

# Expedition Dossier



The highest point on Earth attainable by a non-technical mountaineer

6th April / 17th April 2009

5,895m (19,340ft)

## Kilimanjaro Summit Trek



Contains all the information you need to know before deciding on whether to join us on this exciting Tanzanian trek.





This dossier contains much more information than a standard holiday brochure. It has been written to explain everything you need to know before you decide whether you wish to book. If, after reading it, you still have some questions, please do not hesitate to contact us on (01942) 826256.

We know it's an often used phrase, but we really do appreciate your interest, so many, many thanks and hopefully we will see you soon.

UK Outdoor Pursuits (Trekking) Ltd  
28 Upper Dicconson St  
Wigan, WN1 2AG

Tel (01942) 826256  
Fax (01942) 829579  
info@ukoutdoorpursuits.co.uk



#### Payment Options

##### Option 1 - Payment

You can pay your own costs in full (Deposit £500 - Final Payment £1,800). In this case there is no minimum amount of sponsorship required as there are no costs to the charity. Please try your best to raise as much as you can.

##### Option 2 - Sponsorship - use the trip to raise vital funds for a deserving cause.

You may use this option to support any of the charities shown on our website [www.ukoutdoorpursuits.co.uk](http://www.ukoutdoorpursuits.co.uk). You pay a booking fee of £500 and raise a minimum of £3,000 in sponsorship - at least 50% of which must be sent to us at least 10 weeks prior to departure. (The charity will pay your final payment of £1,800)

##### If you choose Option 2

**The charity will receive ALL of your sponsorship.** Provided that your sponsorship cards are signed (by the people sponsoring you) **and returned** the charity will be able to reclaim the tax (28p for each £1 donation) on your sponsorship (£840 approx.). This means that, assuming that all sponsorship cards are signed and returned, the charity will benefit by over £2,040 after all costs have been met. Obviously if you can raise more than the minimum amount (as many people have on previous treks) it would be greatly appreciated.

With both payment options we will supply:

Return flight from UK / ROI

(see application form list of regional airports)

Transfers

Half Board accommodation in the base Hotel (lunches in the town are VERY cheap)

Full board (all meals on the trek)

British Guide

Local Guides, porters and cooks

Treks and Safaris Insurance (Inc Mountain rescue cover whilst on the mountain)

We do not supply:

Personal equipment (sleeping bag, clothing, etc)

Lunch at the hotel or town

Tips to local guides and porters (Normally each trekker contributes around \$65)

Transport to/from regional airport

Local Taxes - At the time of writing the local taxes payable direct to the Tanzanian government is \$475 per person

Airport departure fees - At the time of writing the total is approx. \$20 per person

Your visa (approx. \$20)

# Kilimanjaro Itinerary

Standing at 5,895m Kilimanjaro is not only the world's highest free standing mountain but it is also noted as being the highest point on Earth attainable by a non-experienced and non-technical mountaineer.

Kilimanjaro consists of three volcanic peaks in the same range: Shira 3,962m (13,075ft), Mawenzi 5,149m (16,992ft) and Kibo 5,895m (19,455ft). The aim of our trek is to reach the top of Kibo, which is known locally as Uhuru Summit. – Uhuru is Swahili for freedom.

## Trip Day 1

Early morning departure from your local airport to Amsterdam to catch the (8 hour) KLM flight direct to Kilimanjaro international airport, arriving around 8.30pm local time - 2 hours ahead of GMT. On arrival there is a 45min coach transfer to our base at the Mountain Inn in Moshi for dinner.

## Trip Day 2

At leisure to explore Moshi and generally relax and check your gear. Notes.

*Notes*

- *If you have forgotten any gear it may be possible to hire it locally e.g. such as warm jackets for the summit day. Please call us for advice on this.*
- *A taxi to Moshi will cost around 5,000TS (about £2.50). ALWAYS confirm the cost of a taxi BEFORE getting in.*
- *Some previous clients have expressed the view that a visit to Moshi has been ruined by constant hassle from street vendors. A polite No Thank You will normally suffice but in some cases it is simply better to ignore them rather than getting into any form of conversation.*

## Trip 3 - Trek day 1 (Marangu to Mandara - 8.3km)

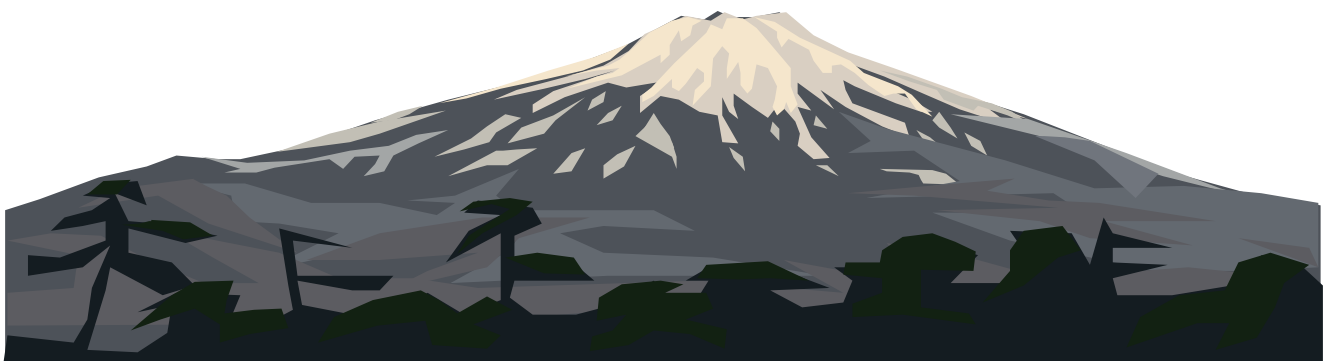
After breakfast we pack our rucksacks and deposit anything not needed for the trek into the hotel's storeroom - passport and valuables can be deposited in the hotel's safe. We board the coach for the 1-hour transfer to the Marangu Park Gates around 9.30am. On arrival at Marangu we will meet up with the local guides, porters and cooks who will be accompanying us throughout the trek. After filling in a few forms at the National Park offices we set off "up-the-hill".

The walk up from Marangu to the Mandara Huts will take around 3 hours and takes us up a well maintained track through the lower rain forests (jungle). On the way you will be closely watched by the local monkeys who seem amused by the constant to-ing and fro-ing of trekkers, so keep your camera handy. The track takes us past many tumbling waterfalls where we will stop for a well earned rest. As you start to see the thick rain forest thin out the trees become smaller and after a while you enter an area filled with Giant Heather Trees (which aren't trees at all but, as the name suggests, they are a member of the heather family). Shortly after this you will walk out into an open glade to find the Mandara huts.

After a rest and a bite to eat at the Mandara huts we will take a short walk (about 15mins) up to the Maundi Crater, firstly as it is good mountaineering practice never to sleep at the highest point of a day's walk and secondly as it is simply a great place to visit.

*Notes.*

- *For this day either long trekking pants or shorts and a T shirt will normally be enough although you should carry a light fleece in your day sack in case the wind picks up.*
- *If you venture off the track into the forest – watch out for ants?*



#### **Trip day 4 - Trek day 2 (Mandara to Horombo - 11.2km)**

Soon after leaving Mandara we emerge from the forest altogether and into lush grassland as the track winds upward between many small (thankfully extinct) "parasitic" volcanoes that litter the lower slopes of Kilbo and Mawenzi.

You will notice that the ground is now almost completely covered in dense grasses and two main types of shrubs – Cypress (with small clusters of greenish flowers) and Stoebe (with dark grey bark and tiny silvery leaves). As you approach Horombo (it a good way of knowing you're nearly there) you will start to see the famous Giant Groundsel Trees (see photo) that start around 30 minutes walk below the huts.

Another feature to watch out for is just below Horombo there are the lava flows which resemble large "bubbles" of rock – formed by the outer crust of the flow cooling first and insulating the inner (still) molten rock which continued downwards forming the rounded bubble shapes you can see. *Notes*

- *As you will by now have left behind the welcome covering of the forest canopy and are now probably above the clouds, you will be, for the first time, in full glare of the African sun. Be warned, you MUST have plenty of very high factor (50 or above) sun cream.*
- **A silk or cotton scarf and a broad rimmed hat is a must** – if you are good at haggling you can pick these up in Moshi for around 5,000TS (£2.5) each.

#### **Trip Day 5 - Trek Day 3 (Acclimatisation day at Horombo)**

After a night in Horombo we will be taking a short walk (about an hour) to Zebra Rocks (see photo) which is sited below Mawenzi just above the 4,000m (13,200ft) line, we stay here stay for quite a while, just sitting and taking in the views. On the way back to our huts we walk along the ridge above Zebra Rocks from where you will have your first full view of the track leading up to Kibo huts and also a magnificent view of Kilimanjaro. Don't forget your camera.

Inside the Horombo dinning room your will see a few of the "Many Striped Grass Mice" (they look a bit like Gerbils with four dark stripes down their backs). They live under the huts to hide away from the ever-watchful eyes of the White-Napped Raven. You will see many of these large scavengers everywhere from just above the tree line to just below the snow line. In fact the only time you won't see them is when a buzzard is on the prowl (looking for White-Napped Ravens). There are two types of buzzard in this area, the Augur Buzzard (broad rounded wings and short tail) and African Mountain Buzzard (smaller but with wider tail and spotted coloring).

*Notes on Mawenzi – 5,149m (16,992ft)*

- *This mountain consists of what is known as a "Dyke Swarm". The Dykes (large pillars of dark rocks) are made of very hard rock that, when still molten, pushed its way up through cracks in Mawenzi's volcanic cone. The softer rock was eventually worn away to reveal the Dykes, which are also being eroded to create the stark broken towers you see today.*

#### **Trip Day 6 - Trek Day 4 (Horombo to Kibo – 9.4km)**

On leaving Horombo you rise up a winding track past many Giant Groundsel Trees before dropping to a crossing of a small stream. This area is known as the Last Water Point (for obvious reasons) here there are a few benches and a toilet. After the Last Water Point you enter the Alpine Desert. With less than 25cm (10inches) of rain per year it is an inhospitable place with temperatures normally over 40f (104c) during the daytime and well below freezing at night. On the 2005 trip there were strong winds coming over the Mawenzi Saddle which (even with the temperature being over 100c) gave a wind-chill factor of just above freezing.

The few remaining plants that you will see are extremely hardy as they all need to cope with "solifluction" (this is where the ground freeze a night and then as it thaws just after dawn the soil actually flows down hill). There are a few large tussocks with thin wiry leaves (this reduces evaporation) which seem to contain mainly dead leaves. The reason for this is the living plant (around the outside of the tussock) lives off the moisture collected in the dead matter, so the tussock simply keeps getting wider until it is dislodged by solifluction. Just like it the old western movies you will also see rolling plants which are mosses that grow around a loose pieces of soil and feed on its moisture and nutriments as it rolls around in the wind. Another thing to watch out for are the strange formations in some of the boulders around the Last Water Point, which resemble fossilised seashell. They are in fact porphyry crystals that were created in the searing heat of a volcanic eruption.

On arrival at Kibo Huts we will have dinner before getting a few hours sleep as we are up again around 11pm for some simple refreshments before departing for the summit bid around midnight.

## **Trip day 7 - Trek day 5** (Kibo to Gilman Point to Uhuru Peak (and back) – 10.2km to Horombo – 9.4km – total 19.6km )

We set off from Kibo huts and start our slow ascent of the rocky track up towards Hans Meyer cave (he and Ludwig Purtscheller made the first recorded ascent 5th Oct, 1889). After this rest we set off again criss-crossing the scree slope to the boulder scramble just below Gillman Point. We time the ascent to reach this point just as the sun is rising in the East (you will see it just left – North – of Mawenzi. From Gilman Point (there is no “S” at the end of Gilman) you will have your first spectacular view into the Kilimanjaro Crater. To your right – North East – you will see the great ice walls of the Northern Glacier and to your left – North West – you will see the broken track around the crater rim leading to the Summit Rise passing by the Rebmann Glacier. Uhuru Peak is to the far right hand of the highest section of the rim you can see off to your left – North East.

Many people choose to stay at Gilman Point for a while then start their descent towards Kibo huts. If you wish you can continue upwards toward Uhuru Peak and the highest point in Africa. From here you can actually see into the Volcano’s Caldera. After a very brief stop on the summit for a photograph and maybe a telephone call home (UK mobile phones on the O2 network will work on Kilimanjaro) we set off back around the rim towards Gilman Point to descend to Kibo Huts. The descent is much quicker than the ascent as we can go straight down the centre of the scree-slope. We arrive back at Kibo late morning for a bit of lunch before again setting for the Horombo Huts and a very good night’s sleep.

### Notes

- *For many people this will be the hardest physical work you have ever done (or ever will do). Even moving extremely slowly, walking at well over 5,500m is to say the very least, strenuous.*
- *On the 2005 trip the temperature at Kibo huts was over 115f with no wind at all (yes 115) and a few hours later (4am) it had dropped to –9f but with wind-chill this was –35f. So you will need to be prepared for extreme heat and cold all on the same day.*
- *Please ensure that you have at least two spare sets of batteries for your head torch as battery life is reduced at high altitude (see equipment list). It has been reported by past trekkers that Lithium batteries last longer than the standard type (but they are heavier).*
- *You WILL need to layer your clothing (a few t shirts), a thick fleece, down jacket and also a good set of waterproofs (which must also be windproof). Down jackets can be hired in Moshi for around \$7.*
- ***You DO NOT need to go all the way to Uhuru Peak, you can stay at Gilman Point or even turn back before then. It’s only a mountain. It will still be there another time!***

## **Trek Day 8 - Trek Day 6** (Horombo to Marangu – 19.5km)

We depart from Horombo huts after breakfast reaching Mandara huts for lunch around 11am. After another 2 hours downwards walking we again arrive at the park gates where a well earned certificate is presented by the Tanzanian National Parks to all those who reached either Gilman Point or Uhuru Peak. The coach takes us back to the Mountain Inn in Moshi for a dip in the pool and maybe a beer (or two).

## **Trip Day 9 / 10** (2 days at Leisure , Safari ?)

You have the opportunity to join a safari to the Arushia National Park (cost around \$75). You will be picked up from the hotel at 9.00a.m. by four wheel drive land cruiser with a guaranteed window seat. The trip to the park takes approx 45 minutes. Within seconds of entering the park you will be amazed at the towering sizes of the Giraffe. You will have plenty of opportunity to get quite close and take some fantastic photos of these magnificent animals in their natural environment. You will also see zebra, flamingo, monkeys, baboons, warthogs, buffalo and even hippos plus a few others along the route. As well as all the wildlife you will see there are some breath taking views to be snapped with a few picnic stops en route where you can safely get out of the vehicle and have a bite to eat. The park is huge and you will be driven along many different routes for approx three and a half hours before returning to the Mountain Inn in Moshi for approx 5pm.

## **Trip day 11**

At leisure in Moshi. Plenty of time to get those all-important ethnic gifts. After dinner at The Mountain Inn we depart for the airport around 6.30pm for our overnight flight to the UK via Amsterdam.

Arrive back in UK / ROI

## Trek leader

The Leader on all treks is Wayne Naylor. An experienced mountaineer, who has climbed in both the Alps and to over 8,000m in the Himalayas( Nepal and Tibet), he has also reached the summit of Kilimanjaro 19 times.

Trek Leaders are mountaineers, **not holiday couriers**, they will try and ensure that each member gains as much as possible from the experience. They have ultimate responsibility for ensuring the safety of each individual member, and the group as a whole. They also have to act as the liaison between the group "Europeans" and "Local Members (porters, guides, etc) . Members should remember that many people in developing countries still live in a "hierarchical" society. As an example: it would be considered an insult to the local guides for members to "tell off" a porter. If you have any problems with the local staff, speak to the trek leader who will inform the guide, he (in Nepal, Tanzania and Peru the guide is always a "he") will ensure that any problems are sorted out. Most non-mountaineers find it unusual being in a group with a definite leader, the leader will try their best to take everyone's ideas on board, but in the end, their decision must take precedence over the wishes of individual members.

## Local Guides

The guide's role is vital for the smooth running of the trek as they are responsible to the trek leader for the logistic side of the trek and also the hiring of porters. There are up to 7 local guides, they all speak English. Guides do not carry luggage, they will take personal responsibility for organising the porters and liaise with other locals business owners, all our guides have completed the Kilimanjaro Trek many times and know the area intimately. If you have any questions regarding the local customs, the best shops, weather forecasts, etc. speak to the guides.

## Porters

Many Europeans feel uneasy about asking (as they see it) someone else to carry their bags. Don't forget that in many remote regions there is simply no other way of transporting goods up the tracks, indeed "everything" has been carried up by porters. Our porters are professionals. It is not unusual to see a father and son on the same trek, the wages they get are an absolute vital constituent of their family's income. Do not personally tip porters. At the end of the trek if you think that they (and the local guides) have done a good job, members may do a collection. The normally amount each trekker contributes on the Kilimanjaro trek is \$65. This is divided between all the guides (except the senior guide), the porters, cooks, and other local staff.

**UK Outdoor Pursuits, on your behalf, has agreed to fully adhere with requirements of the International Porters Protection Guild (IPPG) guidelines. The cost of this trip has been very slightly increased to enable us to meet these guidelines. This will ensure that all our local staff have huts to sleep in, proper food, clothing and (for the high altitude guides) mountaineering equipment and clothing.**

## Carrying

Porters will carry luggage up to the next night's stop. Porters will only carry **a maximum of 10 kilos for each member**. The guides will weigh these loads each day. Anything else you wish to take must be transported in your own rucksack. It would be a good idea to restrict these extra items to a camera, spare film, waterproofs, etc. You **MUST** always have your first aid kit, passport, money, etc, in your own rucksack.

## Risks

Members must understand that they are participating in a potentially dangerous high altitude trek. As with all expeditions to high altitudes there is a risk of any party member getting Altitude Sickness, suffering injury or even death.

## Participation

All members are asked to remember they are part of a team. As such, members should observe the customary conventions of remote expeditions, e.g. sharing work, respecting local customs, conserving the environment, etc.

The locals in each area will see us not as individuals, but as a group. Being part of a group, all members must bear in mind that their actions, will reflect on the rest of the group.

## Disruptions

Any journey to high altitudes is highly likely to be subject to changes, alterations and other disruptions totally beyond our control. The weather can have the largest affect on the group as a whole and, for individuals, acclimatisation to altitude is a big consideration.

## Altitude

Each trek has been scheduled to allow time for altitude acclimatisation but it may be that some members have a slower than normal rate of acclimatisation. In this case it may be necessary for these members to accompany a porter back to the hotel.

Some things that, in Europe or North America, would be unusual are more common in a remote and developing region such as Nepal, Tanzania and Peru. As an example, roads are frequently washed away by floods and tracks that are shown on a map are simply not there. Such occurrences are not something to get upset about. Simply put it down as one of the benefits of experiencing a totally different culture. The trek leader will make every effort to ensure that each member has the opportunity of reaching the summit, but if this is not possible the best alternative will be sort, bearing in mind the original aims of the trek.

## Flights

Flights are booked with KLM who do not issue tickets, instead you will receive an electronic booking number for the return flight. We will send you more details of this with your confirmation.

## Visa

You need a visa. We will send you details of how to get this after booking.

## Baggage

It is important that you weigh your baggage "before" you arrive at the airport. **The allowance is 20 kilos.** If you have any excess you may be able to haggle in the UK / ROI although you will still probably have to pay a supplement and remember that even a small excess can be "very" expensive. Even if you are not charged in the UK / ROI **it is almost certain that you will be when you arrive.**

You will need:-

One large suitcase To be left in the main hotel with all your "not for trek" gear.

One large rucksack. For the porters to carry your gear on the trek.

You will also need a small rucksack - about 35ltrs, to carry all your personal stuff.

## Money

You are very rich. Alright you may not feel very well off, but remember the cost of this trip is sometimes more than some people in the areas we are travelling to will earn in their whole life. So you really are rich. Do not flaunt your wealth. Keep money in a money belt next to your skin and NEVER leave it lying around. It is always tempting to give a local child \$20 or even \$50. Please don't. If you do wish to help the locals, speak to the trek leader who will enquire about the local charities. They will appreciate any donations. Do not give to beggars.

Most people find that £250 in spending money is plenty to pay for their after trek safari (if you want to go), tips, beer, presents, etc, etc, etc.

Don't take Sterling Travellers Cheques. If you wish to take Travellers Cheques make sure they are in US Dollars. Take plenty of small US dollars. DO NOT take anything larger than a \$20 bill, better still take loads of \$5's and \$10's (\$1 bills are especially welcomed by the locals). To you a \$50 bill is only worth enough to take a few mates out for a burger, but to a local it may be a year's wages, they won't have change. It would be a BIG mistake to even think about using your credit card anywhere other than a bank in Tanzania ? The hotel will change travellers cheques. Don't accept any torn notes, shops will not accept them. DO NOT change more, into local currency, than you need as you can not change it back in to Sterling or Dollars and it is not exchangeable back in the UK. So if you do end up with some left over, probably the best thing to do with it is to put it in the charity collection on the plane home.

## Taxes

The Tanzanian government has imposed a "Park Tax" of \$475 (US Dollars) on each trekker. There is nothing that we can do about this and it will need to be paid. This amount will be added to your final invoice at the exchange rate in force at the time. Taxes are correct at the time of printing (Aug 2007) they may rise or fall after this date and we will notify you if any amendments are made.

## Security

It is a sad fact that a few people have had gear stolen in Tanzania, but there are a few sensible precautions which you can take to reduce this problem.

Ensure that you carry your passport, travellers cheques, etc. in a money belt.

Get a rucksack lock for the items you leave in the hotel (unless you have a lockable suitcase).

Many items that may be of interest (if you have security concerns) are available from [www.catch22products.co.uk](http://www.catch22products.co.uk) or call (01942) 511820 and ask for a brochure.

A quick hint from the trek leader. If you are going to get anything from Catch 22 make sure you get one of the Aqua-Pure bottles, they are worth their weight in gold!! NEVER put anything other than water in an Aqua-Pure it will block the filler.

## Health

Before you book your trek you should have a medical check up. Ask your doctor to pay special attention to your cardio-vascular system. Please show your doctor this dossier as they may wish to compare your medical history with the information contained here. Ask them to pay specific attention to the program with regards to your medical history.

## Pre-existing Medical Problems

Should someone become seriously ill whilst on higher reaches of the trek, evacuation would be problematical. **For this reason we are not able to accept anyone with pre-existing medical problems on this trip.**

## Immunisation

At least two months prior to the trip please go and see your doctor who will arrange for an immunisation program. Your practice nurse will have a full list of current required "jabs". Ask you doctor's advice regarding vaccination or a course of anti malarial tablets.

**YOU MUST, MUST, MUST TAKE MALARIA TABLETS, YOU ARE GOING TO GET BITTEN BY MALARIAL MOSQUITOES.**

## Fitness

Anyone who sets off for a high altitude trek needs to be reasonably physically fit. Start training now. The fitter you are the more you will enjoy the trek. Getting fit is a personal thing, so, which ever method you use, make sure you enjoy it. That way you will keep at it. As well as physical fitness you also need a good mental state. Go trekking thinking you are going to enjoy it and you will.

## Dental

Have a check-up before the trip. Dental treatment in Tanzania is sometimes rather brutal and traumatic. There are a (very) few European dentists in some areas, if you do have serious dental problems, the trek leader will arrange for you to go to a dentist but it is MUCH better to have a thorough checkup before you go.

## Personal Hygiene

Wherever you are you should constantly THINK ABOUT PERSONAL HYGIENE. Many trips to this area are ruined by a simple mistake, such as drinking from a bottle without wiping the top.

## Woman's Hygiene Products

These are readily available from Moshi Town but you don't know how many "years" they may have been there. Please purchase any requirements from Britain and take them with you.

## First Aid Kit

The trek Leader is a qualified first aider with experience in dealing with altitude problems and other common situations in remote areas, but it is important that each member carries their own first aid kit.

### **You *MUST* have *ALL* this.**

- Painkiller e.g. Paracetamol, etc
- Anti Fungal Cream - One small tube
- Cough Lozenges e.g. Locketts, Halls, etc.
- Multi Vitamins - Enough for one per day
- Plasters - Assorted sizes
- Safety Pins - Assorted sizes
- Dioralyte - For dehydration
- Antiseptic Cream - A small tube
- Oil of Cloves - Small bottle, for dental problems
- Antiseptic Wipes e.g. Mediwipes (take loads of them)
- Antibiotics Chest (must be obtained from your doctor)
- Antibiotic Bowel (must be obtained from your doctor)
- Water Purification system (see below)
- Triangular Bandage Take one
- Thick Crepe Bandage - One wide (about 2") and two thin (about 1")
- Arret or Lomoti - For Diarrhoea

**NOTE.** Ensure that any prescription drugs are kept in their original wrappings and if possible ask the pharmacist to seal the container and take a copy of the prescription with you.

## Water

Strong recommendation - get a 1ltr Aqua Pure Traveller from Catch 22 - (01942) 511820. These look like normal water bottles but they contain a iodine filter which not only kills all the bugs and beasties but also takes out all the other bits such as grit (and other dead things that you don't want to think about) !!!!

**The main way to avoid altitude problems is to drink water.** Lots and Lots of it. If you are not used to drinking large amounts of water, start practising now (it's good for you). You should ensure that you drink an absolute minimum of 3 litres each day, and more on the higher stages - **at least one litre for each 1000m in altitude.**

***NEVER drink water from taps, pipes or streams.***

Ensure that ALL water that you drink has either been put through a Catch22 bottle, sterilised or boiled. If you drink bottled water make sure that it is **STILL SEALED** when you get it. Some unscrupulous people will sell you a bottle of tap water. In the First Aid Kit section you will see Mediwipes, take loads of these and wipe everything, inc. bottle tops.

## GEAR

A Large suitcase which will be left in the hotel Moshi with the items you don't need for the trek. (see Security section). You will also need a large rucksack for the porters to carry your trekking gear.

- Small (30/35 litre) Rucksack Must have well padded waist strap
- Sleeping Bag - As good a quality as you can get hold off
- Penknife - Swiss Army Type.
- Pair of Trekking Poles - Telescopic (Optional)
- Head Torch with at least 4 spare bulbs and 4 spare sets of batteries (Battery life is reduced at high altitude)
- Sun Screen - Very High Factor (for Kilimanjaro you will need at least factor 50)
- Foot Powder
- Insect repellent
- Compression Sacks - For packing bulky items in to bags. (available from most outdoor shops)
- Camera - Do not under estimate the number of films you need. Everyone has a bit of the "National Geographic" inside them. Don't forget spare batteries.
- Camera Case - Optional but essential if you have a decent camera.
- Small Sewing kit - Ensure it contains strong cotton and spare buttons
- Sun Glasses - **Don't forget these you're going to NEED them**
- Water Bottle - Nalgene water bottles are strong but we strongly suggest that you take An Aqua Pure Bottle (available from Catch 22)
- Bin liner - Take two, industrial strength to line your rucksack and keep everything dry.
- Lip balm

## CLOTHING

- Underwear - Bring plenty
- Socks - Ensure they are at least calf length. Therlo Trekking Socks are best but they are expensive. If you are prone to blisters ensure you take some thin cotton under-socks which will prevent rubbing.
- Trekking Trousers - Lightweight canvass are best. Do Not wear jeans. They will get wet and stay wet.
- Sun Hat - (You can get a wind brimmed hat in Moshi for around \$5)
- Warm Hat - You will need a warm woolly hat for the cold nights.
- Gloves - Needed for cold mornings higher up.
- Silk Scarf - Get a freaky one (coz-it-looks-good-??). Keeps wind, rain, etc. from going down your neck and silk dries very quickly (haggle one in Moshi)
- Fleece Or Down Jacket - Try to get one with wind- proof liner **THIS IS IMPORTANT** - It can get VERY cold up there (these can be hired in Moshi for around \$7)
- T Shirts - Take a few (they tend to smell after a while)

## Other

You don't really need one of these but they will make you much happier ???. Catch 22 sell mattress covers that stop anything living in the mattress ?? from biting you. Give them a call and ask for advice.

## Boots

Get a sturdy pair with good ankle support. BUT the most important thing regarding boots is that they are comfortable. Don't forget if it doesn't say Vibram on the soles, the soles are not made of Vibram. Sounds common sense but there are so many copies around it is sometimes hard to tell. Should you get leather or Canvas? There are benefits to both. Top Tip - Wear your (heavy) walking boots to board the plane. Carry some trainers in your hand luggage, change when you are on the plane.

## Waterproofs

Ensure that your waterproofs are strong and actually are "waterproof". The jacket must have an attached hood and if possible ventilation zips. The trousers should preferably have full length zips to allow ease of putting-on over boots. Make sure your waterproofs are the best you can: afford, loan, beg, etc. Gore-tex or Triple Point are recommended.

## Moshi Clothing

Take whatever you want. But please remember that it can be VERY hot at the base of Kilimanjaro, so please pack for the expected temperature. BUT please make sure that your clothing is not too revealing. If you want to take a dip in the hotel pool you'll need a swimming costume.

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(all figures quoted are pounds sterling)

Summary of insurance cover for all treks under the Ault Insurance "Treks and Safaris" policy. Cost of cover is included within the cost of the trek.

Up to a Maximum of

1. Loss of Deposit / Cancellation (Excess - 7.5% of the claims settlement figure) (Including Government Travel Restriction)	£5,000
2. Curtailment (Excess - 7.5% of the claims settlement figure)	£5,000
3. Medical and other Expenses (£40 Excess)	£2,500,000
4. Hospital Benefit	£500
5. Personal Accident	£25,000
6. Personal Baggage (Single Article Limit £300) (Limit for Valuables (Incl. photographic equipment & binoculars £300)) (£40 Excess)	£1,500
7. Personal Money (£40 Excess)	£300
8. Personal Liability	£1,000,000
9. Travel Delay or Cancellation (£40 Excess applicable to Cancellation)	£5,000
10. Missed Departure (£40 Excess)	£800
11. Legal Expenses	£10,000

If you are aged 70 years or over, a Medical Certificate from your Medical Attendant confirming that you are fit enough for the trip you plan to join must be produced before cover can be confirmed.

## Altitude Sickness.

Any trip to high altitude can result in altitude problems. This is normally caused by too rapid an ascent. Although the program has been designed to avoid this, acclimatisation to altitude is very much a personal thing, which makes it impossible for the trek leader to predict beforehand if a particular member will suffer from altitude sickness. The group will go through how to recognise AMS (Acute Mountain Sickness) on arrival. This said, the program we have arranged should negate any altitude problems due to our slow rate of ascent. There are many problems associated with high altitude including some uncomfortable symptoms and some even life-threatening conditions. All are caused by the result of a decrease in oxygen concentration in the blood. There are three general principals that all trekkers should bear in mind.

- People's susceptibility to the affects of high altitude vary greatly.
- A rate of ascent that will suit most members of a trek or climb may be too rapid for others. These differences are inherent and nothing to do with your state of fitness, your determination or courage.
- Anyone who gets more than "slightly sick" has only their self to blame. If in doubt "GO DOWN". Trekkers who fall even slightly sick, for whatever reason, should assume they are suffering from the high altitude, or that their illness is being made worse by the high altitude.

The most common misunderstanding is that at high altitude there is less oxygen in the air. This is not true. There is the same percentage of oxygen in air (about 20%) at all altitudes, but due to there being less air (pressure) there is also less oxygen. This is important as your lungs work on pressure. Oxygen is moved into the blood from the lungs because the amount of oxygen (pressure) in the lungs is greater than that in the blood and so the blood "absorbs" the oxygen molecules. We need oxygen to live and without it we have Big problems.

### There are 3 main problems with high Altitude.

#### 1 ACUTE MOUNTAIN SICKNESS.

AMS is a name given to a set of symptoms caused by too rapid ascent to high altitude. THE EASIEST WAY TO RELIEVE THESE SYMPTOMS IS TO DESCEND. The main reason people get AMS symptoms is due to a reduction of oxygen to the brain which is caused by a lack of circulating (oxygen bearing) fluid (blood is a fluid). This is because too great an ascent will cause the body to absorb any available fluids (i.e. blood) into other tissues i.e. Muscles, brain, etc. You MUST be able to replace this fluid. **THIS IS WHY YOU "MUST" DRINK PLENTY OF WATER AT HIGHER ALTITUDES.** Don't forget that you are the only person who knows how you feels until symptoms become obvious by when it's normally too late !

#### Symptoms of AMS

- Headache
- Dizziness
- Fatigue
- Dry cough
- Loss of appetite
- Nausea (feeling sick)
- Vomiting (being sick)
- Or, as often happens, simply feeling unwell.

Symptoms will normally be worse in the early to mid morning. This is because at night there is a normal reduction in your rate and depth of breathing (and intake of oxygen). At higher altitude this is more pronounced. This is the reason some people find it difficult to "get a good night's sleep" at high altitude. If untreated a few people's AMS may progress into HAPE (see below).

It is a fact that over 60% of people trekking to over 4,000m do get mild AMS. It is most-commonly treated with Asprin or some other form of Analgesic. Your guides will be carrying other treatments so please do seek help if you have any problems.

#### 2 HIGH ALTITUDE PULMONARY EDEMA (HAPE)

This is normally caused by AMS not being treated i.e. Going down to a lower altitude. In times gone by this was commonly thought of as pneumonia. It isn't, although the symptoms are similar. It is caused by the body's reaction to the reduction in circulation fluids and the lungs trying to alleviate this by absorbing fluids though the lung linings. This causes the alveoli to fill with fluid and , well lets just say it's another Big problem.

#### **Symptoms of HAPE**

Marked shortness of breath, a feeling of "tightness" around the chest, raleing (bubbling or crackling sounds in the lungs, coughing which is dry at first then may become watery. At the end, i.e. when you have (yet another) really Big problem there may be blood coughed up.

#### 3 HIGH ALTITUDE CEREBRAL EDEMA (HACE)

This is a another BIG problem (of the brain). It can be seen by the patient's ataxia (acting in a drunken manner), raleing, although this will more normally indicate HAPE. ANY ATAXIA OR SEVERE HEADACHES MAY INDICATE HACE. If you don't turn round and go down right away you may die.

## Terms and Conditions relating to the holiday.

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Please do take the time to read the items below - they are important. If there is ANYTHING you don't understand please do contact us, either by phone (01942) 826256 or by e-mail. (Info@ukoutdoorpursuits.co.uk)

After reading these Term and Conditions if you decide not to proceed with the booking, within 7 days of the Confirmation Date which we will send you, simply let us know and we will cancel your booking and make a full refund of all money paid.

When you book a holiday with UK Outdoor Pursuits Ltd ("UKOP") and we send you a Holiday Confirmation, a contract is formed between you and UKOP, which is subject exclusively to English law and the jurisdiction of the English courts. No-one, other than a Director of UKOP, may alter this contract.

Details in any publicity other than these Terms and Conditions do not form part of the contract. We provide dossiers, websites, etc for your information and to enable you to make an informed decision regarding whether to book or not.

### **A booking is made when:**

When we receive a signed booking form, with deposit (or full payment if traveling within 70 days of booking) and we confirm your holiday with a Holiday Confirmation form. At any time before the Holiday Confirmation form is sent UKOP may alter any part of the holiday or decline your booking. If you are a parent making a booking for a child (a person under 18 years old) your signature on the booking form confirms that you have accepted all of these Terms and Conditions on behalf of the child.

Your signature is confirmation that you agree to these Terms and Conditions and that you have no pre-existing medical problems that may in anyway affect your participation and that you will inform the UKOP should a condition become apparent once your booking has been accepted. Also that you will obtain all inoculations required and that you understand that the nature of this holiday means that it is subject to alterations in such matter as dates, times and itineraries, services offered, etc. Also that you understand that there are risks of injury and even death involved in any form of adventurous travel.

### **Paying for your holiday:**

Any money you owe to UKOP for your holiday must be paid within before 70 days prior to departure. If full payment is not made, UKOP may cancel the holiday and apply the cancellation charges.

### **If you change your booking:**

A fee of £20 to cover the cost of administration will be charged along with any additional costs incurred by UKOP. If you can not travel UKOP may, (at our discretion), allow you to transfer your booking to another person. UKOP will only accept the transfer if all suppliers (e.g. airlines, insurance agents, etc) will accept the change and the person receiving the booking makes a payment of £40 (if more than 70 days prior to departure) or £80 (if 69 days or less to departure) in addition to any other incurred costs.

### **If you cancel your booking:**

The following charges will be made - as a percentage of the total cost of your holiday.

70 days or more prior to departure loss of deposit

69 to 40 days prior to departure 40%

39 to 20 days prior to departure 60%

Less than 20 days prior to departure 100%

### **If you have a complaint:**

Should you experience a problem, you should let UKOP (or their representative) know about the problem right away. The vast majority of complaints and problems can be settled quickly, as long as we are notified as soon as possible. If you have a complaint that our representative is not able to deal with, you should put your complaint in writing to the address shown on your Holiday Confirmation form, for the attention of the managing director, as soon as practicable. The managing director is able to deal with all claims and complaints.

### **Travel requirements:**

Do not forward a booking form until you have checked that you have a passport, that is valid for the full period of your holiday and that you are able to obtain the relevant visas and, in some cases, vaccination certificates.

### **Air Tour Organiser's Licence ( ATOL):**

UK Outdoor Pursuits Ltd holds an ATOL (number 6836). In the unlikely event of our ceasing trading, the Civil Aviation Authority will ensure you are (if abroad) repatriated and will arrange for a refund of money you have paid to us as deposits for future holidays.

### **Insurance:**

A policy is supplied within the cost of the holiday. If you wish to arrange and pay for extra insurance this will not negate that fact that we have already supplied it. Although this may lead to complications if a claim is made.

It is a condition of all policies that you are responsible for your own belongings at all times and that you take reasonable care to protect it at all times. You should note that "reasonable care" may require much more surveillance and attention when in some foreign countries than in the UK.

**You should also note that all policies will be invalidated by a false declaration concerning your fitness to travel.** If you have any medical problems you should inform us before booking so that we can ensure that you are able to be insured to travel.

### **Your responsibility whilst on holiday:**

The nature of adventure tourism means that you must accept the decisions of the tour leader whilst on your holiday. If the tour leader decides that you may not continue with your holiday or any section of it (for example due to ill health, altitude problems, etc) you must accept this decision. If the tour leader decides that your actions or behavior are, or may, affect your safety or the safety and enjoyment of the holiday by any other group members you may be excluded from the holiday. If you commit an illegal act whilst on the holiday you may be excluded from the remaining sections and UKOP will cease to have any responsibility for you.

In some of the countries we visit drugs are more readily available than in the UK. Please note that punishment for any infringement of local drug laws, however minor, can be extremely severe. Our holiday representatives are contractually bound not to associate with anyone in local custody. They will (via our UK central administration office) however inform the local British embassy, of your location.

In all cases of exclusion from your holiday, no payment will be made by UKOP for any unused sections, although, in the case of curtailment due to illness, a claim may be possible on the insurance policy.

### **Increases in holiday cost:**

The cost of your holiday is guaranteed not to rise by more than 5%. (At the time of writing UKOP has never increased the cost of any holiday). UKOP make bookings in good faith with our suppliers. If, due to currency fluctuations, price increases by our suppliers, tax increases, etc, we need to increase the cost of your holiday by more than 5% you may cancel your holiday and we will refund all money paid, other than the proportion of the costs which has been used to pay for your insurance policy. If you wish to cancel your holiday due to an increase of more than 5% you must do so in writing within 14 days of receiving the notice of increased costs.

### **Changes to your holiday:**

We will try when-ever possible to provide the holiday as described in the promotional literature but, due to the nature of adventure travel in remote parts of the world this may not always be possible, or advisable, due to events outside our control. If a major change is necessary e.g. Due to foreign political situations, natural disaster, epidemics, financial failure of airline company, etc. we will inform you as soon as we can. If we advise you of a major change to your holiday, that is not eligible for a claim against your holiday insurance policy, you may have a refund of all money paid or accept the change or transfer to another holiday operated by UKOP.

### **If UKOP cancels your holiday:**

In the unlikely event of your holiday being cancelled by us you will receive a full refund of all money paid.

### **Local customs and standards:**

You should be aware that in some countries the facilities offered will be significantly lower than European standards, e.g. hotels, toilets and washing facilities, shops, travel, etc. You should always be aware of local customs. Some local customs are an intrinsic part of everyday life and religion so if in any doubt consult your tour leader.

**UK Outdoor Pursuits Ltd, 28 Upper Dicconson, Wigan, WN1 2AG  
Tel (01942) 826256 e mail info@ukoutdoorpursuits.co.uk**

# Kilimanjaro 2009

6th April / 17th April 2009

- You will pay your own costs  
 Paying a booking fee and raising a minimum of £3,000 of in sponsorship

If using the trek to raising charity funds, which charity are you supporting

First Name (as on passport)

Surname (as on passport)

Home Address  
Inc postcode

- Male  Female (Please )

Telephone (day)

Passport Number

Passport Expiry Date

Date of Birth

Nationality

The passport number you give here **MUST** be the one you will take on the trek as your permit will be booked under this number.

**IMPORTANT** - Please enclose 2 passport size photographs with this application form for permits.

- Do you have a tent / room partner for the trek  Yes  No (Please )

If Yes, put name here

If No, we will pair you up with another single trekker.  
Note. There are no single rooms or tents on the trek.

Please give details of someone who we may contact in the UK whilst you are away, should the need arise.

Contact Name

Tel (day)

Tel (eve)

Airport (Please )

- Aberdeen  
 Birmingham  
 Bristol  
 Cardiff  
 Durham  
 Edinburgh  
 Glasgow  
 Leeds  
 London  
 Manchester  
 Newcastle  
 Norwich  
 Southampton

ROI

- Dublin

## Please take time to read this declaration **before** you sign it

I confirm that I have read and agree to the terms and conditions shown in this dossier and that the details above are correct and that **I have no medical problems that may in any way affect my participation in the Trek applied for** and that I will inform the UK'OP(Trekking) should a condition become apparent once my booking has been accepted. I am in good physical and mental health and know of no circumstance why I am likely to cancel or curtail this holiday and I am not travelling against the advice of a doctor. I further confirm that I will obtain all inoculations required. I have read this dossier and understand the details contained within it and I agree to disclose ANY material fact(s) the may influence the underwriter (the insurance company) in acceptance of the risk. I understand that failure to do so may prejudice me in the event of a claim. **I understand that the nature of this holiday means that it is subject to alterations in such matter as dates, times and itineraries, services offered, etc.**

Signature

Date

Please forward your deposit payment and photographs with this form

**£500** Payable to UK Outdoor Pursuits (Trekking) Ltd

Please note these payments are NOT REFUNDABLE. Please be sure you wish to join us prior to posting to,  
**UK Outdoor Pursuits (Trekking) Ltd, 28 Upper Dicconson St, Wigan, WN1 2AG.**