trekking for a number of days. To prepare for the climb, aerobic exercise is important in your training as a strong cardiovascular system will help process oxygen in a more effective way. The more you exercise before the challenge, the more you will get out of it.

Training tips for the Kilimanjaro challenge:

- Compulsory briefing session (details to be advised).
- Endurance training should be your primary focus.
- Ensure that you get some training walks done in the mountains of the UK to familiarise yourself with walking on rugged terrain.
- Carry a full daypack while training, and steadily add more weight
- Join one of our training weekends! Read more about our training weekends by clicking [here](#).

### Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

### Luggage allowance & valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your Kit List. You will need to carry a daypack during the day while the porters carry your main rucksack. Your day sack should have a capacity of 30-35 litres. NB: You should take a soft-sided bag or rucksack for the porters to carry as they often carry luggage on their heads and hard suitcases are too unwieldy, please do not bring a bag with hard sides or wheels. Your main pack should be 70-90 litres capacity. The maximum weight each porter will carry is 15kgs and your luggage will be weighed at the gate before commencing the climb. If you have more than 15kg an extra porter will need to be hired and could cost up to an extra \$100. If you are on our extension you can leave clothes at the lodge and collect them on your return (please ensure you have a locked bag to leave them in). On your outward journey, please wear your trekking gear, hiking boots, and carry a spare change of clothing in your hand luggage.

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. Your main luggage should not contain valuables and items not required on the mountain. You can leave non valuables at the lodge, to be returned to you once you have climbed the mountain, however we advise you not to leave any valuable items in your bag at the lodge or in your main bag these should be kept on you at all times.

### Leadership

We employ a number of first aid qualified challenge guides, all of whom speak fluent English. When the guides first qualify they gain the Kili National Parks (KINAPA) award in first aid. All guides are also trained in incident management and challenge leadership. They will be ultimately responsible for the running of the itinerary and the safety of your group. The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group and so on. We will do our very best to keep to the set itinerary. However, we cannot be held responsible for any last-minute changes that might occur. In all such circumstances, your challenge leader will have the final say.

### Group size

Each group is intended to be a minimum of 7 people in order to run and a maximum of 15 people. We will be able to run this challenge for 7 to 9 people, by charging a small group supplement of £145, which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

### Clothing & equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night. A full kit list for this challenge can be found here, and once you book you will have access to kit discounts with our partners Outdoorhire and Cotswold Outdoor.

### Sleeping

It would certainly help your chances of a comfortable night's sleep if you bring a good thermarest-sleeping mat, you are not provided with one in Tanzania. You will also need to bring a warm sleeping bag (4 seasons with fleece liner) as temperatures do drop at night time. Also see Kit List.

## Accommodation & toilets

### Accommodation

You will be camping on the mountain in two-person tents, which will be supplied and erected by the ground team. Before and after your climb, you will be staying in more comfortable accommodation at a lodge in Arusha, Moshi or Marangu. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance. On the one high camp where space is limited, you may have to share 3 to a tent.

### Toilets

In the camps you will have toilet tents set up by your ground team, these contain chemical toilets. You can also use the long drops provided by the National Parks agency, which are very basic and not monitored regularly. Your camp team will provide washing bowls of warm water as you arrive at camp at the end of the days trekking, you will need bio-degradable soap for washing with. You should take plenty of toilet paper and wet wipes with you as well as anti-bacterial hand gel. Please note there are no showers whilst you are on the trek and facilities at high camp will be more basic.

## Food & drink

There will be a hot breakfast (eg: porridge, eggs, toast, tea and coffee) to start the day, a packed lunch on the mountain or at your camp and a filling hot meal in the evening (eg: soup, followed by rice, potato or pasta and sauce, and usually fruit for dessert.) There will be ample drinking water, as we will be filling up from local water sources. All the water is boiled so water purification tablets are optional whilst trekking. If you do happen to use water from the stream or from hotels it may be best to purify it first. The porters will collect water each morning and evening for drinking and cooking. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

## Money

**Currency:** The Tanzania shilling is a soft currency and you cannot obtain shillings before leaving the UK. US dollars are accepted in most places and should be used in country. Tanzanian Shillings cannot be exported, therefore should be reconverted against your currency declaration form.

**Exchange:** The Bank of Tanzania performs all currency transfers; all other offers of currency exchange are illegal. There are also foreign exchange bureaus in most towns and cities where you can change cash at the prevailing free market exchange rate. The best currency is the dollar (US). For up to date currency exchange, go to: <http://www.xe.com/>

**Credit cards:** Major credit cards are sometimes accepted at larger hotels. Other than that their use is limited and are not generally accepted in restaurants, shops etc. Bring enough money and do not carry all your cash on you. ATMs, which allow the use of Visa & MasterCard etc with a PIN, can be found in Arusha and Marangu, but are rare in smaller towns.

**Spending money:** You will not need a large amount of money during this trip. Somewhere in the region of £250 in US dollars should be sufficient to cover presents, tips, drinks, and so on. Keep in mind that other than at the start and end of the challenge, you will be in the mountains away from any foreign exchanges or banks. We recommend that you carry cash. Credit cards should be accepted in the airports.

**Tips:** We recommend in the region of \$160US for the Kili team, and this should be given to the challenge leader at the end of the challenge, who will distribute it among the support team. If you do want to give one member of staff an extra tip, please also leave this until the end and allocate over and above the recommended tipping amount. Make sure you have plenty of smaller dollar bills for tipping at lodges and for drinks/meals. If you are going on the safari we recommend \$25 per person for your guide/driver and then a small amount for lodge staff.

### Phone & Wi-Fi

There is Wi-Fi at the hotel at the beginning and end, but not on the mountain. Phone signal is available in town, but virtually non-existent on the mountain.

There is no opportunity to recharge any electrical equipment during the trek, but if you want to bring a solar charger these can work well to charge phones. There are charge points in your rooms at the hotel.

### Emergencies

There will be a trained leader who has remote first aid training with you on this trek as well as an expedition doctor. If you are unable to continue the climb, you will be sent down with a porter where you can seek additional medical attention at the local hospital if needed.

### What happens if I fall ill, can't keep up or there is an emergency?

The event is not run as a race and there is always a large discrepancy in people's walking ability. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If you are unable to continue on foot, you will be carried off the mountain. There is a hospital at Marangu and Moshi, which is situated at the beginning of the popular routes.



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**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

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