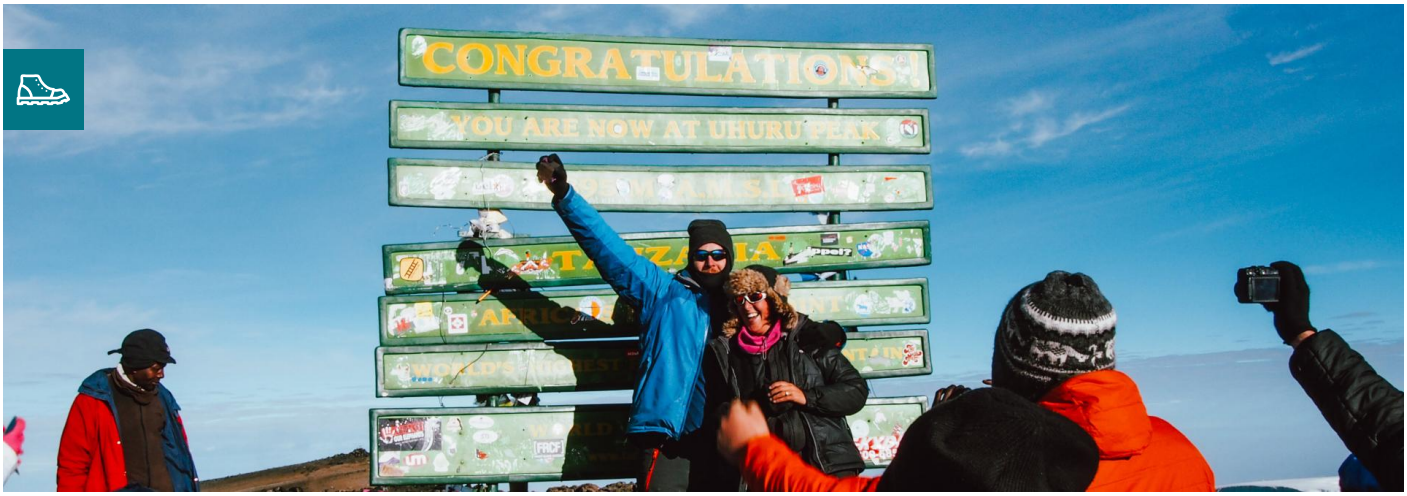
CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

KILIMANJARO SUMMIT CLIMB - LEMOSHO ROUTE TANZANIA

Wed 24 Jul - Sun 04 Aug 2024



In aid of your choice of charity

24 Jul - 04 Aug 2024

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 *Wed 24 Jul*

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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.

DAY 2 *Thu 25 Jul*

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Flight to Kilimanjaro airport, transfer to hotel

Your local Charity Challenge representative will meet you in arrivals and you will take a two-hour transfer to your hotel. 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

DAY 3 *Fri 26 Jul*

-

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 4 *Sat 27 Jul*

-

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 5 *Sun 28 Jul*

-

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 capsite for the night: Shira Two (3,800m). (B,L,D)

Accommodation: Camping

Distance: Approx. 8km

DAY 6 *Mon 29 Jul*

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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 7 *Tue 30 Jul*

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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 8 *Wed 31 Jul*

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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 9 *Thu 01 Aug*

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Barafu Camp to Uhuru Point, 5,895m to Millenium 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 undualtions, 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 10 *Fri 02 Aug*

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Millenium 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: Hotel

DAY 11 *Sat 03 Aug*

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Depart Tanzania to UK

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 Charity Challenge. (B)

DAY 12 *Sun 04 Aug*

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Arrive home

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

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.

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 £495.00 when you book
Then a balance of £2754.00 (10 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £495.00 when you book
Raise a minimum of £5620.00 for your charity.

FLEXI

-

Registration fee of £495.00 when you book
Then £495.00 towards challenge costs (10 weeks before your challenge)
Raise a minimum of £4610.00 for your charity.

You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £250.00, which is due 10 weeks before departure.

WHAT'S INCLUDED

Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance
- Fundraising advice
- Fitness training notes
- Access to training weekends (optional and at additional expense)
- 16 and 20 week trek/bike training schedule

On your challenge

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- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Equipment as per the challenge activity
- Drinking water on challenge days
- An English speaking first aid trained challenge leader and full local support team
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt
- International flights to and from the UK, in economy class (see air tax exclusion below)

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Visa (if required)
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

On your challenge

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- Contribution towards air taxes and fuel element (please see the section below on "Air Tax and Fuel Element Contribution")
- Tips
- Departure Tax (if applicable)

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 12 weeks before departure (by 01/05/2024), and the remaining 20% within 4 weeks of completing the challenge (by 01/09/2024). 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.
Air tax and fuel element contribution	The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £250 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge.
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 10-12 people, but there will be a small group supplement of £95. 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	Business class upgrades* Single room supplements* Extensions at end of trip* Travel insurance (*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.

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 5 to 8 hours each day, except for summit day which involves 12 to 15 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 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 mess tent. Along the route, toilet facilities are limited to the great outdoors. At the campsites there will be toilet tents erected for the group.

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 5895m, and altitude trekking carries it's 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

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 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 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 for further assistance). Please note; if you are arrangin your own flights, we are unable to arrange airport 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. 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. $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. 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 by clicking here.

For more travel insurance questions, please refer to our main FAQs page or for any specific queries, please contact us at 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

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 (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. 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 and you will travel through 5 eco-sytems 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 throoughly before the trip deaprts. but 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 of the UK 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
- Join one of our training weekends!
- Visit an altitude centre
- Use the Fitness and Training tips in your account area

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 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 everthing 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 $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.

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 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 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, Cycle Surgery and altitude centre.

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. 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 days trekking. There will also be water and soap available in camp to wash your hand with after using the toilet and before eating.

You should take plenty of toilet paper and wet wipes with you as well as anti-bacterial hand gel. You should also bring something to put used toilet paper in during the trekking day 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 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 at the airport and 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 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 £250-£300 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 $200, and this should be given to the challenge leader on the last day of the trek, who will distribute it among all of 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 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 $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 suffer from a severe allergy, you are required to contact us to discuss any requirements. 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. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

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-exiting 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.

CHARITY CHALLENGE

Any more questions?

Contact us:

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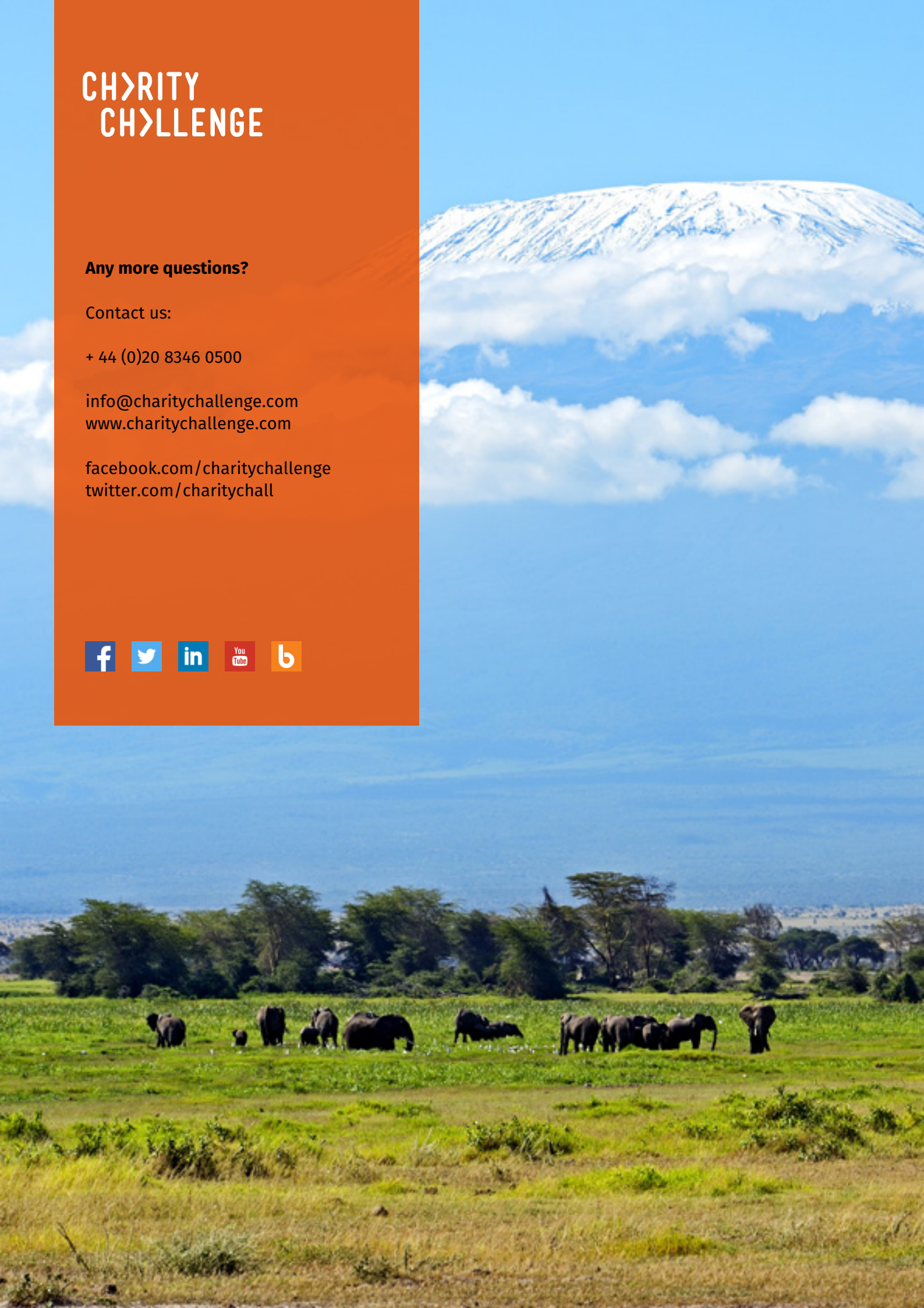
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