CH>RITY
CH>LLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

MOUNT KENYA CHALLENGE KENYA

Sat 18 Sep - Sun 26 Sep 2027

In aid of your choice of charity

18 Sep - 26 Sep 2027

9 DAYS | KENYA | EXTREME

The impressive triple peaks of Mount Kenya are a sight to behold! Our route uses the gentlest ascent track on the mountain with an additional acclimatisation day at 4,200m. Trekking the Sirimon - Chogoria route is designed to give you an excellent chance of summitting, whilst keeping the climb challenging - not forgetting the stunning views! Passing up through the montane forest, bamboo and heather zones to glaciers, then down past spectacular chasms, jagged peaks and the glaciated "U" shaped valleys and waterfalls, our goal is Point Lenana, at 4,985m, the second-highest peak in Africa.

- Watch the sunrise over the Kenyan plains from Point Lenana
- Ascend via the Sirimon route and descend via the scenic Chogoria route
- Climb the second highest mountain in Africa at 4,985m
- Enjoy the views of three rugged glacier-clad peaks from Shipton's Camp
- Amazing variety of flora and fauna on the mountain

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 18 Sep*

-

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 Kenya. Embrace the nerves and get ready for the experience of a lifetime! You will arrive in the late evening and you will be met by your local Charity Challenge representative in arrivals and transfer you to your hotel in Nairobi.

Accommodation: Hotel

Please note that no evening meal is provided at the hotel but you will provided a meal onboard your flight to Nairobi.

DAY 2 *Sun 19 Sep*

-

Transfer to Mountain Rock Lodge (1,950m). Acclimatisation walk to Mau Mau Caves

After breakfast, you will have a 4-hour transfer to Mountain Rock Lodge, in time for lunch. In the afternoon, your guides will take you on an acclimatisation walk to the Mau Mau caves in Mount Kenya Forest Reserve. These caves used to be the hideout by local freedom fighters that fought for independence in the colonial period. You will get your first feel of the abundance of birdlife, game and plants, with at least 11 unique species on the lower slopes of Mount Kenya. You may see Colobus monkeys up in the trees and elephants and buffalo through the clearings. (B,L,D)

Accommodation: Mountain Lodge

DAY 3 *Mon 20 Sep*

-

Transfer to Sirimon Gate and hike to Old Moses, 3,340m

After a short drive, crossing the equator en-route, you will arrive at Sirimon Park Gate. From here you will start the trek up through magnificent montane forests, bamboo and giant heather zones before reaching the high altitude moorland and your first campsite, "Old Moses" at 3,340m. This first day's gentle trek takes 3-4 hours and climbs 690m. (B,L,D)

Accommodation: Camping

DAY 4 *Tue 21 Sep*

-

Trek to Shiptons Camp, 4,236m

Trek up the spectacular Mackinder Valley past strange giant groundsel and lobelia plants, to emerge onto what looks like a set from Star Trek - Shipton's Campsite at 4,236m. This surreal setting sits below towering peaks and glaciers, with resident populations of bizarre rock hyrax and beautiful sunbirds. (B,L,D)

Accommodation: Camping

DAY 5 *Wed 22 Sep*

-

Acclimatisation day at Shipton's Camp

'Hike high, sleep low'. For better acclimatisation, you will take a rest day at Shipton's campsite. Short walks are possible on the summit circuit here. We will climb about 370m to Hausberg Col before returning for lunch. Climbing high and sleeping low is excellent for acclimatisation - but you can do that almost as well lounging in the sun watching the eagles! (B,L,D)

Accommodation: Camping

DAY 6 *Thu 23 Sep*

-

Summit Day - Point Lenana, 4,895m

You will have an early start to reach Point Lenana at 4,895m for sunrise. The climb starts on frozen scree and continues on a rocky track with some very minor scrambling. With a good moon, you'll barely need a torch. Without a moon, the pollution-free sky, bang on the equator, gives you as good a view of the stars as almost anywhere on Earth. The climb takes between 3 and 5 hours, and to add to the exhilaration, Kilimanjaro is usually visible on the horizon. A further 3 hours down to a late breakfast by Hall Tarns in the magnificent Gorges Valley. Then on to Michaelson - 4,000m to relax your tired legs. You are rewarded with a memorable stay at this site, with it's dreamlike setting below the sheer 300m cliff of the Gorges Valley and fascinating views of the towering peaks and glaciers. (B,L,D)

Accommodation: Camping

DAY 7 *Fri 24 Sep*

-

Lake Michaelson to Lake Ellis 3,470m, and return to Mountain Rock Lodge

After breakfast you will trek 3 hours down past spectacular chasms, waterfalls and weirdly eroded lava flows for lunch by Lake Ellis 3,470m. A lake with breathtaking views against a mountain background. You will continue your descent down Mount Kenya for a further 2 hours, before a short drive to a much needed shower and comfy bed! Tonight there will be a celebration dinner. (B,L,D)

Accommodation: Mountain Lodge

DAY 8 *Sat 25 Sep*

-

Transfer back to Nairobi for evening flight

Have a lie in and a relaxed breakfast before driving (approx. 4 hours) back to Nairobi Airport for your late evening flight back to London. Please note lunch and dinner are at your own expense today. (B)

DAY 9 *Sun 26 Sep*

-

Arrive home

Touch back down in the UK. 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	MINIMUM SPONSORSHIP	FLEXI
-	-	-
Pay a registration fee of £495.00 when you book *Then a balance of £2930.00 (10 weeks before your challenge)* *Raise as much as you can for your charity.*	*Registration fee of £495.00 when you book* *Raise a minimum of £5980.00 for your charity.*	*Registration fee of £495.00 when you book* *Then £495.00 towards challenge costs (10 weeks before your challenge)* *Raise a minimum of £4970.00 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

-

- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Fitness training notes

On your challenge

-

- Three meals a day (unless otherwise stated in the itinerary)
- All internal transfers
- 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
- Drinking water on challenge days
- Accommodation during the challenge (usually in twin share)
- A medal on finishing the route
- 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

-

- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking

On your challenge

-

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

or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

THE DETAILS

Registration fee in instalments	The first instalment of £247.5 is due at the time of booking. The second instalment of £247.5 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 12 weeks before departure (by 26/06/2027), and the remaining 20% within 4 weeks of completing the challenge (by 24/10/2027). 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.

- Departure Tax (if applicable)
- Personal spending money

Typical group size	The typical group size is 15 - 30 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 15 participants. We can run this trip with 12-14 people, but there will be a small group supplement of £125. This is payable by you if you book as a Self Funder or your charity under the Minimum Sponsorship or Flexi payment option if you have raised the necessary minimum fundraising target. For Self Funders, we will notify you 12 weeks before departure if this is necessary, and it will be added to your final balance of challenge costs invoice.
Optional extras	Business class upgrades* Single room supplements* (*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. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge and https://riseandshield.com/partners/charity-challenge/ * Rise and Shield do not provide cover to Cuba.

Luggage allowance & valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your Kit List. You will 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.
- 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.

A typical day

During the challenge you will be trekking an average of 5 to 8 hours each day. 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, a thorough safety management system. 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 Mount Kenya Challenge, there are a couple of important points that you should be aware of:

- You will be trekking to an altitude of 4,985m, 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 centigrade

Emergencies

We provide a doctor on your challenge to support 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. If a visit to a local hospital is not necessary, then you will be provided with porter assistance to a lower camp or back to the hotel to wait and rejoin the group.

All medical and evacuation expenses incurred are the responsibility of the individual(s) concerned and should be paid in full to our local operator before departing Kenya.

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 Impact Partners 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 the year 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 Nairobi Kenyatta 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 arranging your own flights, we are unable to arrange airport transfers between the hours of 20:00 and 06:00 due to safety issues, so please avoid flights that arrive during this period.

Please note: Timings of the group flights are subject to change so please take this into consideration when booking domestic travel arrangements to reach your departure airport i.e. book flexible tickets where possible. We are unable to take responsibility for the consequences of missed international flights due to delayed travel arrangements to the airport. We therefore advise you, when booking transport and making any arrangements, to plan to get to the airport in plenty of time allowing for any possible delays which may occur on the day (bad weather, break down, cancellations etc). If you book a domestic flight, in order to get to your international departure airport, please do consider that this flight ticket cannot be linked to the ticket we are organising for you; you will need to collect your luggage, possibly change terminal and check-in again as normal.

Visa

Passport

To enter Kenya, your passport must have:

- an 'expiry date' at least 6 months after the date you arrive
- at least 2 blank pages

E-Visa Application

You must have a visa to visit Kenya if you are aged 16 and over. Visa applications can now be completed online by using the following link: https://evisa.go.ke/ More guidance on your e-visa application will be provided 3 months prior to departure.

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.

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. This should include protecting the charity in the event of your cancellation 56 days or less prior to departure; the specific activities on your challenge including trekking at high altitude (up to 5500 meters); medical (emergency, evacuation and repatriation) specifically for this trip covering helicopter evacuation.

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, Medication & Altitude

Vaccinations

For up to date vaccination information please check the Travel Health Pro page:
https://travelhealthpro.org.uk/country/117/kenya#Vaccine_Recommendations

Charity Challenge 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

Anything over 2500m is classified as being ‘ high altitude’ in that it starts to have some effect on the body.

One of the benefits of booking with Charity Challenge, is the support and training you will receive from our partners at The Altitude Centre - the UK’s leading altitude training specialists. Check out the High Altitude section in your account area for more information, and discounted training plans.

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

Climate & Terrain

Climate

Although Kenya lies in the tropics, the temperature depends more on altitude than on season. Kenya straddles the equator so short showers can happen at any time of year. Daytime temperatures can get as high as 30 degrees in Nairobi but with low humidity.

Mount Kenya can be climbed all year round, but it's safest to climb during the dry seasons: January-February and July to September offer the most reliably fine weather and it's best to avoid the two rainy seasons from mid-March until June and from mid-October to the end of December. Above the cloud line, the days are warm and pleasant, with temperatures in sunlight often above 20ºC, but the nights can get very cold. Temperatures can get as low as -15ºC at our highest overnight stop. The daily weather pattern on the mountain tends to be clear mornings with an afternoon cloud build-up that often clears before sunset.

Please note that mountain weather conditions are never totally predictable and we may meet wet and snowy conditions at any time. As we climb with altitude these conditions will tend to change, so always best to be prepared for every eventuality.

Terrain

Some of the trails are not well defined and some forest sections can be slippery and moorland paths can be very wet in poor weather conditions but the guides will help you throughout. As we reach higher altitudes on days 5 and 6 of the

itinerary there may be a lot of scree, making the trek more challenging. The final ascent is almost exclusively on scree and loose rock without permanent footpaths but no technical skills are required.

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 climate. 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 throughly before the trip departs but the more you train before the challenge, the more you will get out of it.

Training tips for the Mount Kenya 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
- Visit an altitude centre
- Use the Fitness and Training tips in your account area

Level of difficulty

The Mount Kenya 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.

Please be aware many trekkers find the summit day on Mount Kenya a real challenge and the hardest section of the whole trek.

You can tell your supporters that on your Mount Kenya Challenge you will be:

- Trekking for 5 consecutive days for around 6-8 hours per day
- Battling the altitude on the mountain up to the summit of 4985m
- Trekking through the night on summit day to get to Point Lenana for sunrise
- Experiencing nightly temperatures of down to -15 degrees centigrade
- Sleeping in a tent for 4 nights

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

Leadership

There is quite a large team supporting you to the summit of Mount Kenya! You will fly out with a UK Mountain Leader & Expedition Medic. We also employ a number of first aid qualified local challenge guides, all of whom speak fluent English and have a huge amount of expereince on the mountain. 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 15 people in order to run and a maximum of 30 people. We will be able to run this challenge for 12 to 14 people, by charging a small group supplement of £125, 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.

Please click here for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.

Accommodation and Toilets

Accommodation

On arrival, you will stay in a hotel in Nairobi. 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 at the base of Mt Kenya. 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. 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 hands 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 and Drink

Breakfast: cereals, assorted fruits and fruit juice, tea/coffee/chocolate, oat porridge, toast, pancakes, scrambled eggs, bacon, or sausages.
Picnic lunch: ham/cheese/lettuce sandwiches, burger steaks or veggie burgers, assorted fruits, packets of fruit juice, and crisps.
Dinner: Soup of the day, fish fillets with buttered potatoes or vegetable stew with rice, fruit, tea or coffee.

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 note that in Kenya the availability of certain products for restricted diets, e.g. gluten-free or dairy-free, is minimal or non-existent and we strongly recommend you bring these specialised dietary items from home. It is extremely important that you let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Money

Currency: The national currency of Kenya is the Kenyan Shilling (KES). US dollars are accepted in most places and should be used in country.

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 Nairobi), 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: In Kenya, it is customary to tip your local staff. Although this is not compulsory, we should point out that it is expected and you should allow for this. It is also normal to give small tips in restaurants and to luggage porters. We recommend allowing between £40 and £60 (or US$70 and US$100) for the staff on Mount Kenya 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.

Phone and Wifi

There is Wi-Fi at the hotels 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 & challenge doctor 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.

Evacuations

In the event of a medical emergency the first choice of evacuation method will be on foot, or on a stretcher, to get back down the mountain. You would then be met by a vehicle to take you to the nearest hospital or hotel to rest.

In the event of a serious medical emergency, where walking or a stretcher back down the mountain is not possible, an evacuation by helicopter may be the quickest and safest choice, this will be dependent on the weather and service availability. Your Challenge Leader and the Expedition Doctor will discuss this with you, with the final decision resting with the doctor.

We appreciate that having to descend from the mountain will be a disappointment, having trained and fundraised for the challenge. However, the doctor will make the decision based on their professional assessment of your health. Your safety is, and always will be, Charity Challenge's number one priority.

We will organise the logistics of the helicopter evacuation and in most cases, you would be taken to a hospital in Nanyuki (nearest hospital to Mount Kenya). We will make the arrangements as quickly as possible to get you to safety, but it will be your responsibility to cover the costs of the helicopter evacuation before being taken into the hospital. Therefore, Charity Challenge requires you to have access to a minimum of USD $4,000 (about £3,200) of available funds and we would highly recommend that you have sufficient funds on your credit card before you leave home. Whilst Charity Challenge can initially open an insurance claim on your behalf, you will need to process a claim on your return home to recover any costs as a result of the evacuation. In order to process the claim further down the line, and as a minimum, insurance companies will require the helicopter invoice, a receipt of payment and a medical report from the doctor/hospital.

Charity Challenge will help you make all necessary arrangements for your accommodation, your return flight (if you return home earlier than the scheduled return date) and to advise you of the next steps depending on your particular situation. Once again, you will need to pay for additional services and keep receipts in order to recover costs once you return home.

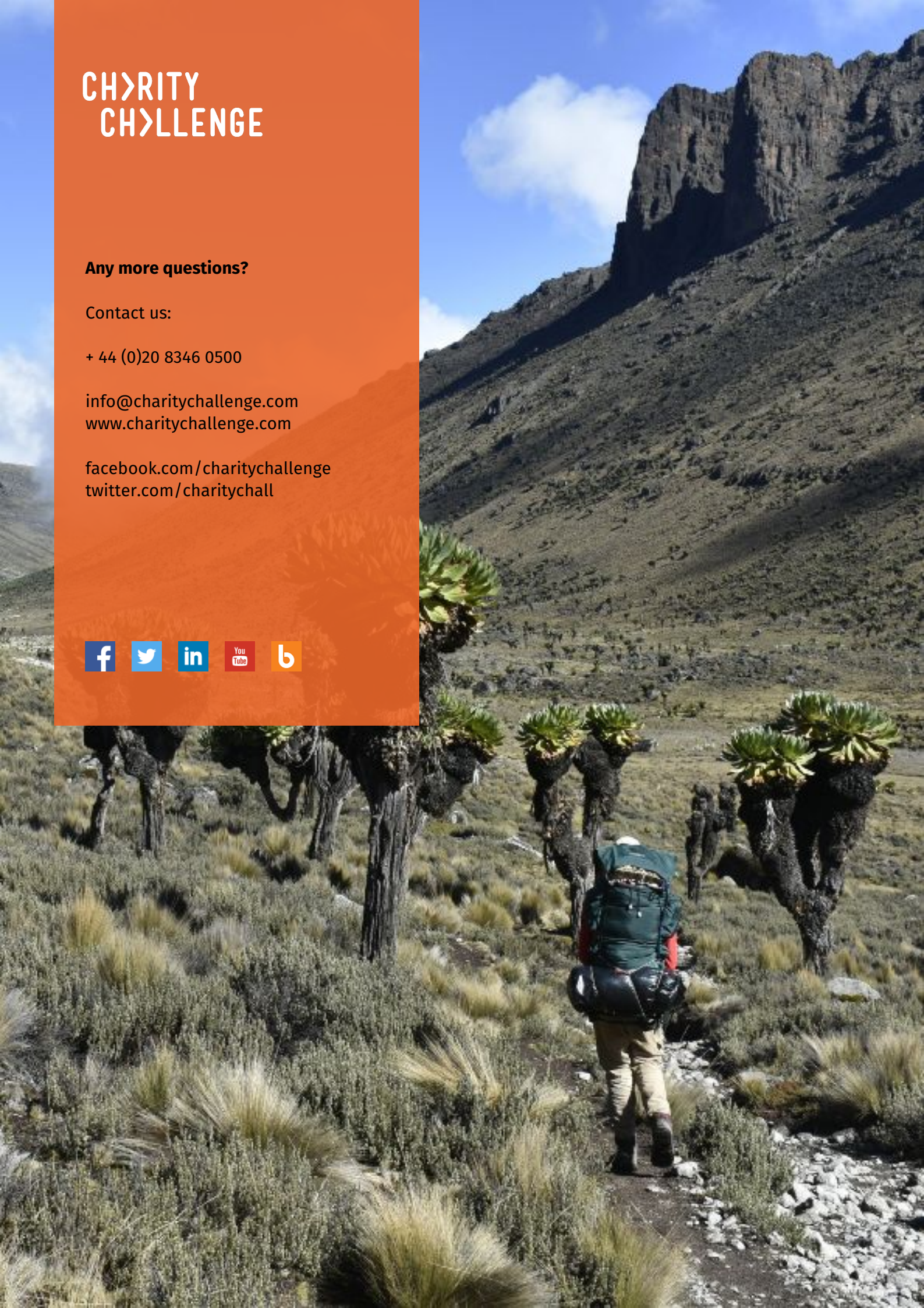
Some airlines may require a "Fit To Fly" certificate, especially if the medical emergency was as a result of an altitude related condition. Please refer to the Insurance tab for further information.

CH>RITY
CH>LLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall