



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

KILIMANJARO SUMMIT CLIMB -
LEMOSHO ROUTE
TANZANIA

Mon 09 Jan - Wed 18 Jan 2023





In aid of The Prime Quadrant Foundation

09 Jan - 18 Jan 2023

THE
PRIME QUADRANT
FOUNDATION

10 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.

Join us on this incredible adventure in support of pediatric mental health and The Prime Quadrant Foundation.

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 Mon 09 Jan

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Arrival in to Tanzania

Upon arrival in Tanzania, you will be met and transferred to your local Hotel. If you arrive earlier than today, we can organise a transfer for you but at additional expense. The evening will include a team dinner, briefing and equipment check before getting a decent night's sleep in preparation for the start of the challenge tomorrow. (D)

Accommodation: 4 Star Hotel

DAY 2 Tue 10 Jan

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

It's the long awaited challenge day! The day starts with a two-hour transfer to Kilimanjaro National Park for registration. You will have lunch here before driving a further 40 minutes to Lemosho Gate at 1,981m. The trek begins on a little-used path called Chamber's Route, which takes you through the first layer of Kilimanjaro's eco-systems - the rainforest. The first day's walk is short but tough and you should be prepared for some steep inclines and descents before you reach the first night of camping. (B,L,D)

Accommodation: Camp.

Distance: Approx. 6km

DAY 3 Wed 11 Jan

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Big Tree Camp to Shira One Camp, 3,500m (approx. 7-8hrs)

Today you will enjoy a morning climb of over 600m as you emerge out of the rainforest and into the next eco-system - the moorland. After stopping for lunch at a high point, the route heads down onto the Shira Caldera, a high-altitude desert plateau. From here, the trek is relatively flat into camp and, on a clear day, offers you the first sightings of Uhuru Peak - Kilimanjaro's dramatic summit. The evening's camp is at Shira One (3,500m), one of Kilimanjaro's three volcanic cones. (B,L,D)

Accommodation: Camping.

Distance: Approx. 8km

DAY 4 Thu 12 Jan

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Shira One Camp to Shira Two Camp, 3,800m (approx. 5-6hrs)

After an early start, head east across the Shira Plateau to the Shira Cathedral (3,880m). Here you will have the opportunity to do an optional short climb (approx 20 minutes up and 20 minutes down) to the top of the Shira Cathedral. You will need to leave your poles at the bottom as this involves a bit of scrambling but you will be rewarded with stunning views from the top. Back on the main route, you will continue your trek across the plateau

before ascending steeply to your campsite for the night: Shira Two (3,800m). (B,L,D)

Accommodation: Camping.

Distance: Approx. 8km

DAY 5 Fri 13 Jan

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Shira Two Camp to Barranco Camp, 3,900m (approx. 7-10hrs)

Today is a long day as you head out of the campsite and continue gradually uphill for approximately three hours. You will briefly leave the moorlands behind you as you head up to 4,500m to the Lava Tower where you will stop for lunch. This is an important step in the acclimatisation process and will be the first experience of trekking at very high altitude. After lunch you will begin your descent to the campsite. The route takes you through the Barranco Valley which is dotted with giant *Dendrosenecios* - impressive plants native to high-altitude mountain tops that can grow up to 6m tall. When you reach the next campsite you will be able to see how far you have come, with views over the expansive plains below and Mount Meru in the distance (B,L,D)

Accommodation: Camping.

Distance: Approx. 10km

DAY 6 Sat 14 Jan

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Barranco Camp to Karanga Camp, 3,900m (approx. 4-6hrs)

Pack your poles into your daypack and summon up all your energy for this morning's climb up the Barranco Wall. Conquering this 300m high wall is often one of the highlights for trekkers but requires scrambling at times and some time spent on more exposed edges. You may need to depart earlier as this section can become crowded with porters also trying to negotiate the route with their heavy loads, but take the time to catch your breath and marvel at their strength and endurance. Once at the top, you will take an undulating path into the Karanga Valley before a final steep ascent to the campsite. There is an optional but recommended afternoon trek (approx. 1-2hrs) to the scree slopes towards the southern ice fields, which helps with acclimatisation. (B,L,D)

Accommodation: Camping.

Distance: Approx. 7km

DAY 7 Sun 15 Jan

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Karanga Camp to Barafu Camp, 4,600m (approx. 4-5hrs)

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. The route begins with a strenuous climb of approximately three hours back into the alpine desert eco-system. You will then trek along a flat, rocky plateau before making the final steep climb into camp. Take the afternoon to either rest or join a short acclimatisation walk to a higher point. Dinner will be early tonight and will include a full briefing before you get some much needed sleep ahead of the midnight summit

departure. (B,L,D)

Accommodation: Camping

Distance: Approx. 6km

DAY 8 *Mon 16 Jan*

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Barafu Camp to Uhuru Point, 5,895m to Millennium Camp (approx. 12-15hrs)

Beginning the summit walk at midnight, the route to Stella Point (5,750m) is a tough, steady climb over rocky and sometimes uneven ground. 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 to Uhuru Point, and the roof of Africa at 5,895m. Whilst this section is fairly flat with smaller undulations, the altitude and fatigue will make it a challenging final stretch. Once there, celebrate your accomplishment with your fellow challenge participants, and take the time to admire the surrounding glacier, before beginning your descent. Knees will be feeling weary and weak as you make your way carefully back down the scree slopes to Barafu Camp. After a short rest and a much needed lunch break, you will continue down further to Millennium camp at 3,750m, where you can celebrate over dinner before getting a well-deserved early night. (B,L,D)

Accommodation: Camping.

Distance: Approx. 13km

DAY 9 *Tue 17 Jan*

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Millennium Camp to Mweka Gate through Kidia (approx. 5-7hrs)

Whilst the summit day may be behind you, your challenge is not yet complete. Leaving the beautiful moorland campsite, you begin the long, tiresome walk back into the rainforest and down to the plantations at Mweka Gate. Knees may struggle as the descent is steep in places and the path can become slippery and uneven through the rainforest. After approximately seven hours, the long-awaited finish line will come into sight and the celebrations can really begin.

Following a delicious lunch and a two-hour drive back to your hotel, you can enjoy a hot shower and rest before the you receive your medal and certificate over a celebratory dinner. (B,L,D)

Accommodation: 4 Star Hotel

DAY 10 *Wed 18 Jan*

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Depart Tanzania

Depending on flight times, there may be an opportunity to visit a local arts market to pick up souvenirs. You may also want to venture out of the hotel to try one of the local restaurants for lunch (not included). Then it will be 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, swap details with your inspiring teammates and plan your next challenge. (B)

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.

CHALLENGE COSTS

In order to participate, you will be asked to pay a (non-refundable) registration fee of US\$750 when you book on to the challenge, and the balance of US\$3,250 is due 10 weeks before your challenge. Please see below for what is and what is not included.

You are then asked to raise a minimum of \$5000 for the Prime Quadrant Foundation.

GROUND ONLY - This is a ground only challenge. This means you will need to organise travel to arrive at the starting point of the itinerary in Tanzania and to return home at the end of the challenge. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

WHAT'S INCLUDED?

Before you go

- Access to your own password protected account area
- Support materials (itinerary, equipment list, visa information, health notes, travel tips, responsible travel policy and guidance)
- Fitness training notes / Warm up exercise routines / 16 and 20 week trek training schedule
- Risk assessment and emergency management planning
- Public liability insurance

On your challenge

- Equipment as per the challenge activity
- 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
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (twin share 4 star hotel on the first and last night, and camping on the mountain)
- 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- An English speaking first aid trained challenge leader and full local support team
- Drinking water on challenge days
- A Charity Challenge T-Shirt and Medal

WHAT'S NOT INCLUDED?

Before you go

- Visa (if required)
- Travel to and from the Canadian airport of departure
- Vaccinations (please check Trip Notes for requirements)

On your challenge

- Flights to and from Tanzania
- Tips

TYPICAL GROUP SIZE - The typical group size is 20 - 30 participants

OPTIONAL EXTRAS

- Single room supplements*
- 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. You should ensure that you have cover for Medical (emergency, evacuation and repatriation), and for cancellation and curtailment of the challenge.

Who are Charity Challenge?

Charity Challenge are a UK specialist tour operator based in London, England and we have been running challenges around the world for more than 22 years! Our challenges have included the North and South Poles and covered deserts, jungles, rivers, mountains, volcanoes and rain forests amongst many environments and locations. From the Andes to the Zambezi, from Albania to Zimbabwe, we have helped tens of thousands of participants to raise over CAD\$100million for thousands of good causes.

Typical day

During the trek you will be trekking an average of 5 to 8 hours each day, except for summit day which involves 12 to 15 hours of trekking. Rest/water stops will be set up regularly, where you can regroup, rest and relax while drinking water and eating your snacks. Lunch will usually be a cooked lunch either along the way or when you reach the campsite (depending on the length of that trekking day). You will get to your campsite in the afternoon where you can relax, have a hot drink and eat your dinner in the dining tent. Along the route, toilet facilities are limited to the great outdoors. At the campsites there will be toilet tents erected for the group. You will only need to carry a small back pack during the day with waterproofs, fleece, suncream, hat, lunch and water. Your main bag will be carried between camps by our crew.

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, for 8 days
- Battling the altitude on the mountain up to the summit of 5,895m (19,340ft)
- Arising before dawn and trekking through the night on summit day
- Experiencing nightly temperatures of down to -15 degrees centigrade
- Sleeping in a tent for 7 nights

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, a thorough safety management system that formalises our ethos when it comes to safety. It 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 5895m, 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 centigrade

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.

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 crew. 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.

Flights

This challenge is ground only, meaning that you will be required to organise your own flights from Canada to Tanzania (Kilimanjaro International Airport) return. Please note that we strongly advise that you try and arrange flights so that you arrive before 2100hrs and do not depart before 0600hrs on your return flights.

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. Three months prior to departure we will provide you with the necessary application form and details to apply.

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. The cost of the visa is approx. US\$50.

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. It should include cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge.

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

The Charity Challenge team are not medical experts and we would encourage you to visit your doctor or travel nurse to discuss vaccination requirements. Your doctor 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
- Some medications are banned abroad so please check.

Altitude

For advice on the impact of altitude on the human body, please read the High Altitude notes in your account area.

Climate & Terrain

Climate

Temperatures on Kilimanjaro can vary dramatically, from 35° centigrade in the plains below the mountain to -20° centigrade 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 (even on cloudy days) as there is minimal shade as you start your ascent. Normally January and February are the driest and clearest months to climb. 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 and you will travel through 5 eco-systems during your trip. You will begin in the 'cultivation zone' at the gate and then travel through the 'rainforest' (1,800m - 2,800m) and into the 'moorland'

(2,800m - 4,000m). As you climb higher, you will experience the 'alpine desert' (4,000m - 5,000m) and then the 'arctic zone' (5,000m - 5,895m). You will be trekking along a mixture of paths, tracks and plateaus which will include areas with uneven ground and loose rocks or scree. This trek has an element of scrambling where you will need to use your hands to help you up and over large rocks and boulders. You will be supported by a large local team at all times and there is no technical climbing involved.

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 an active and healthy lifestyle should find this challenge achievable, however always ensure that you have trained and prepared thoroughly before the trip departs. The more you train 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 (if you can) to familiarise yourself with walking on rugged terrain
- Try to incorporate ascents into your training as well as long distances
- Carry a full daypack while training, and steadily add more weight
- Use the Fitness and Training tips in your account area

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 [Equipment List](#). You will require three types of bag for this trip:

- Daypack - This will be carried by you during the trekking day and will contain your trekking essentials. This bag should be fitted properly and should be 25-35 litres in capacity.
- Duffle bag (or rucksack) - This will be carried by the porter during the trek and will only be accessible at the campsites. It should contain everything that you require for the trek that you will not be carrying yourself. Please do not bring a bag with hard sides or wheels as porters often carry luggage on their heads. Your duffel bag 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 you up to US\$100.
- Hotel bag - This will be left at the hotel while you are on the mountain. You can leave any non-trekking items in this bag to be collected when you return from your trek. These items are left with the hotel reception but they are left at your own risk. Your passport, money and any valuables should be kept on you at all times.

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.

On your outward journey, please wear your trekking gear, hiking boots, and carry a spare change of clothing in your hand luggage, just in case your duffle bag gets delayed.

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 be forced to change, for example, due to unusual weather patterns or the strength of the group. 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.

An expedition medic will also join the group to provide full time support and assistance throughout the trek. The medic will be English speaking and are often UK based Doctors. Please see below from our Terms and Conditions regarding medical support for Canadian groups.

"In order to provide medical support on our challenges, we sometimes engage qualified UK doctors to join an expedition. Each doctor has professional indemnity insurance in place. However, no medical defence insurance currently provides cover for any doctor taking part in such an expedition if sued directly by an individual of Canadian, American, Australian, Bermudan and Hong-Kongese nationality in their home country court of law. For this reason, in order to protect our doctors who provide these professional services, you hereby acknowledge and fully understand that Charity Challenge is a UK registered tour operator, that the Doctors which we may provide during the challenge to supply medical support to participants are qualified and operate under English Law and English Jurisdiction. You understand and are fully aware that the Doctors' insurance provides that any claims brought in respect of negligent treatment must be brought under English Law and Jurisdiction. The Doctors will not be insured for claims brought in other jurisdictions, including the participants' home jurisdiction (if outside of the UK). You hereby acknowledge and understand that any cause of action you wish to make must be brought under English law and English jurisdiction. You therefore guarantee not to bring a claim against any Doctor, other than in accordance with this clause."

Group Size

Your trekking group is intended to be a minimum of 20 people in order to run and a maximum of 30 people.

Clothing and equipment

Good quality, durable equipment 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 get one fitted in-store and 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 equipment list for this challenge can be found [here](#).

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 4 star hotel in Arusha. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance. If you do not wish to share a tent/hotel room, please enquire with Charity Challenge regarding the single supplement.

Toilets

In the camps you will have toilet tents set up by your ground team, containing 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 day's trekking. There will also be water and soap available in camp to wash your hands with after using the toilet and before eating.

You should take plenty of toilet paper with you as well as anti-bacterial hand gel. You should also bring something to put used toilet paper in during the trekking day (like biodegradable dog poo bags) as toilet facilities between campsites will be limited to the great outdoors. 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 cooked 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.) You will need to bring plenty of snacks to keep your energy levels and calorie intake high during the trekking hours, especially on summit night. It is advisable to bring snacks that you really enjoy eating as altitude can affect your appetite.

There will be ample drinking water, as we will be filling up from local water sources. All the water is treated and is safe to drink, but you may wish to also use iodine drops or tablets as well whilst trekking. If you choose to use water straight from the stream or from hotel taps it is 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 Canada. 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 at the airport and in most towns and cities where you can change cash. Please don't bring travellers' cheques. 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. Cash point machines, which allow the use of Visa & MasterCard etc with a PIN, can be found at the airport and in the main towns (such as 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 USD\$350-USD\$450 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 US\$200 for the Kilimanjaro support team, and this should be given to the challenge leader on the last day of the trek, who will distribute it among the support team. For a team of 20 trekkers, we could have as many as 60-70 support crew! If you do want to give one member of staff an extra tip, please also leave this until the end and allocate this on top of the recommended tipping amount. Make sure you have plenty of smaller dollar bills for tipping drivers and lodge/hotel staff. If you are going on the safari we recommend US\$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.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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Any more questions?

Contact us:

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