

FIRST CHALLENGE COMPLETED

YOU'VE DECIDED TO TREK

MOUNT KILIMANJARO

NOW FOR THE ADVENTURE



*"Memories forever!
The best decision I have ever made.
Words cannot describe this truly unique,
exhilarating experience"*

Standing at 5,895m Mount Kilimanjaro is the highest free-standing mountain in the World and is truly majestic. After trekking through the various vegetation zones of Rainforest, Alpine Desert, and Rocky Terrain, to stand on the snowy capped summit gazing down on the clouds beneath you and the plains of Africa, summiting 'The Mountain of Greatness' is a Once in a Lifetime opportunity.

With your safety being paramount to us we use experienced and qualified guides with the knowledge to get you to the top in a safe manner taking into account the correct acclimatization, a good diet, and first class equipment.

If you love an adventure and a challenge...which we're guessing you do...

Trekking Kilimanjaro is definitely for you!!!!

CLIMB KILIMANJARO



Information Pack • www.thetravelorganiser.com • 07985 291946

KILIMANJARO – MACHAME ROUTE 2017

The Facts



Country :	Tanzania
Nearest Airport :	Kilimanjaro (JRO)
Currency :	Tanzanian Shilling
Language :	Kiswahili
Power Supply :	230v / 50Hz UK plug works most places
Time Difference :	+ 2 hours GMT
Price of a Beer :	£1.40 (4000TZS)

WHAT'S INCLUDED ?

7 Day Machame Route Trek to the Summit

Plus :

- 3 Nights Hotel Accommodation in Moshi (including Breakfast)
- Airport Transfers in Tanzania
- All Park Entrance Fees
- All Rescue Fees
- Experienced and Qualified Guides, Assistant Guides, Porters and Cook
- 4-Season Tent
- 3 Nutritious Plentiful Meals a day on the Trek
- Drinking Water

Price : £1800*

* A deposit of £450 to secure your space, the balance of US\$1755 (£1350 at today's rate) is due at the time of Trek.

Why Choose Us

We work directly with the Guides in Tanzania and are able to offer :

- Optional Start Dates
- Guaranteed Trek regardless of the number of participants
- That all your Dietary requirements are met

All of our Guides are Fully Licensed, English Speaking, Professional, and are trained in First Aid and Altitude Sickness.

They are also trained in all aspects of the Mountain from weather changes to Kilimanjaro flora and fauna....No rock is left unturned!!

We love this World & the Mountain and want to keep it for future generations to enjoy.

We protect the environment and have a 'Leave no Trace' policy.

We love people too!!

- All of our porters are protected and we ensure that they are paid in accordance with the set rates, and are treated fairly.
- We also act responsibly to Tourism ensuring that the local people benefit from our Trekking.
- **Not forgetting you** – Your comfort and safety is paramount!! We do not compromise your safety with cheap equipment or inexperienced, unqualified Guides. We want you to reach the top and get you safely back down again.

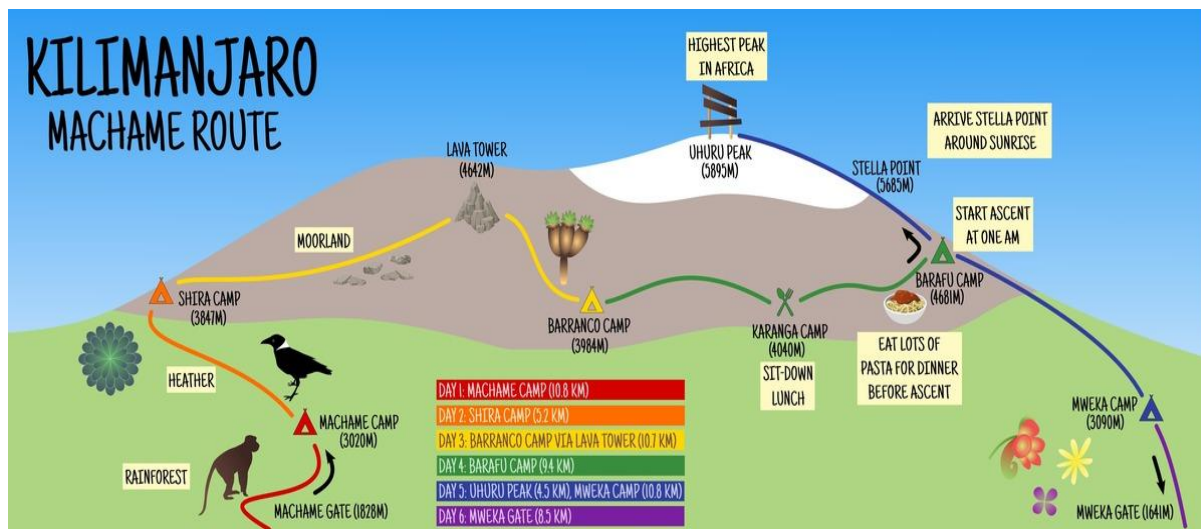
We are on hand 24/7 from the moment you book your Trek and guarantee that you will not be left with any worries or problems. We do not only organise your Travel and Trek but look after you throughout your trip.



The Machame Route

Taking in the highlights of the Lava Tower, Barranco Wall, Garden of the Senecios, Stella Point, and a traverse across the ice fields with the Glacier on the west bank, The Machame Route is one of the most popular routes for a reason.

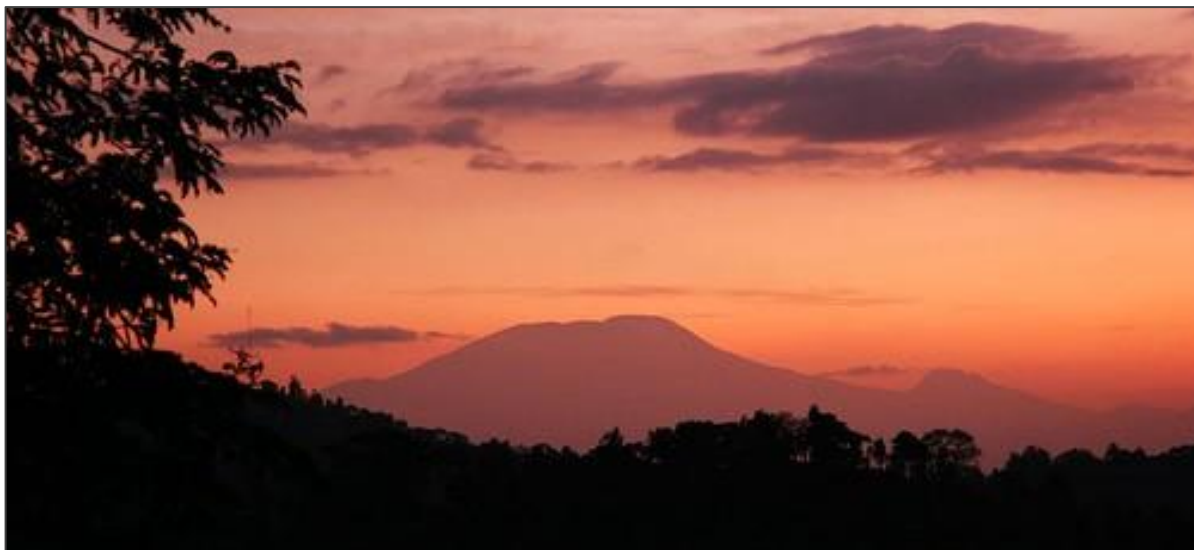
As you trek through the 5 eco-systems with fertile Rainforest, Moorland and Alpine zones, this scenically beautiful route over 7 days allows good acclimatisation and has a reputed high success rate for reaching the summit.



Known as the 'Whisky Route', compared to the original supposedly easier Maragu 'Coca Cola' Route, the Machame actually has a higher success rate due to the additional day acclimatising. It is definitely more scenic and is a firm favourite with us.

Providing the best "Climb High" and "Sleep Low" opportunity, trekking Kilimanjaro to the summit along the Machame Route is highly achievable.

Another highlight of the Machame route is the descent from Barafu Camp via the Mweka camp giving you a variation to your trek, and the chance to spot the rainforest monkeys.



Can I do it ?

Trekking Kilimanjaro along the Machame Route is not technically difficult and climbing skills are not required; as long as you are reasonably fit and healthy, reaching the summit with pure determination and good guidance, it is attainable.

A typical day will consist of 6-8 hours walking and we ask that you are confident and comfortable doing this with a 5kg day pack.

Trekking Kilimanjaro really is a WALK in the Park; however it should not be underestimated. The effects of altitude and cold temperatures are not to be taken lightly and our programme is planned to account for this. First class equipment is used giving you the best opportunity to reach the summit in a steady, safe and comfortable way.

- If you have suffered any pre-existing medical conditions you will need to check with your GP before trekking.

Day	Start	Altitude (m)	Altitude (ft)	Finish	Altitude (m)	Altitude (ft)	Time (hrs)	Distance (km)	Distance (miles)
1	Machame Gate	1,640	5,380	Machame Camp	2,850	9,350	5-7	11	7
2	Machame Camp	2,850	9,350	Shira 2 Camp	3,810	12,500	4-6	5	3
3	Shira 2 Camp	3,810	12,500	Lava Tower	4,630	15,190	4-5	7	4
	Lava Tower	4,630	15,190	Barranco Camp	3,976	13,044	2-3	3	2
4	Barranco Camp	3,976	13,044	Karanga Camp	3,995	13,106	4-5	5	3
5	Karanga Camp	3,995	13,106	Barafu Camp	4,673	15,331	4-5	4	2
6	Barafu Camp	4,673	15,331	Uhuru Peak	5,895	19,341	7-8	5	3
	Uhuru Peak	5,895	19,341	Mweka Camp	3,068	10,065	4-6	12	7
7	Mweka Camp	3,068	10,065	Mweka Gate	1,640	5,380	3-4	10	6
Total								62	37



Itinerary

DAY 1 Arrival at Kilimanjaro Airport. You will be met and transferred to your hotel where you can relax after your long flight.

DAY 2 After a buffet breakfast you will have a briefing on your Trek and meet with your Guide. Here you will be able to ask any last-minute questions you have. The rest of the day is free for you to either relax at the pool, take one of the excursions on offer, or shop in the curio market in Moshi Town.

DAY 3 After breakfast drive to Machame Gate at 1800m. Start the walk from Machame Gate to Machame Hut. The walk will take about 6-7 hours in the rainforest. The time passes quickly though with your knowledgeable Guide telling you about the various Flora and Fauna along the route. Lunch, dinner and overnight at Machame Camp (3000m).

DAY 4 After breakfast ascend to the Shira camp. The walk takes 4-5 hours in the moorland. Lunch again is along the way whilst trekking. Dinner and overnight at Shira camp (3840m).

DAY 5 This is the day for acclimatization. After breakfast you will ascend to the junction of Lava Tower (4600m) then descend back down to Barranco hut (3950m) Lunch along the way. Dinner and overnight at Barranco camp.

DAY 6 After breakfast ascend the great Barranco Wall. It takes about 2 hours, it is steep, but the views at the top are worth every step. Proceed to Karanga Valley for Dinner and overnight (4100m).

DAY 7 After breakfast proceed to Barafu hut. Hot lunch, Dinner and overnight at Barafu camp (4600m).

DAY 8 After a midnight breakfast we ascend to the Summit via Stella Point to Uhuru Peak (5895m). The sense of achievement at the summit is unexplainable!! After photo-taking and a short time to celebrate we descend to Barafu camp for Lunch. After some rest time descend to Mweka camp (3200m). Dinner and overnight at Mweka camp.

DAY 9 After breakfast descend in the rainforest looking out for monkeys on the way to Mweka Gate. You will be met and transferred back to your hotel in Moshi for lunch, and that much-needed shower, beer and rest. Overnight at the Hotel.

DAY 10 Buffet Breakfast. Your tour ends here today and a transfer will be provided back to the airport for you whether it be to head home or onto a beach extension. (Safari and Zanzibar options are both popular choices for a Kilimanjaro Tour extension)



As mentioned there is not any technical climbing involved and as long as you are fit and healthy and able to walk 6-8 hours a day then you have a great chance of reaching the summit. Training beforehand however improves your chances greatly. You will be walking for hours a day over uneven ground and steep terrain on the mountain and being comfortable walking for long periods at a moderate pace will prepare you for this and help you gain a quicker recovery time.

Trekking on steep terrain can put pressure on your knees and bum and a little bit of time doing some simple exercises beforehand can help drastically. Simple squats and lunges prepare your muscles for the mountain, as well as some light weight exercises.

If going to a gym puts the fear of God in you, Fear Not!!!! Simply walking and building up your stamina will prepare you for Kilimanjaro. If you can go out walking all weekend and get back to the office on Monday feeling good, then you are ready for Kilimanjaro.

We do arrange some UK walks throughout the year and find that as well as training this is also an excellent way for you to meet other members of your group, as well as getting those boots worn in - new boots can be one of the biggest issues when trekking if you are not used to walking in them !!!

Trekking at altitude beforehand can help prepare your body, although the highest point we have in the UK is Ben Nevis at only 1344m. However, choosing to trek the Machame Route with the 'Climb High' 'Sleep Low' programme over 7 days will not make acclimatisation on Mount Kilimanjaro an issue.

'Pole Pole' – 'Slowly Slowly' - is something you will hear a lot on your Trek. It really is a very slow walk enabling your body to adjust to the altitude. Being a superfast ultra-fit person will not necessarily get you to the top – this is a very different challenge and mentally you must be prepared for this.



What to pack :

Having not attempted something like trekking Kilimanjaro before it is very hard to imagine what it will be like and what you will need. You will be trekking and camping for 7 days and although you will have to take everything you need with you, we only allow 15 kg maximum for the Porters to carry in your overnight bag.

You will find below a tick-list of everything you should have, outlining the essentials.

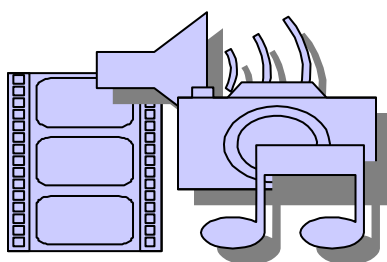
* The price in brackets indicates that hiring this item is possible and the cost for the trek.

Clothing			
Item		Essential	
Travelling clothing for your flights	Lightweight comfy Trousers/Top/Socks	Yes	
Hiking Boots	Wear them in beforehand	Yes	
Spare laces	Always a good idea		
Trekking Shorts/zip-off trousers	1 pair	Yes	
Trekking Trousers	2 pairs	Yes	
Fleece bottoms/Joggers	1 pair for the evening/sleeping	Yes	
T-Shirts	A few is a good idea	Yes	
Long sleeved Tops	A few	Yes	
Fleece Top	2 – Good to sleep in too	Yes	
Thermal Base Layers		Yes	
Waterproof Trousers	A 'Must'	Yes	
Waterproof hooded Jacket	A 'Must'	Yes	
Windproof Jacket	A 'Must'	Yes	
A Down Jacket	It can get to -20°!!	Yes	
Underwear	Enough to last you. Sports Bras Girls!		
Trekking Socks		Yes	
2 Warm hats	Wearing a wet knitted hat is never good!	Yes	
Cap/Sun hat/Bandana	Not just for Kilimanjaro but Moshi too	Yes	
Waterproof/Thermal gloves	A must	Yes	
Lightweight Gloves			
Balaclava / Snood		Yes	
Bikini/Swimmers	Pool days at the hotel	Yes	
Trainers/Crocs	Yep, Crocs are great on Kili after a day in boots	Yes	
Sandals	To use in Moshi and in camp.		
Sunglasses	A 'Must' – With 100% UV Protection	Yes	
Trekking Poles (US\$10)			
Gaiters (US\$10)			
Gear			
Hotel Bag/Padlock	A bag for your items you wish to leave in Moshi.		
Back Pack (70L)	Your Porters will carry this. It must be soft and we would suggest a waterproof cover.	Yes	
Day Pack (20-35L) - Waterproof cover	To carry your daily trekking essentials	Yes	
Sleeping Bag (US\$20)	4 season recommended	Yes	
Sleeping Mat (US\$10)	Lightweight, Compact and Warm http://www.outdoorgearlab.com/Sleeping-Pad-Reviews	Yes	
Water Bottles	At least 2. A camelbak for summit night is ideal, and flask-type containers make an ideal hot water bottle for your feet at night.	Yes	
Head Torch (US\$10)	Spare batteries too!	Yes	
Travel Towel	Quick dry Microfibre		
Power Adapter	Tanzania compatible		
Electronics	Phone, Camera, Music-player, Kindle		

KILIMANJARO – MACHAME ROUTE 2017

Information Pack • www.thetravelorganiser.com • 07985 291946

Medical			
Item		Essential	
Antibacterial Hand Gel			
Toothbrush / paste		Yes	
Deodorant			
Plasters / Blister kit	Compeed is brilliant	Yes	
Sun cream/Block	SPF 30+ and Sweat-resistant	Yes	
Lip balm with SPF		Yes	
Insect repellent		Yes	
Anti malarial tablets	Malaria is not present on Kilimanjaro but can be in Moshi & if you are travelling on to a beach or on safari. Please check up-to-date info with your GP.	Yes	
Painkillers			
Antihistamine tablets			
Personal Medicines		Yes	
Rehydration powders			
Diarrhoea Tablets	Just in case!!!		
Wet wipes	Whatever you think you need..Take more!		
Water Purification Tablets	Water is always boiled and filtered on the mountain by your porters. To keep your stored water in your water bottle clean we recommend using tablets.		
Toiletry Bag and Shampoo/Soap	This will be purely for Hotel time		
Other			
Spare Batteries			
A whistle			
Money/Document Belt			
Plastic/Dry Bags	A good tip is to always pack items in plastic bags in your backpack for added water protection	Yes	
Loo Roll		Yes	
Ear Plugs	If you're a light sleeper		
Snacks	The food on the Trek is plentiful and more than enough – however a little sugar boost or treat of your own can always be welcome.		
Documents & Important bits			
Passport	It's a good idea to scan in your photo page and keep a copy.	Yes	
Travel Insurance	Please have a copy with you	Yes	
Visa	2 Photos and US\$50 if purchasing your Visa on arrival at Kilimanjaro Airport.	Yes	
Vaccination Certificates	If required		
Flight E-ticket		Yes	
US\$1755	Your Trek Balance	Yes	
US\$80 approx.	Tips	Yes	
US\$50	If you are purchasing a Visa at Kilimanjaro Airport upon entry		
Passport Photos	You will need at least 2 for your Visa		
US\$50	Departure Tax if you are departing from Zanzibar Airport at any time.		
US\$ for Personal spending	ATMs can be unpredictable	Yes	



Your Packs :



Day Pack (20-35L) :

- A Spare Hat
- Spare Pair of Socks
- Waterproof Bag Cover
- Waterproof Trousers
- Waterproof Hooded Jacket
- Mid-Layer
- Fleece Snood
- Insulated Gloves
- Windproof Jacket
- Lip Balm (SPF Protected)
- Sun Cream
- Sun Glasses
- Wet Wipes
- Loo Roll
- Antibacterial Hand Gel
- Phone/Camera/Music
- Spare Battery
- Plastic/Dry Bags
- Snacks
- Trekking Poles
- Essential Documents/US\$
- Blister Kit/Plasters
- Painkillers
- Personal Medicine
- Water Bottles / CamelBak (2)

Back Pack (70L)

The Porters will carry this bag and you will have access to it each evening until leaving camp in the morning.

It should have shoulder-straps, be soft with no hard edges, and be a Maximum of 15kg in weight.



Flight Packing :

Your Carry-on Luggage (Day Pack) should contain :

Your Documents (Passport/Visa/Vaccination Certificates), Flight E-ticket, Money, Toiletry Bag (please ensure liquids are under 100ml), Electronic Devices (Phone, Camera, Music) and Chargers, and Personal Medicines.

Take your Down-Jacket on the flight (It's an ideal pillow, and if your main luggage gets lost, a key item on the Trek). The same goes for your Trekking Boots...WEAR THEM you are lost without them! Take your Bikini/Swimmers for the same reason, it will be hot when you land and the pool may be your first point of call.

Available Kit to Hire :

Participating in something like this maybe a 'Once in a Lifetime' opportunity and something you will not repeat afterwards. Trekking equipment can be expensive and hiring some of the gear when you arrive in Moshi is possible. Please find a list with prices below.

We would strongly recommend bringing your own sleeping bag and jacket. These are available for hire but will have been used, therefore zips sometimes can be faulty allowing cold to get in. Being warm and comfortable is paramount!

Prices are for the entire trek in U.S. dollars, payable in cash in Moshi.

Sleeping bag:	\$20
Hat:	\$5
Balaclava/Scarf:	\$5
Fleece Pants:	\$10
Warm Jacket:	\$10
Raincoat/Poncho:	\$10
Rain Pants:	\$10
Gloves:	\$5
Socks:	\$2
Duffel Bag/	\$20
Backpack:	
Rucksack/Daypack:	\$10
Hiking Poles (2):	\$10
Gaiters:	\$10
Torch/Flashlight:	\$10
Sunglasses:	\$5
Batteries:	\$3
Water Bottle:	\$5
Binoculars:	\$20

- Tents and foam sleeping pads are provided at no charge.
- Rental prices are subject to change.



Medical

When booking we will ask you if you have any pre-existing Medical Conditions. If the answer is "Yes" we will ask you to complete with your a Medical Form and gain consent from your Doctor to participate on the Trek.

Some of the conditions we would need to be aware of are :

- Allergies
- Past Injuries or Surgeries
- Breathing and Circulation problems
- ENT issues
- Physical or Learning Difficulties
- Mental Health Issues

Vaccinations

You are visiting East Africa and certain Vaccinations are recommended. Please speak to your GP regarding this.

Recommended for Tanzania Travel are :

- Hepatitis A
- Hepatitis B
- Typhoid
- Yellow fever
- Tetanus
- Polio
- MMR (measles, mumps, rubella)
- Meningococcal Meningitis (Africa/Asia)

More information can be found on :

<http://www.fitfortravel.nhs.uk/destinations/africa/united-republic-of-tanzania.aspx>

Yellow Fever

If you have visited or had a stop-over for longer than 12 hours in a country that is considered a high-risk Yellow Fever Area then you must carry a Yellow Fever vaccination certificate when you enter Tanzania.

This is also the same for Zanzibar - All guests/visitors travelling from the Tanzania mainland to Zanzibar will not be required to show their yellow fever vaccination certificate as Zanzibar is inside the United Republic of Tanzania

If you are travelling via Nairobi then this would be needed.

Malaria

Malaria is not present above 1800m so for a lot of Kilimanjaro you are not at risk. However precautions and antimalarial tablets should be taken to cover the period you are below this height. Please seek advice from your GP.

Getting to Kilimanjaro

We recommend booking your flights as soon as possible and no later than 3 months before your Trek start date. Flights can get very busy, especially in the peak climbing months. Your package starts 2 days before your trek start date with an airport pick-up from Kilimanjaro Airport to your Hotel in Moshi and 2 nights accommodation here on a Bed & Breakfast basis. Should you arrive before this date we can arrange extra nights' accommodation for you at an additional cost.

We recommend that you fly directly into Kilimanjaro Airport and there are a choice of airlines doing this. From the UK our personal choice would be KLM with just a short stop in Amsterdam. Other airlines to use would be Turkish Airlines and Kenyan Airways.

Other options are to fly to Dar es Salaam and transfer to an internal flight, or fly to Arusha where a longer transfer can be arranged at an additional cost.

Please contact us so that we can discuss the best option for you.



Passport

Your Passport must be valid for at least 6 months **after** your return date, and have 1 full clear page for your visa. Please allow enough time before your departure should you need to apply for a new passport.

(If you are flying via Kenya you will need 3 clear pages – 1 for your Tanzania visa and 2 for your Kenyan Transit visas, which are available to purchase at Nairobi airport and cost US\$20 each way).



Visa

All UK Citizens require a Tanzanian Visa. If you are flying directly to Kilimanjaro Airport you are now able to purchase one on arrival. This however can be a long process with what seems like never-ending queues. We therefore recommend that you apply for your Visa in the UK 8 weeks before your departure. Please note that your Visa is valid for 90 days from **DATE OF ISSUE (NOT ARRIVAL)**.

You can apply for a Visa by post or in person at your nearest Tanzanian Embassy. For more information please check the Tanzanian High Commission <http://www.immigration.go.tz/index1.php>.

Whichever option you choose to obtain your visa you will need 2 Passport photos and the correct fee in cash. (US\$50 at Kilimanjaro Airport).

Other Nationalities should check with the Tanzanian High Commission.

It is your responsibility to ensure that you have met passport and visas requirements for Tanzania. Failure to do so could mean you being refused entry and missing your trek!!

Money :

So you have paid your deposit and have your flights booked – What other money do you need?

You will need to pay your balance of US\$1755 when you arrive in Tanzania. We suggest that you bring this with you in US\$. ATMs in Tanzania can be very temperamental, with MasterCard often not working at all. The last thing you want is to arrive and not be able to do the trek due to not being able to pay. If you are bringing a Bank Card with you to use in case of emergency spending money may we remind you to inform your Bank that you are travelling overseas to Tanzania.

Your package includes all your meals on the trek, your accommodation for your entire trip and your airport transfers, so what else do you need ?

You will need to bring spending money for your meals and drinks in Moshi (Breakfast is included), any additional tours, souvenirs, and tips for your guides, chef and porters. You are also responsible for your Visas, Travel Insurance, and any Airport Departure Taxes.

Local costs :

Beer :	£1.40 (4000TZS)
Local Chicken Dish:	£5.40 (15000TZS)
Steak & Chips :	£6.50 (18000TZS)
Pizza :	£3.25 (9000TZS)
Bottle Wine :	£6.50 (18000TZS)

Day Trip to Lake Chala :US\$50
Day Safari Arusha : US\$190

How much is a good tip?

A typical tip is:

Kilimanjaro Guides \$20 per day
Assistant Guides \$8 to \$10 per day per guide
Porters \$5 per day per porter
Cook \$8 to \$10 per day per cook

***These amounts listed are per group.
An average tip to give per person would
be US\$50-80 for a 7 day Machame Trek.**



Anything else ?

Should you need to hire any gear for your trek this will be payable in Moshi in US\$.

If you have not already organized your Visa you will need US\$50 when you arrive at Kilimanjaro Airport for your Tanzanian Visa.

(You will also need US\$40 if you are travelling via Nairobi for your Transit Visa)

If you are extending and visiting Zanzibar you will also need US\$50 for a Departure Tax from Zanzibar Airport.

Travel Insurance :

You are responsible for purchasing a travel insurance policy to cover your trip and trek, and we will ask for details of this pre-departure.

Your policy should cover you for :

- Trekking up to 6000 metres (You are trekking, **NOT** Climbing)
- Helicopter Rescue
- Injury, Death and Medical Repatriation
- Cover for personal items

We suggest purchasing insurance as soon as possible after booking. You will be covered immediately and should you need to cancel for any reason you will be covered for any expenses already incurred.

Moshi Accommodation



With views of Mount Kilimanjaro your accommodation in Moshi is the perfect base pre and post Trek.

It boasts spacious, clean rooms with comfy beds and mosquito nets, friendly and helpful staff, and, having an outdoor pool to enjoy, is a firm favourite with us.

The on-site bar gives you the ideal opportunity to enjoy a cheap beer and meet other trekkers. The restaurant that provides you with your breakfast also serves reasonably priced good food for your other meals should you wish.

There really isn't any need to go elsewhere, giving you the perfect place to just relax 😊



What will I eat on the Trek?!

The menu on Kilimanjaro is designed to ensure your food intake matches your level of exertion. It will provide you with a good balance of protein, carbohydrates, fruit & vegetables. When you are at altitude you could start to feel nauseous and your appetite may be suppressed, so the meals prepared at high altitude usually contain more carbohydrates and less protein to help you to digest your food.

Your meals will be prepared by your cook on Kilimanjaro and the food will be carried by your porters.

A typical day's menu will include the following:

Breakfast

Porridge
Toast
Pancakes
Eggs
Smoked sausages
Fresh fruit (pineapple, melon or oranges)
Tea / Coffee / hot chocolate

Lunch

Sandwiches
Fresh fruit
Hard boiled eggs
Biscuits
Fruit juice

Dinner

Soup
Pasta / Rice / Potatoes
Chicken / Beef
Vegetables
Salad
Fresh fruit

Snacks

Believe me there is more than enough food, and you will not go hungry but you may wish to bring your own snacks to provide a well deserved treat, or energy boost! Chocolate or nuts are generally the best. Whatever you choose make sure it is a favourite treat and not a 'power bar', or 'energy gel'. If you are suffering from altitude sickness then your appetite may be suppressed and these snacks may become a good supplement to your meals, so make sure it is something that you enjoy eating! A powdered energy drink such as Lucozade Sport is also a good source of energy and will help with the taste of the water if you have been using iodine tablets.

Vegetarians*, Vegans*, Halal, and Food allergies are all catered for. Please let us know in advance your dietary requirements so that we are able to pass this information onto the cook.

* Protein options may be minimal on a vegetarian diet; you may want to bring protein supplements.



When is the best time to go?

Kilimanjaro is climbable all year round; however there are definitely better months!!! The best months to climb are December-March, and September-October, which are the warmest and driest months. The next best are June to August, but they are colder.

July, August, and September are the busiest months, with December being a close second.

The weather on Kilimanjaro is changeable and unpredictable; the lower sections may have virtually constant light rain, whereas the upper reaches of the mountain, which are quite arid, can see passing rain or snow storms at any time of year.

Summitting on or soon after a full moon is very beautiful and helps illuminate the landscape without using headlamps. However please bear in mind that it is also very bright for sleeping and stars are not as visible.

How many Guides / Porters are there?

The number of staff based on 4 trekkers would be: 1 guide, 1 assistant guide, 1 cook, 1 waiter and 9 porters.

What are the average number of Trekkers?

Groups are limited to 10 people, but they are typically around 5 people. We handpick our Guides and are able to accommodate larger numbers by combining groups and having more Staff. We can also arrange for private groups or one-to-one at no extra cost.

How many people per tent?

We allocate 2 people per 3-person 4-season dome-style mountain tent.

Do we put up our tents?

The simple answer is NO. Your porters will carry all of the camping equipment and set up camp for when you arrive. There will be a Community Tent set up with Table and Chairs for the evening meals and gathering together should it be windy or raining. In the morning the Porters will pack up camp for you.



Are the guides licensed / certified?

Our guides are trained and certified by the Kilimanjaro National Park. They start out as porters and work their way up to Assistant Guide. When they are ready (after about 5 years), they go through the National Park Certification process.

Are the guides trained in first aid and altitude sickness?

All of our Guides are trained in acute mountain sickness (AMS) and basic mountain first aid. With this training and many years experience in detecting Altitude Sickness you MUST listen to your Guide at all times and pay attention to what you are told to do.

How do I cope with change of altitude?

Always remember to maintain a slow, steady pace from beginning to end. Going slowly allows the body to acclimatise while hiking. Those who start out too quickly will have troubles higher up the mountain as the body will be over-exerted. Drink lots of water and get lots of sleep.

What happens if one of us gets ill and has to return earlier? Is there an extra charge or is our money returned in case of illness or injury?

All climbers pay a rescue fee to the Kilimanjaro National Park (which is included in the price). If you cannot walk because you are injured or sick, at least two support staff will assist you down. There is no extra charge for coming down and taken back to the hotel, but you will not get any money back for the mountain days you have missed. You will also be responsible for medical assistance and extra hotel nights. We highly recommend travel insurance to cover any medical expenses and further evacuation.

What happens if someone in our group needs to go back down?

Each group has the correct ratio of staff to account for this. If this should occur the person needing to go back down will be taken down by an experienced support staff member.

On Summit night each person will be allocated a support staff member so that you are able to trek at your own pace.

Do you carry oxygen?

Oximeters are included on all treks at no charge. Oxygen is available for \$30/group.

Why do we make the final ascent in the pre-dawn darkness?

Most groups will start for the summit on ascent day at 11:00PM to 12:30AM, depending on the perceived fitness of the group, the weather and the route. The pre-dawn hours, while cold, are also the calmest and clearest, and the best views from the summit are at dawn. Often clouds and high winds develop not long after sunrise making the summit much less attractive and the descent more difficult. Guides report that it is very rare to find it cloudy at the summit at dawn in any season.

The ascent day is a very long day of hiking. Some people may require 15 hours to reach the summit and descend to the campsite for that day. **Worth every step though!!!!**

**Can I charge batteries on the Trek?**

You will be camping on the trek with no access to a Mains Supply. The cold air will drain your batteries and we suggest limiting the use of them to conserve the power for summit night, and keeping them in a warm place when in use.

Can we leave excess luggage behind whilst trekking?

Extra luggage can be stored in a locked storage room at your Moshi hotel at no charge. Valuables should be left in a safe deposit box at your hotel in Moshi (\$1/day)

Anything else you need to know please just ask, we are here to help you and answer all of your queries.

Useful Tips

A couple of things to remember when tipping Kilimanjaro porters:

1. Tip directly to the porters, not the guides.
2. Bring a packet of letter-sized envelopes to distribute the tip
3. Determine a tip for each component of your climbing group:
The Porters, Cooks, Assistant Guides, and the Lead Guide.
4. Distribute it on the final morning of the descent usually at
Mweka Camp or the Park Gate.
5. Tip in either Tanzanian Shillings or US Dollars.
6. The average Tanzanian makes \$40 per month.

A \$40 tip for difficult work for many days is a great wage and supports the local economy.

Vaseline is great to use on summit night. The moist air coming onto your lips and into your nose can freeze becoming very uncomfortable.

You can still get Mobile reception!! Make sure all of your Data Roaming is switched off – It will drain your battery!!

Pack your items in separate plastic bags within your pack. As well as extra protection to the damp or wet, it is easier to find things when in sections

Bring an iPod, and save your battery for summit night. Music makes the long night climb much easier. Keep it close to your body to use body heat to prevent it from freezing and dying.

Do not carry any water on the outside of your pack on summit night, it will freeze. Protect it with insulation or under clothing.

Mentally prepare – Accept things such as not being able to shower for a week. Everyone is in the same situation and honestly the air is thin and cold so you are not likely to get sweaty and smelly.

Remember your snacks

Believe me you will not go hungry, you will have everything from pancakes to chicken and never-ending bowls of rice but at high altitude you can lose your appetite and having a favourite treat may be the only thing you fancy. You must keep up your energy and replenish those calories burned.

Remember to Enjoy yourself!!!

You are embarking on a “Trip of a Lifetime”
You will meet friends for life and memories that will never leave you.

This truly is an exhilarating adventure.

Go for it!!!! Enjoy it!!!

What are you waiting for?

How do I sign up???

To book your place on your “Adventure of a Lifetime” you can call us on 07985 291946 or Email us at info@thetravelorganiser.com where we can secure a date for you and help you with flight bookings and any additional add-ons.

An initial deposit of £450 is payable when booking your Kilimanjaro Package.

We will stay in contact with you prior to your departure with any meet-up details for group walks or social events, any helpful hints and just to see how your training is going.

Prior to your departure we will ask you to fill in a form with your:

- Passport Details
- Travel Insurance Details
- Flight Details
- Dietary Requirements
- Next of Kin Contact Details

Please let us know at time of booking if you have any Medical / Health issues.

Add-Ons

You have earned some rest and relaxation, and what better way to do that than lazing on a paradise white sand beach and sipping a cocktail on the Indian Ocean Island of Zanzibar.

Or, you may prefer to get your adrenaline going and see a Lion going for the kill in one of the World’s best Conservation Areas and UNESCO Heritage Sites – The Ngorongoro Crater. In this breathtakingly beautiful setting you have the best chance to spot “The Big 5” and there is nowhere better in the World than Africa to embark on a wildlife spotting adventure.

With our expertise and experience of Tanzania and Africa we are able to tailormake your ideal add-on. Please contact us so that we can discuss your best options.



**From budget to 5* luxury we have something to offer everyone
Let us help you create those special memories**