



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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**KILIMANJARO SUMMIT CLIMB -  
LEMOSHO ROUTE  
TANZANIA**

Sun 31 Jan - Fri 12 Feb 2021





## In aid of British Friends of Shalva

31 Jan - 12 Feb 2021



### 12 DAYS | TANZANIA | EXTREME

At a colossal 5,895m, Mt. Kilimanjaro is one of the largest volcanoes to ever break through the Earth's crust. Our challenge is to clamber above the sea of clouds to its summit. We begin in the lush rainforests of the Lemosho Glades, climbing towards the Shira Plateau – is the perfect spot to acclimatise. From here we can see our goal: the ice-capped peak of Kibo. We follow the impressive Southern Flank, Barranco Wall and Barafu Route to the summit. Our groups have excellent success rates (96%) for reaching the summit, however, the summit night climb – with its 1,000m ascent and 2,000m descent – is not to be underestimated. This is one of the toughest but most exhilarating adventures you will ever embark on.

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

- Conquer the famous 'roof of Africa'
- Embrace a truly life-changing journey
- Follow the uncrowded Lemosho route to the peak
- Trek through five incredible, unspoilt eco-systems
- Walk above a stunning sea of clouds

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sun 31 Jan

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#### International departure from London

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

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### DAY 2 Mon 01 Feb

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#### Flight to Kilimanjaro airport, transfer to hotel

Your local Charity Challenge representative will transfer you to your hotel for a welcome lunch. The evening will include a team dinner, briefing and kit check before getting a long sleep in preparation for the start of the challenge. (D)

Accommodation: Hotel

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### DAY 3 Tue 02 Feb

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#### Lemosho Glades, 1,981m, to Big Tree Camp, 2,800m (approx. 3-5hrs)

It's the long awaited challenge day!

The day starts at the main gate of the national park for registration, before driving on to Lemosho Glades at 1,981m. The trek begins on a little-used path through the rainforest wilderness called Chamber's Route, where at points, the terrain becomes quite tough. The first night of camping will be spent in or near the surrounding rainforest. (B,L,D)

Accommodation: Camp

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### DAY 4 Wed 03 Feb

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#### Acclimatisation trek to Shira One, 3,500m (approx. 7-8hrs)

Enjoy a morning climb of over 600m in altitude to an incredible valley just outside the Shira Crater at 3,050m. After stopping here for lunch, the route crosses into the Shira Caldera, a high altitude desert plateau. The evening's camp is at Shira One (3,500m), one of Kilimanjaro's three volcanic cones. From here it is possible to catch a first close look of Kibo, Kilimanjaro's dramatic summit. (B,L,D)

Accommodation: Camp

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### DAY 5 Thu 04 Feb

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#### Shira Plateau to Shira Two, 3,800m (approx. 5-6hrs)

After an early start, head east across the Shira Plateau, passing the Shira Cathedral (3,880m) before reaching your final destination: Shira Two (3,800m). The views from the ridge are spectacular, though you will need a good head for heights! Enjoy a wonderful night's sleep above the clouds of Africa. (B,L,D)

Accommodation: Camp

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**DAY 6** *Fri 05 Feb*

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**Southern Flank, 3,900m, to Barranco, 3,900m (approx. 7-10hrs)**

Today you tackle the Southern Flank, heading up to 4,500m over the Lava Tower, before passing through the Barranco Valley, which is dotted with remarkable plant life including giant *Dendrosenecios*. Continue on to one of the mountain's most spectacular beauty spots: the Barranco Wall, with views over Mount Meru and the expansive plains below, this point at 3,900m will be your campsite. (B,L,D)

Accommodation: Camp

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**DAY 7** *Sat 06 Feb*

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**Barranco Wall Rest Day**

Today is an acclimatisation day at the Barranco Wall. You can relax today around camp, where we have erected an eruv. Here you will camp and have dinner at 3,900m. The camp at Barranco is one of the most spectacular on Kilimanjaro, with views of Mount Meru and the valleys below. (B,L,D)

Accommodation: Camping

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**DAY 8** *Sun 07 Feb*

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**Barranco Wall and the Karanga Valley, 3,900m (approx. 4-6hrs)**

Summon up all your energy for this morning's climb up the Barranco Wall, continuing over valleys and ridges before arriving at Karanga camp for lunch. There is an optional but recommended afternoon trek to the scree slopes towards the southern ice fields, which helps with acclimatisation. (B,L,D)

Accommodation: Camp

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**DAY 9** *Mon 08 Feb*

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**Barafu Ridge, 4,600m, and summit preparation**

After a large, energy-filled breakfast, the trek to Barafu Ridge Camp (4,600m) begins – a tough walk made all the more difficult by the altitude. Take the afternoon to either rest or join a short acclimatisation walk to a higher point. Dinner will be followed by a very early night, ahead of the midnight summit departure. (B,L,D)

Accommodation: Camp

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**DAY 10** *Tue 09 Feb*

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**Summit day: Uhuru Point, 5,895m (approx. 12-15hrs)**

Beginning the summit walk at midnight, the climb passes through the tough and unforgiving scree slopes to Stella Point (5,750m). Be prepared for the mental challenge as temperatures plummet due to the wind chill. You will aim to reach Stella Point just after dawn, buoyed by the natural energy and warmth of the rising sun.

After a short rest, it's one final push Uhuru Point, and the roof of Africa, at 5,895m. Celebrate your accomplishment with your fellow challenge participants, and take the time to admire the surrounds, before descending via Barafu Ridge Camp towards Millennium camp at 3,750m, where celebratory drinks await! (B,L,D)

Accommodation: Camp

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**DAY 11** *Wed 10 Feb***Descend to Mweka Gate through Kidia (approx. 5-7hrs)**

It's an early start for your final day trekking to Mweka Gate. It's a long, tiresome walk on a pretty, sloping track into the rainforest and down to the plantations near Kidia. The path continues for up to seven hours until the gate where you stop for lunch and team photos.

After lunch and a two-hour drive back to your hotel, enjoy a hot shower, rest and celebratory dinner. (B,L,D)

Accommodation: Hotel

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**DAY 12** *Thu 11 Feb***Depart Tanzania to UK**

It's time to wave goodbye to Tanzania, having completed an incredible challenge and forged some lasting friendships along the way. Feeling elated, the flight home is a great time to reflect on the achievement and swap details with your inspiring teammates. (B)

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**DAY 13** *Fri 12 Feb***Arrive home**

Saying goodbye will not be easy, but the memories you've made will stay with you forever.

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**NB**

B = Breakfast, L = Lunch, D = Dinner

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, 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 expedition leader will have the final say.

*Should you suffer from vertigo, it is worth considering that on most mountain treks there will be occasional exposure to sheer drops. You should therefore discuss the particular itinerary of your choice with a member of our team.*

### SELF FUNDER

Pay a registration fee of **£725** when you book.

Then a balance of **£3,072** (8 weeks before your challenge).

Raise as much as you can for British Friends of Shalva.

### MINIMUM SPONSORSHIP

Registration fee of **£725** when you book.

If you are flying from the UK, raise a minimum of **GBP£6,500** for British Friends of Shalva.

If you are flying from Israel, raise a minimum of **30,000 NIS** for British Friends of Shalva.

If you are flying from the USA, raise a minimum of **USD\$10,000** for British Friends of Shalva.

If you are flying from Canada, raise a minimum of **CAD\$12,500** for British Friends of Shalva.

### SELF FUNDER OPTION

The full cost of this challenge is £3,797. You will be required to pay the registration fee of £725 at the time of booking and the final balance of £3,072 which is due 8 weeks before departure (06/12/2020). You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for British Friends of Shalva. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by British Friends of Shalva.

### MINIMUM SPONSORSHIP OPTION

You will be required to pay the registration fee of £725 at the time of booking and raise a minimum amount of sponsorship for British Friends of Shalva. The sponsorship currency will depend on your location and the amount varies depending on the cost of flights. You should send your sponsorship money to British Friends of Shalva as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 22/11/2020), and the remaining 20% within 4 weeks of completing the challenge (by 11/03/2021). If you have raised the necessary funds, British Friends of Shalva will then pay the balance of your expedition costs. The charity benefits by keeping the remaining sponsorship money and every pound or dollar over and above that you raise.

## WHAT'S INCLUDED?

### BEFORE YOU GO

- Access to your own password protected account including support materials and training schedules

### ON YOUR CHALLENGE

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

## WHAT'S NOT INCLUDED?

### BEFORE YOU GO

- 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 policy details)

### ON YOUR CHALLENGE

- Tips
- Departure Tax (if applicable)

## THE DETAILS

### REGISTRATION FEE IN INSTALMENTS

The first instalment of £365.00 is due at the time of booking. The second instalment of £360.00 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online. Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.

### 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 22/11/2020), and the remaining 20% within 4 weeks of completing the challenge (by 11/03/2021). 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. If the air taxes increase between the time of costing and your departure, we will absorb up to £50 (depending on the challenge) before passing on any increased costs. 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 13 - 30 participants

**SMALL GROUP SUPPLEMENT**

The costs and sponsorship levels on our website are based on a minimum of 13 participants. We can run this trip with as few as 10 people, but there will be a small group supplement. This is payable by your charity if you book under the Minimum Sponsorship option, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

**OPTIONAL EXTRAS**

- Extensions at end of trip\*
- Single room supplements\*
- Business class upgrades\*

(\*subject to availability)

**TRAVEL 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.



## Fundraising Targets

Depending on your location, the Minimum Sponsorship fundraising targets are set at:

GBP£6,500  
30,000 NIS  
\$10,000 USD  
£12,500 CAD

The variation in the fundraising target is to account for different flight costs.

## 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.
- Battling the altitude on the mountain up to the summit of 5895m.
- Arising before dawn and trekking through the night on summit day.
- Experiencing nightly temperatures of down to -15 degrees.
- Sleeping in a tent for 7 nights

## Typical day

During the trek you will be trekking an average of 6 to 8 hours each day, except for summit day which involves 12 to 14 hours of trekking. 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 be a packed lunch stopping in a reasonable spot. 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 our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe 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 challenge activity itself. Your

welfare is absolutely paramount.

In terms of your Kilimanjaro Summit Climb, there are a couple of important points that you should be aware of:

- You will be trekking to an altitude of 5895, 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
- 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 UK 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.

### Flights

You will be flying overnight from London to Kilimanjaro airport. Your flight tickets will be e-mailed to you before departure.

If flying from a non-UK destination, you must confirm this with The British Friends of Shalva and the Charity Challenge office.

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

For up to date vaccination information please check the Travel Health Pro page:  
[https://travelhealthpro.org.uk/country/220/tanzania#Vaccine\\_recommendations](https://travelhealthpro.org.uk/country/220/tanzania#Vaccine_recommendations)

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. Normally January and February are the driest and clearest months to climb. However, June through to late October and December are also good but you should expect a little more cloud around the rainforest zone. 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 across rough walls and 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. Anyone who leads a fairly active and moderately healthy lifestyle should be OK, but the more you exercise before the challenge, the more you will get out of it.

Training tips for the Kilimanjaro challenge:

- 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!

### **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 and 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 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. Your passport and money should be kept on you at all times.

### Leadership

We employ a number of Red Cross 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, which is basic but tough. 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 13 people in order to run and a maximum of 30 people. We will be able to run this challenge for 10 to 12 people, by charging a small group supplement of £95, which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

### Clothing and 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, Cotswold Outdoor. and Cycle Surgery.

## 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 or Marangu. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

### 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 biodegradable 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.

## 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 iodine drops or 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 or travellers' cheques 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. Cash

point machines, 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.

**Tips:** We recommend in the region of \$180US 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 and WiFi

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

We endeavour to provide a trained doctor to follow you on this trek with a full emergency medical kit if required. 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. The doctors at this hospital are very well trained in dealing with altitude related illnesses as well as trekking injuries. However, please be understanding of the fact that facilities in this part of Africa will not compare to those that you are used to at home.

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

+ 44 (0)20 8346 0500

[info@charitychallenge.com](mailto:info@charitychallenge.com)

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