

The Kilimanjaro Challenge

19th - 30th May 2012

13th - 24th October 2012



Trek the highest freestanding mountain on earth on this African challenge!

Spend two days helping at a community project before taking the Marangu route to the famous summit!



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MARANGU ROUTE

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About Tanzania



The United Republic of Tanzania borders Kenya and Uganda to the North, Rwanda, Burundi and The Democratic Republic of Congo to the West and Zambia, Malawi and Mozambique to the South and is 4 ½ times the size of Britain. The population of Tanzania is about 39 million and there are estimated to be 120 linguistic groups. In April 1964 Tanganyika joined Zanzibar and the Republic of Tanzania was formed. Tanzania remains one of the world's 25 poorest countries with the vast majority of Tanzanians having a subsistence lifestyle. Tanzania's major exports are coffee, cotton, cashew nuts, sisal, tobacco, tea and diamonds.

Kiswahili and English are the official languages and the unit of currency is the Shilling or 'shillingi'. Mostly Tanzania's climate is tropical, but due to the size of the country there are regional variations. The coast and Lakes are hot and humid, the interior is hot and dry and the highlands such as Kilimanjaro are generally warm and dry during the day and cold at night. Tanzania's main rainy season is between November and May (short rains Nov – Dec and long rains March – May).

Trek Info

The 'Kilimanjaro Challenge' trek can be undertaken by anyone as long as you have a very good level of fitness and you are healthy. The ascent does not require technical climbing skills and is followed by a fairly quick descent. That said, adequate preparation planning and training are absolutely essential. The Kilimanjaro Challenge will take the Marangu Route, which is affectionately called the Coca Cola route because of the availability of snacks and drinks at the camps along the route. 20,000 people per year attempt to reach the peak.

*Please also note that due to the high altitude, a very good level of fitness is recommended for this tour. **DTC has the right to refuse anyone who they feel is not fit enough for the challenge.*** We require a medical form to be filled in prior to departure, and any pre-existing conditions **must** be noted and signed by your GP.

Kilimanjaro

Mount Kilimanjaro is located in the North East of Tanzania on the border with Kenya. Kilimanjaro is actually an extinct volcano geologically associated with the creation of the Great Rift Valley 100km to the west. It is the highest free standing mountain in the world and is considered a trekking peak because you do not need any technical skills. The Bantu speaking group called the Chagga are the main residents in the Kilimanjaro region. The first European to set foot on the highest point of Africa was Hans Meyer in 1889. Since then the snow capped mountain has become a popular destination for those wishing to experience the most spectacular challenge of their lives.



There are five main ecological zones on Kilimanjaro:

Lower slopes (800-1800m) Grazing land, cultivation, settlements generally fertile and lush with small mammals.

Forest zone (1800-2800m) Forest belt completely encircles the mountain and provides water to the lower slopes. Supports a variety of wildlife including elephant, buffalo, colobus monkeys, leopard, bushpig. It is generally damp and cloudy with cooler nights.

Heath and Moorland zone (2800-4000m) This is a semi-alpine area with heath like vegetation and abundant wild flowers. Wild dog, buffalo and, possibly, lion live at this level.

Alpine desert zone (4000m-5000m) A semi desert zone with sub zero temperatures at night and thirty degrees during the day. Water is scarce and there are only 55 recorded species of plants who survive at this height and few mammals and birds.

Summit (5000-5895m) This is the arctic zone with freezing cold nights and burning sun during the day. The oxygen is half that at sea level. Kilimanjaro was once completely covered by an ice cap but at present only a small fraction of the glacier remains. There are serious concerns that the ice cover may completely disappear over the next 20 years.

Itinerary

Day 1: London - Kilimanjaro Overnight flight from London to Kilimanjaro (via Nairobi).

Day 2: Moshi On arrival, transfer to your hotel in Moshi (approx 20-30 minutes drive). Visit the project this afternoon. A briefing and welcome dinner tonight.

Days 3-4: Moshi Help out at a project in Moshi. This could be at a school or community centre for example.

Day 5: Marangu Gate – Mandara Hut 2,705m (8,875 ft) This morning we drive through the semi-tropical foothills of Kilimanjaro to Marangu Gate, where you enter Kilimanjaro National Park and start your climb. Today's trek takes 4-5 hours through tropical rainforest to reach Mandara Hut where we stay overnight. The terrain is not too steep and it is a short day.

Day 6: Mandara Hut – Horombo Hut 3,718m (12,201 ft) Your second day on the mountain starts with a fairly steep climb through the last of the rainforest, up to alpine meadows dotted with giant heather. Further on, the environment changes to open heath with stunted vegetation, before opening out to bleak moorland. There is a very steep section just over halfway through your day. Today you will gain approximately 1,000m in altitude, so walk slowly in order to acclimatize properly. It is normally a 6-7 hour hike to reach Horombo Hut depending on your pace.

Day 7: Horombo Hut Spend a day acclimatising to the altitude with short morning and afternoon treks, returning to base for meals and overnight. This time will greatly increase your chances of reaching the summit.

Day 8: Horombo Hut – Kibo Hut 4,713m (15,463 ft) The terrain now becomes progressively more rocky and rugged, and giant groundsels and lobelias make their appearance. The trail skirts Mawenzi Peak, before crossing a stark, almost lunar landscape and the famed tundra desert of 'the saddle'. The hike to Kibo Hut takes between 6 to 8 hours and the views from the saddle are breathtaking. Make this an early night – your attempt on Uhuru Peak starts at midnight.

Day 9: Kibo Hut – SUMMIT 5,894m (19,340 ft) – Horombo Hut 3,718m (12,201 ft) Soon after midnight, you will be awakened by your guides to start the trek up a long scree slope. After roughly two to three hours you should reach Hans Meyer's Cave and from here the gradient gets steeper. Continue your climb for approximately another 3 hours up a steep, zig zagging path to Gilman's Point and you will be rewarded by the dramatic sight of the rising sun reflecting off the ice fields and craggy peaks of Mawenzi. Walk along the crater rim for another couple of hours to reach your goal – Uhuru Peak, towering at 5,895m (19,340 ft.) After congratulating yourself and your companions on this great achievement, descend to Kibo Hut for rest and refreshment before continuing to Horombo Hut. This is an extremely long day – up to 15 hours trekking depending on your pace.

Day 10: Horombo Hut – Marangu Gate - Moshi After a leisurely breakfast, make your final descent across the alpine meadow, past Manyara Hut and on down through the rainforest to Marangu Gate, where your driver and vehicle will be waiting to transfer you back to Moshi.

Day 11 -12: Moshi – London Transfer to the airport for your overnight flight to London. Arrive in London the next morning.



BEFORE YOU GO: AN A - Z OF INFORMATION ON TANZANIA

A is for Arrival. All visitors require a visa for entry into Tanzania. You can obtain your single entry tourist visa from the Tanzania High Commission in London prior to departure or on arrival at Kilimanjaro airport (correct as on July 2011). Visit <http://tanzaniahighcommission.co.uk> for application forms. **Your passport must have a remaining validity of at least six months after departure and that you have enough empty pages for your visa and entry stamp.**

A is also for Altitude. Everyone will have some symptoms to varying degrees including: headache, nausea, vomiting, lack of appetite, insomnia, fatigue, dehydration. Learn more about altitude sickness here: <http://www.traveldoctor.co.uk/altitude.htm> See your GP about options for medication to help with the altitude.

B is for Behaviour (local customs, cultural respect, dress code etc). You should pay special attention to what you wear as a large percentage of the local population is Muslim and skimpy clothing of any kind would be inappropriate. When in public places or during project work shorts and a t-shirt would be fine but you should respect the preferences and cultural norms of those around you – i.e. no bikinis, hot pants, halter neck tops etc! If you show respect then respect will be shown back to you.

B is also for Begging. Not an issue although you may be asked for 'pennies', sweets or pencils from children. Please **do not** hand things out to the children as they will come to rely on tourists for money and items. If you would like to donate items, please speak to your tour escort or guide on the appropriate way to give gifts.

B is also for Books/further reading. There are several guide books on East Africa, Tanzania and Mount Kilimanjaro. A highly recommended book is *Kilimanjaro: The Trekking Guide to Africa's Highest Mountain - 2nd Edition* (Trailblazer Guides) by Henry Stedman. Available from all good book stores.

C is for Communications. The country code from UK to Tanzania is +255. There is also a widely spread mobile phone network across the country. It is thus quite likely that your mobile phone will work. Mobiles phones work on Mt. Kilimanjaro – right up to the summit, although you cannot charge your mobile on the mountain. Remember your charger and to switch to the international roaming option with your phone provider. Whilst in the hotel you may access the internet and e-mail and cyber cafes have sprung up all over major towns and cities.

D is for Dehydration. When trekking at altitude it is vital to consume plenty of bottled water to avoid the risk of dehydration and to help acclimatise more effectively. You must also take some rehydration salts such as Diorylite or Electrolade or a pharmacy own brand of rehydration. You would be advised to bring along some electrolyte tablets to add to your drinking water such as NUUN, to prevent dehydration before it starts. See also W is for Water.

D is also for Daypack. Throughout the trek your daypack is your responsibility and you will be carrying your own – so don't make it too heavy. We recommend a 25-30 litre pack with a chest strap and hip belt. It is likely to weigh around 10kgs when packed, so please take this equivalent with you during your training trips. You will need to carry some essentials with you as you will not have access to your main pack during the day: waterproofs, fleece, sun hat, sunglasses, gloves, warm hat, sun cream, water bottle, tissues/wet wipes, medical kit, packed lunch, head torch etc. You may also wish to bring your camera and spare memory cards and batteries. Your daypack must have a waterproof cover as rain is common during the climb. Alternatively, consider dry bags for inside your pack, which will keep important items dry.

D is also for Dietary Requirements. The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible.

E is for Expenses. Porter's/guides tips (approx. US\$140 cash recommended per climber), laundry, drinks, personal spending money, personal equipment, souvenirs, tips, airline taxes (approx £200). There are lots of ATMs in Moshi if you wish to withdraw cash, but be aware that your bank may charge for overseas withdrawals and transactions.

E is also for Electricity. Mains electricity is 230v/ 50 Hz but is subject to fluctuations and power cuts. Plugs are 3 square pin sockets (British style).

F is for First Aid kit. Especially whilst on the climb you should have a small first aid kit of essential items (Anti-malarials, personal prescription medicine, painkillers, plasters/blister plasters, zinc oxide tape, insect repellent (containing 50% DEET), anti-histamine tablets and cream, Imodium (loperamide), rehydration sachets, throat lozenges, painkillers such as Ibuprofen, decongestant, lip balm with SPF, antiseptic cream, scissors, tweezers, sanitary protection/Mooncup, spare glasses or contact lenses, toilet roll. See packing list for more detail.

F is also for Fitness. A very good general level of fitness is required. You should start a programme of body conditioning well before your departure including walking and cardio vascular workouts to both improve your stamina and your ability to walk up and down gradients. You will be walking very slowly, but for many hours, so it is essential that you are able to walk for at least 8 hours in a row without struggling. Regular breaks are taken, but long days walking are inevitable. DTC has the right to refuse anyone who they feel is not fit enough for the challenge. Please see the fitness tips sheet for more information.

F is also for Food and Drink. All the food provided for you, both in the hotel and during the climb, is delicious, with a combination of Western meals and traditional Tanzanian food. During the climb, you will be served breakfast, lunch and 3-course-dinner freshly prepared by the chef. The food on the climb is mostly African style, and all dietary requirements are catered for. (Please let us know in advance about any dietary requirements you may have.) Water will be collected from streams and boiled for you during the trek which you will need to purify (see W is for Water). Drinks are not included in the cost.

G is for Gloves. You must take 2 pairs of gloves - a thin and a thick pair – and it is important that you can put them both on together. It is also worth taking a pair of gloves for the project activities such as gardening gloves to protect your hands.

H is for Health. Remember to take all your existing medication in clearly labelled packages. Normal body temperature is 98.6 f / 37 C. Resting pulse rate should be 60 – 90 per minute (higher at higher altitude). Respiratory rate should be 12-20 breaths per minute.

You must hold a valid yellow fever vaccination certificate. You should seek medical advice at least 8 weeks before travelling and ensure that all appropriate vaccinations are up-to-date. For further information on health, check the Department of Health's website at: www.dh.gov.uk or <http://www.fitfortravel.scot.nhs.uk> .

Malaria occurs in Tanzania so you should seek medical advice about prophylaxis at least 8 weeks before departure. Whichever tablets are prescribed, follow the instructions carefully as these often require you to start the course prior to your departure. There is no single anti-malarial that you can take to offer you 100% protection, so it is very important that you wear long sleeve shirts and trousers especially during the evenings, use 50% DEET mosquito repellent and sleep under a permethrin treated mosquito net. Upon your return you should mention to your doctor that you have been to a malarial area if you develop any symptoms (fever, fatigue).

J is for Jacket. You will need two jackets for the trek; a lightweight breathable waterproof jacket for showers in the warmer portions of the climb, and a warm, windproof, waterproof, padded jacket such as a ski jacket, or better still a down filled waterproof, windproof jacket.

K is for Kit bag. You will need a trek kit bag which will be carried by the porters. This will contain your entire luggage required for the trek. It must be strong, light and waterproof. The North Face Base Camp duffle bag in Medium is an example of a decent kit bag. It is also handy to bring some big plastic bags to put particular items inside (such as your sleeping bag) in case of poor weather. The weight limit for the bag and its contents is 12kg. You will also need a day pack (see above).

L is for Language. The main languages of Tanzania are Kiswahili and English. A few useful phrases & numbers in the local language:

Jambo - Hello,

Habari? - How are you?

Mzuri - I'm fine

Nzuri (sana) – (very) good

Sawa – Okay

Tafadhali - Please

Samahani - Excuse me

Asante (sana) - Thanks (a lot)

Lala salama - Goodnight

Kwaheri - Goodbye

Ndiyo - Yes

Hapana – No

Pole - Sorry

Bia – Beer

1 - *Moja*

2 – *Mbili*

3 – *Tatu*

4 - *Nne*

5 - *Tano*

6 – *Sita*

7 – *Saba*

8 - *Nane*

9 - *Tisa*

10 – *Kumi*

11- *Kumi na moja*

12 - *Kumi na mbili*

L is also for Laundry. Laundry facilities will be available at the hotel and charged per item.

M is for Money. We suggest you carry Sterling which can be exchanged at the hotel or in Moshi. There are ATMs available in Moshi, but your bank may charge you for withdrawals and transactions. Travellers cheques can be difficult to cash and as such as best avoided.

M is also for Medical insurance. This is an absolute necessity. You should make sure that you inform them of your intention to trek Kilimanjaro as some policies have a different rate for treks, or please Campbell Irvine for information about a policy which covers the activities you will participate in. <http://www.campbellirvine.com/asp/quotationChooseSTMT.asp?aid=111>

N is for Nibbles. High energy snacks, chocolate and sweets are essential during your trek. Dried fruit, nuts – especially walnuts and almonds, Kendal mint cake, bananas, popcorn, energy bars such as Mulebar, Clif bars, etc.

P is for Photocopies. Remember to leave a photocopy of all your documents (insurance details, flight numbers, credit cards, passport etc) with a reliable person in the UK. Should you lose everything you can make a call to retrieve your information. It is also worth scanning these documents and emailing them to yourself too.

P is also for Photography. If you take photographs of local people, you should ask permission first and don't be surprised if they expect payment!

R is for Religion. About 40-45% of the population practice Christianity, about 35-40% practice Islam. However, all but the very modern and educated Tanzanians will also hold traditional beliefs. This is part of what makes Tanzania such an interesting country to visit.

S is for Sleeping. Before the trek you will stay at a comfortable hotel in Moshi with ensuite facilities and meals included. During the climb you will stay in huts which have mattresses and pillows provided. They are quite cosy and comfortable.

S is for Sleeping bag. You should bring a good-quality sleeping bag which must be a 4 season comfort rating (**comfort rating** of -10C), such as the Snuggak Softie Winter. You will not need to carry it yourself during the trek. A silk or fleece liner (such as the Snuggak Thermalon Liner) is also recommended as temperatures can regularly drop to -15C at night. Please see the detailed packing list for more information.

T is for Tipping. It is recommended that you tip the trek staff (porters, guides, cooks etc) a minimum total of U\$140 in cash per climber. Of course, if you would like to tip more or less this is to your discretion.

T is also for Toilets. At the campsites on the climb, there may be some flushing toilets, but you will mostly find the toilets will be African 'long drop' style, but everywhere else should be Western style.

You will need to bring your own toilet paper as this is not provided on the trek. If you wish to use the toilet during the trek, you will need to find a bush/rock as there are virtually no toilet facilities along the trails (only will usually only find toilets at the camps). Please do not dispose of toilet paper on the mountain; you must put it in a bag (such as a nappy bag) and dispose of it properly at the campsite.

T is also for Torch /head torch. This is an absolute **necessity**. Remember to bring spare batteries and keep it in your daypack at all times. You will need the head torch at camp in the evenings, sometimes while you are trekking (depending on your pace), and on the summit night. Please ensure you take an LED head torch, as ones with bulbs are not bright enough.

W is for Weather. The weather in Tanzania is usually pleasant and comfortable throughout the year. There are two rainy seasons: the masika, or long rains, that fall from mid-March to the end of May, and the mvuli, or short rains, that come intermittently throughout November and parts of September. Mt. Kilimanjaro has its own weather system and the weather cannot be predicted from day to day. Please ensure you always take clothing appropriate for all weather eventualities during your trek. It gets very cold at night, so you must ensure that you have a warm enough sleeping bag.

W is also for Walking boots. You must take walking boots with good ankle support. Trainers will not do. Ensure that your walking boots are well broken in and comfortable. You must ensure you give your boots at least 4-6 weeks of constant wear to ensure they are broken in properly. Trainers may be useful for around the camp. Zinc oxide tape is a worthwhile consideration particularly if your boots are fairly new as you can put this tape directly onto the skin onto hot spots where your boots are rubbing to prevent a blister before they start.

W is also for Water. All water on this trip is undrinkable; this includes the tap water at the hotel. You **must not** brush your teeth or rinse your mouth with the tap water, **only use** bottled or purified water.

You must bring water purification. A highly recommended purification is 'Biox Aqua' drops or tablets which contains chlorine dioxide, or any chlorine dioxide based purification. You may also wish to consider powdered fruit juice or squash as this will make the purified water taste better.

Packing List

Clothing

Flip flops / Sandals	<input type="checkbox"/>
Trainers	<input type="checkbox"/>
Waterproof walking boots	<input type="checkbox"/>
Long (or convertible) trek trousers x2	<input type="checkbox"/>
Underwear	<input type="checkbox"/>
Socks (e.g. Bridgedale or Smartwool)	<input type="checkbox"/>
Breathable waterproof jacket and trousers	<input type="checkbox"/>
Non-cotton t-shirts x 2	<input type="checkbox"/>
Non-cotton long sleeved base layers x4	<input type="checkbox"/>
Long sleeve thermal base layer top	<input type="checkbox"/>
Long thermal base layer trousers	<input type="checkbox"/>
Fleece or thick non-cotton sweater	<input type="checkbox"/>
Warm Jacket (down or ski jacket)	<input type="checkbox"/>
Sun hat	<input type="checkbox"/>
Warm hat which covers ears	<input type="checkbox"/>
Gloves x2 (+one pair for project work)	<input type="checkbox"/>
Balaclava/Polar Buff and scarf	<input type="checkbox"/>
Swimwear	<input type="checkbox"/>
Baggage	<input type="checkbox"/>
Large luggage for check-in	<input type="checkbox"/>
Trekbag (e.g. North Face Base Camp Duffle)	<input type="checkbox"/>
Daypack (25-30 litres)	<input type="checkbox"/>
Waterproof rain cover for daypack	<input type="checkbox"/>
Sleeping	<input type="checkbox"/>
5-season sleeping bag with comfort rating of -10C	<input type="checkbox"/>
Sleeping bag liner (preferably thermal)	<input type="checkbox"/>
Ear plugs /eye mask	<input type="checkbox"/>
Eating/Drinking	<input type="checkbox"/>
Energy snacks	<input type="checkbox"/>
2-litre water bottle (e.g. CamelBak)	<input type="checkbox"/>
1l backup bottle (with thermal cover)	<input type="checkbox"/>
Water purification (e.g. Biox Aqua)	<input type="checkbox"/>
Powdered juice/squash/NUUN (optional)	<input type="checkbox"/>

Essentials

E-tickets & pen for immigration forms	<input type="checkbox"/>
Passport, passport copy and Yellow Fever certificate	<input type="checkbox"/>
Money	<input type="checkbox"/>
Books/playing cards	<input type="checkbox"/>
LED head torch and spare batteries	<input type="checkbox"/>
Diary/Notebook and pen	<input type="checkbox"/>
Sunglasses (preferably polarized)	<input type="checkbox"/>
Toilet paper (1-2 rolls)	<input type="checkbox"/>
Adaptor (3 square pin British and European two-pin)	<input type="checkbox"/>
Sewing kit	<input type="checkbox"/>
Spare batteries	<input type="checkbox"/>
Large pack of baby wipes	<input type="checkbox"/>
Plastic bags – all sizes; black bin bags, carrier bags, food bags	<input type="checkbox"/>
First Aid Kit	<input type="checkbox"/>
Prescription medicine	<input type="checkbox"/>
Anti-malarials	<input type="checkbox"/>
Insect repellent containing 50% DEET	<input type="checkbox"/>
Paracetamol	<input type="checkbox"/>
Ibuprofen	<input type="checkbox"/>
Imodium (Loperamide)	<input type="checkbox"/>
Electrolade/NUUN rehydration	<input type="checkbox"/>
Muscle rub (tiger balm/Deep Heat)	<input type="checkbox"/>
Anti-histamine tablets/cream	<input type="checkbox"/>
Lip balm with SPF protection	<input type="checkbox"/>
Plasters (waterproof and fabric) and blister plasters	<input type="checkbox"/>
Antiseptic cream	<input type="checkbox"/>
Moisturizing lotion	<input type="checkbox"/>
Scissors/tweezers	<input type="checkbox"/>
Antifungal cream (optional)	<input type="checkbox"/>
Calamine lotion (optional)	<input type="checkbox"/>
Throat lozenges (optional)	<input type="checkbox"/>
Decongestant (optional)	<input type="checkbox"/>
Zinc oxide tape (optional)	<input type="checkbox"/>

Optional

Camera	<input type="checkbox"/>
Video Camera	<input type="checkbox"/>
Battery chargers	<input type="checkbox"/>
Films/spare batteries/memory card	<input type="checkbox"/>
Binoculars	<input type="checkbox"/>
Mobile phone & charger	<input type="checkbox"/>
MP3 player	<input type="checkbox"/>
Trekking poles	<input type="checkbox"/>
Ski goggles (to keep dust out of eyes)	<input type="checkbox"/>
Gaiters	<input type="checkbox"/>
Dry bags	<input type="checkbox"/>
Hygiene	<input type="checkbox"/>
Toilet paper (1-2 rolls)	<input type="checkbox"/>
Wash bag and wash kit	<input type="checkbox"/>
Personal toiletries	<input type="checkbox"/>
Toothbrush/Toothpaste	<input type="checkbox"/>
Shampoo (e.g. Lush shampoo bar)	<input type="checkbox"/>
Shower gel (e.g. Lush shower gel)	<input type="checkbox"/>
Large pack of baby wipes	<input type="checkbox"/>
Sun cream (high SPF) and after sun	<input type="checkbox"/>
Hand sanitizer	<input type="checkbox"/>
Sanitary towels/tampons/Mooncup	<input type="checkbox"/>
Spare glasses/contact lenses	<input type="checkbox"/>
Nail brush	<input type="checkbox"/>

If you have any questions about anything on this packing list, please either refer to the *detailed packing list*, or contact info@different-travel.com for more information. This list is not exhaustive and should be considered a **guide** only.