



PRE-DEPARTURE INFORMATION MOUNT KENYA 2019



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Challenge Checklist

- ☐ **Share this information with your next of kin**
- ☐ **Book and pay for your Rest & Relaxation package**
- ☐ **Ensure you have everything arranged from the kit list**
- ☐ **Make sure passport meets requirements**
- ☐ **Arrange your travel insurance**
- ☐ **Visit your GP or travel nurse**
- ☐ **Insure all your vaccinations are up to date**
- ☐ **Obtain Visa**
- ☐ **Complete pre-departure form**
- ☐ **Get spending and tip money ready**
- ☐ **Take photocopy of Passport, Insurance and Visas**

Preparing for your Climb - before you leave the UK

Passport + Visa

Your passport must be valid for at least 6 months after your return date. If you do need to apply for a new one you must do this as soon as possible to avoid the summer delays at the Passport Office.

You must ensure your passport has at least 3 blank pages to accommodate the visas you will need.

It is highly recommended you take two photocopies of the photo page on your passport and keep those separate to your passport when travelling, this will assist you in maintaining alternative travel documents in the event that you lose your passport.

It is crucial that you check your nation's entry requirements for Kenya well in advance of your trip.

You will be required to obtain a single entry tourist visa for Kenya which must be obtained **IN ADVANCE**. The single entry visa is a 90 day visa, so the visa should not be applied for more than 90 days before the day you will return to the UK.

We recommend you apply for your visa two months before your departure date.

Visit the [Kenyan evisa website](#). Create an account and submit an application for a single entry visa via the department of immigration. You will need a scanned passport style photograph, and a scan of your passport. The cost of the visa for a British Citizen should be \$51.

WARNING! There are many scam websites out there so please make sure you use the [eVisa website](#) linked here to avoid applying for a false visa.

The Address for Kenya is:
Naro Moru Lodge, P.O BOX 18 - 10108 NARO MORU, KENYA.
Phone: +254 724 082754
Email: reservations@naromoruriverlodge.com

The travel company is: Heritage of African Jungles Safaris
The port of entry is: Jomo Kenyatta International Airport, Nairobi
Under Additional documents upload this [document](#).

When administered you will be able to view your evisa in your account.

For any assistance contact the Kenyan visa support centre on +254 708 206 206, or email them at support@ecitizen.go.ke.

Travel Insurance

You must have travel insurance cover for your challenge. You must provide us with the details of your insurance policy in the pre-departure form we will send you prior to departure.

Your insurance policy MUST cover/include the following:

- Trekking up to 5000m
- Helicopter Rescue up to 5000m
- Medical Repatriation
- Cover for personal possessions

We HIGHLY RECOMMEND that you call insurance companies to arrange your travel insurance. This way you can explain your requirements and ensure the policy is right for you, you might also get a better price or a discount over the phone.

The main questions that you should be asking over the phone:

I am going to East Africa to climb Mount Kenya and will be trekking to nearly 5000m:

- If I have an accident on the mountain will my medical bills be covered
- Will I be covered for helicopter evacuation on the mountain and up to 5000m
- If required will I be brought back to the UK for medical treatment (Medical repatriation)

We have worked with STA Travel to secure an insurance package which will cover you for all of the aforementioned requirements for your trip. We have also secured a discount on their policies which are listed below.

18 DAYS COVER:

Blue (18 – 34 years old)

Premier (exc. N. America): Original £67 pp, Dig Deep price £53.60pp

Premier Plus (exc. N. America): Original £107pp, Dig Deep price £80.25pp

Gold (35 – 65 years old)

Premier (exc. N. America): Original £92pp, Dig Deep price £73.60pp

Premier Plus (exc. N. America): Original £159pp, Dig Deep price £119.25pp

The above policies all include repatriation under the Emergency Medical Expenses and trekking/walking/hiking up to 5000m and search and rescue if required. Please read the [insurance policy leaflet](#) to understand the difference in coverage between the 2 policy types before making your decision.

To book this insurance simply give our STA account executive, Lauren Forshaw, a call on 0161 768 0302 and mention that you have been referred by Dig Deep or send an email to our designated referral mailbox digdeep@statravel.com to purchase your insurance for your Mount Kenya climb with them.

**Although we recommend the above STA insurance policies and have personally checked the cover with the provider. We do strongly recommend that you carry out your own research to ensure that your insurance policy covers all of the above requirements whilst also being suitable for your personal and medical needs.*

Baggage Allowance

The total British Airways checked baggage allowance is 2 pieces weighing a maximum of 23kg each.

A checked bag can be up to 90 x 75 x 43cm, including any bits that stick out, like the handle, pockets and wheels.

You will need a large rucksack or duffel bag (65-80L) for the climb. You can leave anything you do not want to take on the climb at the hotel you will be staying in the day before and after the climb.

You may board the plane with 1 piece of carry on baggage which should not exceed 7kg in weight

Kit & Equipment

We have put together this [kit list](#) for you which includes everything they recommend you should have with you for your climb.

You do not need to spend a fortune on kit, shop at cheaper outfitters, charity shops, borrow clothes or take advantage of our [discount voucher](#).

You will be staying in the National Park huts in dormitories rather than tents but a sleeping bag is still required. The suppliers provide all communal items on the mountain such as cooking equipment, so you will only be responsible for bringing all items listed on the kit list.

Vaccinations & Medical

You must consult a doctor or travel nurse before you travel to Kenya. Arrange an appointment with your GP or visit a travel clinic at least 12 weeks before your trip to find out about the vaccinations and medication you may need. You can find out more about the vaccines you may need on the [NHS fit for travel website](#).

You must also travel with a copy of all your vaccinations and all the medication that you require for the duration of your trip. **You will require your yellow fever vaccination certificate to get into Kenya.** There is no NHS in Kenya therefore any medical assistance that you require whilst abroad will come at your own cost. We highly recommend that you have suitable medical cover in your insurance package.

It is also worth noting that international travel and the mountain could interfere with your normal menstrual cycle, therefore you should be prepared for unexpected periods by bringing enough period products as these can be hard to come by locally.

The following information is taken from the [NHS Fit for Travel website](#).

Malaria

Malaria is a parasite infection that is transmitted by the bite of female mosquitoes. It is widespread in many tropical and subtropical countries including Kenya. Symptoms usually include fever, shivering and sweating; muscle pains, headache and vomiting are common. You must protect yourself against this disease by seeing your doctor or pharmacist and purchasing anti-malarial tablets. There are a range of anti-malarials on offer which differ in their mode of action, how they are taken and their side effects so its important to visit a qualified doctor, nurse or pharmacist to discuss tablet suitability. More information can be found [here](#).

Dengue Fever

Dengue fever is caused by a virus - dengue virus - also spread by the bite of an infected mosquito. Most infections produce no symptoms but in some occurrences, between 4-10 days after the mosquito bite a sudden onset of fever, headache, muscle and joint pains may occur and a rash develop. Within a few days the illness usually resolves and serious complications are uncommon. In 1 – 2 % of cases dengue can progress to a more serious form which can be fatal.

The best way to avoid infection for both Malaria and Dengue Fever is to prevent mosquito bites. As the transmitting mosquitoes bite from dawn until dusk, long clothing should be worn and repellents should be used all day. Please consult the NHS fit for travel advice for [mosquito bite avoidance](#) and the importance of using a DEET repellent.

Ticks

Ticks are tiny spider-like creatures, which feed on the blood of animals and sometimes people. In some cases the tick bite can result in a bacterial infection Lyme disease which is distinguishable by a pink or red circular rash around the bite and leads to flu-like symptoms. The best way of preventing Lyme disease is to avoid being bitten by wearing long clothing when walking through grassy or woodland areas and using a good insect repellent. If you do find a tick in your skin its important to remove it carefully following this [guidance](#) and it is advised to include a tick remover tool in your personal first aid supplies.

Training

Every climber needs to have experience of walking for long periods. Consecutive daily walks of 6-8km, carrying a 5-10 kg bag will simulate what is required. Uphill training is also key; so go and find yourself a hill!

Training in this way will prepare your muscles for the aches and pains that will come with 5 consecutive days of trekking. Learning how to get to grips with your mind when you are tired and sore will improve your enjoyment of the trek and your chances of summiting. Mount Kenya is a marathon so training should be geared towards endurance.

Hiking places a strain on your knees and back so these are areas to focus on. Consulting a fitness trainer at your gym for some informal advice will no doubt result in some recommended exercises to strengthen these areas.

Take a look at our [training plan here](#) to see what you can be doing to prepare for the mountain.

Rest & Relaxation

Dig Deep has worked closely with your climb suppliers to offer a good quality and value holiday for after your climb. We highly recommend you take advantage of this package although you are free to arrange your own trip but be careful you choose a reputable company and that you are not over charged. The details of our package are below.

Nairobi National Park Safari & Diani Beach

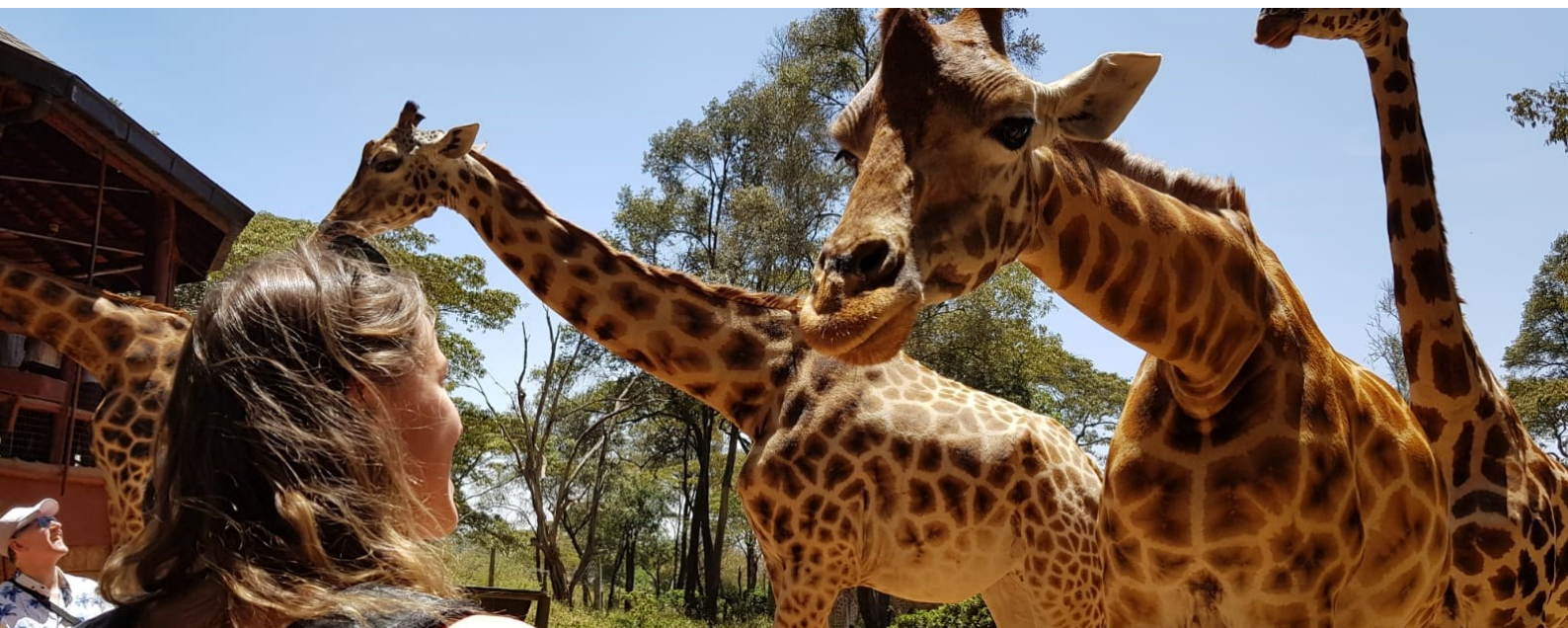
Following your climb and project visit you will travel back down to Nairobi and stay overnight in your pre-booked full board accommodation. After breakfast, you will check out and drive to Nairobi national park; Kenya's oldest park established in 1946. It has a high-altitude, savannah landscape with acacia trees dotting across the open plains.

Nairobi National Park is perhaps best known for its significant black rhino sanctuary; renowned as the best place to see these endangered animals in their native environment. There are no elephants in this national park, but four of the "Big Five" can be seen here (lions, leopards, buffalo and rhinos) as well as giraffes, elands, zebras and wildebeest with hippos and crocodiles often spotted along the Embakasi River.

Later that day you will visit the Giraffe Centre. The center originally set up as a breeding centre for the endangered Rothschild giraffe, allows you the unique experience of hand feeding giraffes face to face via an elevated feeding platform. You will see up close how they use their long, prehensile tongues to remove leaves from prickly acacia branches.

The following day you will travel first class via the Madaraka express train from Nairobi to Mombasa immersing yourself in the scenery of Kenya's beautiful landscape.

You will be collected from the Mombasa terminus and taken to the sparkling white sands and lush greenery of Diani. Here you can sit back enjoying the resort, sunbathe on the beautiful beach and watch the world go by as the local fisherman find their daily catch. All whilst enjoying a cocktail at the bar, or relaxing in the pool at your all-inclusive hotel.





Itinerary

Day 1: Depart Naro Moru River Lodge and drive to Nairobi. Afternoon spent at leisure with dinner and overnight at Wildebeest Eco Camp.

Day 2: After breakfast you will visit Nairobi National Park for a half day game drive through Kenya's oldest National Park and renowned black rhino sanctuary. In the afternoon you will visit the Giraffe Centre where you can hand feed the endangered Rothschild giraffes face to face via an elevated platform. Dinner and overnight at Wildebeest Eco Camp.

Day 3: After breakfast you will board the Madaraka Express train to Mombasa before being picked up and driven to Diani.

Day 4 - 8: Full days to enjoy the all inclusive resort, bar, ocean or organise some day trips or excursions.

Day 9: You will be transported back to Nairobi for your return flight home.

Cost (based on a minimum group size of 10):

First Instalment: £175 payable before 21st April

Remaining Balance: £550 payable before 2nd June

Total Cost: £725

Inclusions:

All transport - Naro Moru - Nairobi - Diani - Nairobi

National Park and Giraffe Centre Visits

2 nights full board accommodation in Nairobi (breakfast, lunch and dinner)

6 nights all inclusive accommodation in Diani (all meals, soft drinks and alcohol)

Additional Associated Costs:

Tips for safari driver

Additional excursions or day trips in Diani

[Book onto this package here](#)

Your Challenge Itinerary

Mount Kenya Challenge - Sirimon-Chogoria Route Itinerary | 5 days | 4 nights*

**provided by your Kenyan Suppliers*

Approximate Trekking Distance: 67 Kms

Accommodation: Standard Lodge Dormitories while trekking

DAY 1: DEPART THE UK

You'll assemble with your group at London Heathrow before jumping on your flight to Jomo Kenyatta International Airport, Nairobi, Kenya. You will land in Nairobi in the evening where you will then be met by a Dig Deep representative and transferred to your hostel for dinner and overnight.

DAY 2: TRAVEL TO NANYUKI

After breakfast you will take a private bus transfer from your hostel to Naro Moru River Lodge in Nanyuki. You will arrive at Naro Moru in the afternoon and will have time to prepare for your climb the next day including a pre-climb briefing from your head guide.

DAY 3: NARO MORU - SIRIMON - JUDAMIER (OLD MOSES) CAMP: 3-4 HOURS | 9KM |

Altitude gained: 860m

After Breakfast, check out and transfer to Sirimon Park gate for registration procedures. Starting from the gate at 2440m in altitude you will follow the track as it winds up hill through the forest which becomes heath land after about 3 hrs. About 3.5 hours from the gate the track veers right into Judmaier (Old Moses) Camp at 3300m for dinner and overnight.

DAY 4: JUDAMIER (OLD MOSES) CAMP - SHIPTON CAMP - 6-7 HOURS | 17KM |

Altitude gained: 900m

After breakfast you will carry along the uphill track. After one hour from Old Moses Camp, the track crosses Ontulili River. You will head through the Moorland and cross Liki North before continuing uphill to Mackinders Valley from where there are panoramic views through the valley towards the main peaks. Dinner and overnight at Shipton Camp, 4200m.

DAY 5: SHIPTON CAMP - ACCLIMATIZATION DAY - 2-3 HOURS

Walk to Hauseberg Lakes (Hauseberg Tarn and Nanyuki Tarn) for lunch and then back to Shipton Camp for dinner and overnight.

DAY 6: SHIPTON CAMP - POINT LENANA - CHOGORIA BANDAS (CHOGORIA GATE) - 11-12 HOURS | 32KM |

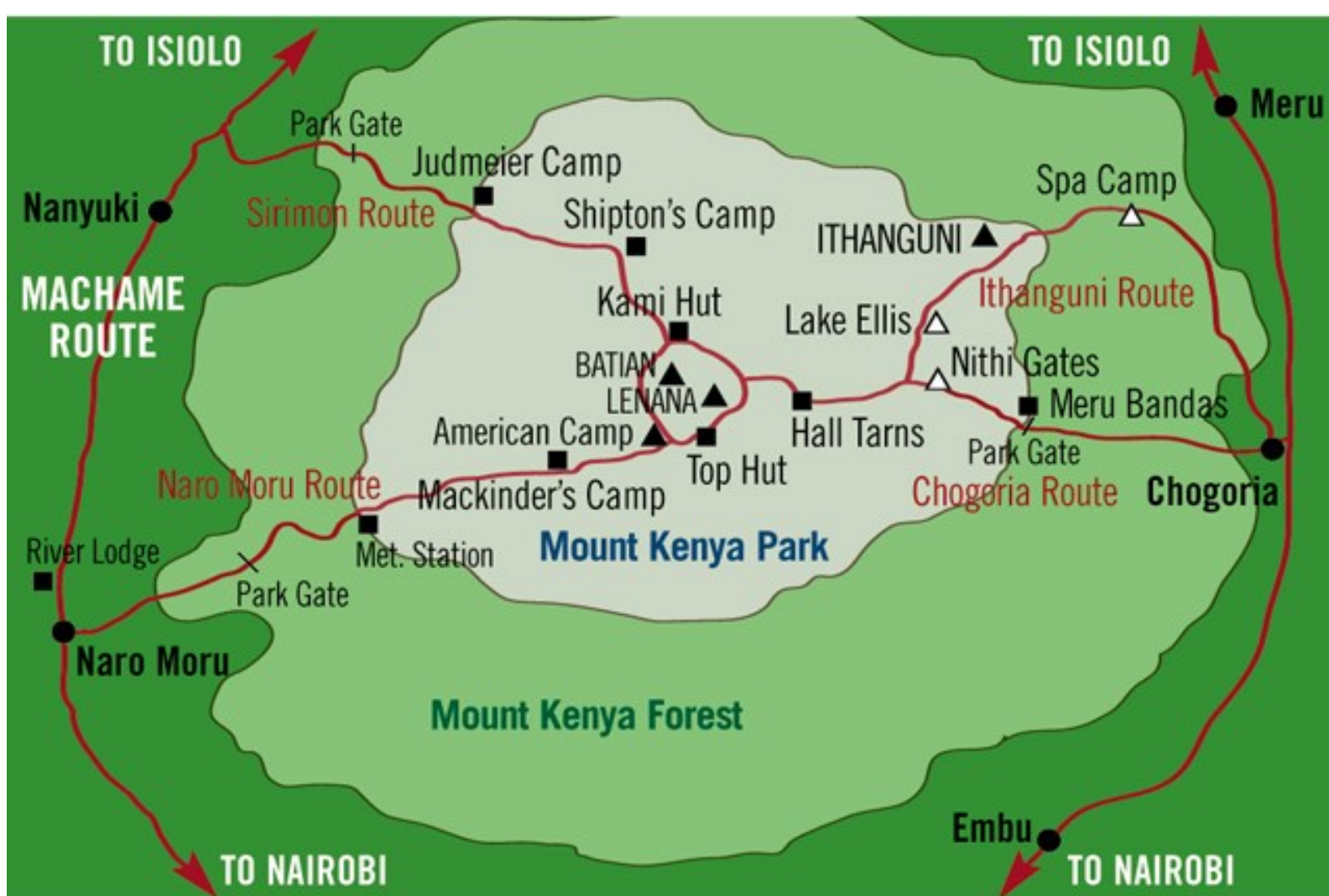
Altitude gained: 785m

Altitude Lost: 2035m

Early morning wake-up call at 3am, quick breakfast before beginning the ascent up the steep stony quarry towards Point Lenana. After approx 6km you will reach the summit for 6:30am. After sunrise you will descend down for 2 hours to Mintos hut for breakfast before carrying on down for 20km (4-5hours) to Chogoria Bandas at 2950m for dinner and overnight.

DAY 7: CHOGORIA - CHOGORIA - NARO MORU - 2 HOURS | 15KM |

Descend 2hr (15km) to forest clearance to catch a 4x4 transfer vehicle to Chogoria Village where you will connect with your transfer vehicle back to Naro Moru River lodge for dinner and overnight.



DAY 8: PROJECT VISIT*

After breakfast, you will be driven to visit Male School where we have provided funding for boys and girls toilets blocks and a borehole to provide a reliable source of clean water to the school and nearby community of Malek. You will then return to the lodge for lunch, dinner and overnight.

*for those in the 2nd climb group (departing from the UK on 23/07/19) this will take place before your climb on Day 3 so both groups complete the project visit together.

DAY 9-15: REST AND RELAXATION

You will now begin your Rest and Relaxation Package.

DAY 16: DEPART KENYA

DAY 17: ARRIVE IN THE UK



What to expect in Kenya

Food

Mountain

The food is surprisingly good, considering it is being cooked on the side of a mountain. You will be served three meals a day plus tea and snacks when you arrive at each camp.

Whilst you are given more than enough to eat, we strongly recommend that you take a variety of sweet and savoury snacks with you for the climb to eat whilst you are trekking, and so that you can maintain a high calorie intake.

We can accommodate vegetarian and vegan diets. For those with other dietary requirements, please ensure they are noted on your pre-departure form so that your supplier can make arrangements. *Please note that food selection is limited in Kenya, so although we will try to cater for all dietary requirements, in some cases climbers will be asked to bring their specific food items to us, which our cooks will prepare.*

*We ask that all of our fundraisers **do not bring any sort of nuts** on the climb, due to several fundraisers having severe allergies.*

Kenya

The food in the hotels you will be visiting is well sourced and well prepared. The food is delicious but may be different to the usual food you have at home. Remember that there is a limited selection of ingredients available so you may not always be able to order exactly what you want. This is part of being in East Africa, enjoy it and enjoy trying new foods, McDonald's will still be waiting for you when you return to the UK.

Water

Mountain

During your climb you will be provided with at least 3-4 liters of filtered and chlorinated drinking water whilst hiking, with additional water available at the camp each day. The water that you are provided with is safe to drink but if you wish to treat it yourself with extra water purification tablets then you are welcome to but this is not required. You may want to bring some squash or flavourings to cover the taste of the chlorine.

Kenya

When in Kenya you will be able to buy sealed bottled water that is safe to drink from most hotels, shops and restaurants. The tap water is not safe to drink and you should not do this. If you are unsure about any water then you should avoid it.

Local Laws & Customs

Before travelling to a new country you must be aware of the local laws to avoid running into unintended problems. The below are some of the major things you must be aware of as detailed on the [foreign office's website](#).

Smoking

Smoking in all public places (except designated areas) is prohibited throughout Kenya. This applies to areas like hotel grounds, lounge areas and entrances. Smoking outdoors in any public street or on the beach is not banned, but check first and if in doubt don't light up. Offenders can be fined up to 3 million Kenya shillings or imprisoned for up to 3 years.

Alcohol

Alcohol is available in most hotels and restaurants. Although you will be able to drink whilst in Kenya you must be respectful of the local culture. Loud or aggressive behaviour, drunkenness, foul language and disrespect, especially towards older people, will cause offence. Respect local traditions, customs, laws and religions at all times and be aware of your actions to ensure that they don't offend.

Drugs

The use and trafficking of illegal Class A drugs in Kenya carries heavy fines and jail sentences. The penalty for possession is 10 years in prison.

Further to this, entrapment is also not uncommon in Kenya. This means that people may try to sell you illegal drugs when in fact they are working with the police or a police officer themselves, which could result in your arrest.

Plastic Bags

Plastic bags have been banned for environmental reasons and they must not be brought into the country or you could face fines of up to \$38,000 or prison sentences of up to four years.

Homosexuality LGBTQ+

Dig Deep is an equal opportunities organisation and although we do not agree with Kenya's laws surrounding the LGBTQ+ community it is something that all fundraisers should be aware of. Within the tourism industry, staff are used to dealing with guests from all over the world and with different backgrounds. The suppliers that we work with are very used to hosting international guests and therefore have more relaxed and tolerant outlooks.

The following advice is from [UK Foreign & Commonwealth office](#):

Homosexual activity is illegal. Public displays of homosexuality like holding hands or kissing in public places could lead to arrest and imprisonment.

We recommend that you read [the UK Government's information and advice page for the LGBT community](#) before travelling.

The following advice is from [Expert Africa](#) (a well known travel company who explain the legal and social background well):

As a visitor, your sexual preferences and gender identity are, of course, your private business. If you don't identify as a gender-binary, heterosexual person, that should not be of any interest to anybody. It is only if your behaviour is deemed unacceptable that you might face reproaches, which could also apply to heterosexual couples behaving inappropriately.

We also recommend that you take a look at the following websites for more information:

- [The International Lesbian, Gay, Bisexual, Trans and Intersex Association \(ILGA\)](#)
- [Equaldex](#)

Clothing

Mountain

Whilst on the mountain please make sure that you are dressed appropriately for hiking. Make sure that you follow the [kit list](#) when packing for your trip so that you have all of the required kit.

Kenya

Kenya is an ethnically diverse country with over 40 different tribes. The main religions are Christianity and Islam. Therefore it is important for you to dress modestly out of respect for different cultural beliefs.

Off the tourist beaches and outside of the hotels, ladies should wear a scarf around their shoulders and avoid wearing short dresses, skirts and shorts (just above the knee is fine). Gentlemen should also avoid wearing shorts in population centres - in Kenya the only people that wear shorts are primary school children and as such this is how you might be perceived!

Technology

Mountain

Whilst climbing Mount Kenya you **will not have access to any electricity or WiFi**. The signal on the mountain can be limited so please do not expect to be able to contact home whilst trekking. If you are bringing cameras or phones to take photos, you should make sure that your batteries are fully charged before you begin the climb, we also recommend that you bring a portable power bank and keep these electronic devices close to your body to keep them warm and prevent the battery draining faster than normal.

Your mountain crew will be relying on radio contact, and will often be using a chain of radios to stay connected whilst on Mount Kenya. So please be patient with them as they may not always be able to answer your questions straight away.

Kenya

When you are off the mountain WiFi and electricity is available but it may not be up to the same standards that you have at home. In Kenya all WiFi is run off mobile data, this means that if everyone is trying to access the internet at the same time it may be very slow. The electricity supply is also not as reliable as you are used to, and it is therefore likely that you may experience a few power cuts during your time away.

Please be patient with the hotel staff as they will do their best to ensure that you have access to WiFi and power where possible but this is sometimes out of their hands. We recommend using your time in Kenya as a chance to have a 'phone detox'.

Medical Provision

Mountain

Your mountain crew are extremely experienced in climbing Mount Kenya having climbed multiple times. All hold relevant local qualifications for guiding and have substantial experience of the route taken. Your head guide will hold the Wilderness First Responder Medical Training with CPR certification and assistant guides will also be first aid trained.

The Head Guide will be monitoring everyone throughout each day on the climb looking out for early warning signs of altitude sickness, dehydration, fatigue or other illness and will treat accordingly following the procedure set out in the our predetermined Risk Management Policy.

It is at the Head Guides discretion to decide on whether a climber is required to descend and how they will descend as they are responsible for the safety of everyone in the climb group and have the expertise and knowledge to know what is best.

If a climber is deemed well enough to descend on foot they will be accompanied by 2 crew members. If evacuation by other means is deemed necessary then the Head Guide will liaise with the Kenya Wildlife Services to arrange evacuation with local search and rescue whose teams are experienced in providing such services for the British Army Training Units in the area.

Ranger stations at various locations along the trek are permanently manned and your Head Guide will be in radio contact with these posts at all times should any assistance be required.

Kenya

The Kenyan medical system is very different from what you will be used to in the UK. There is no NHS or similar service which means that if you are required to undergo any kind of medical treatment whilst in Kenya you will be charged by the local hospital, ward or clinic. The level of care is also slightly different to that in the UK as the hospitals do not provide food or basic personal items such as loo roll.

In some circumstances there may be private clinics that will provide treatment and will claim the costs on your personal insurance. In these situations you will be required to provide the clinic with your insurance details so that they can process the claim. In addition to that we recommend that you also notify your insurance company as soon as you can so that they are aware you are undergoing treatment and will be processing a claim so ensure you have these details with you. The Dig Deep team will be on hand to assist you with this but we ask that you always have your insurance details in an accessible place in case you need them. Dig Deep will also have these on file as you will be asked to enter them in your pre-departure form.

Altitude Sickness

Mountain

Altitude sickness has three forms.

- Acute Mountain Sickness (AMS)
- High Altitude Pulmonary Oedema (HAPE)
- High Altitude Cerebral Oedema (HACE)

AMS is very common, some people are only slightly affected by this whereas others may feel quite unwell. If symptoms of altitude sickness are ignored it can lead to potentially life-threatening conditions such as HAPE and HACE. These are **extremely rare occurrences** on our climbs however both are serious forms of altitude sickness which require urgent action and hospital treatment. This is why it is very important that you are aware of the symptoms of all forms of altitude sickness and are keeping your guides informed during your climb. Below we have detailed the symptoms of all forms of altitude sickness so that you are fully prepared.

Dig Deep works with our Kenyan suppliers to do everything that we can to make sure systems and procedures are in place to take care of you incase you fall ill on Mount Kenya. As previously mentioned your Head Guide holds the Wilderness First Responder Medical Training with CPR Certification, and your Assistant Guides also hold First Aid Certifications. We also have an emergency descent procedure in place which will be initiated if the Head Guide feels that you are too unwell to continue, or if you experience any of the below symptoms.

Acute Mountain Sickness (AMS)

AMS is something that you may experience whilst climbing Mount Kenya, therefore it is important that you are aware of the symptoms so that you can notify your Head Guide or Assistant Guide if you begin to feel unwell. Symptoms of AMS normally start to become apparent above 3000 meters above sea level (MAMSL/AMSL). The symptoms can be similar to that of a bad hangover and may include:

- Headaches
- Nausea and/or vomiting
- Dizziness
- Tiredness
- Diarrhoea
- Loss of appetite
- Shortness of breath

There are some ways to treat AMS and these include:

- Staying hydrated - drinking enough water
- Resting - make sure you get lots of sleep
- Avoid smoking or drinking alcohol
- Taking anti-altitude sickness medication (Diamox)
- Descent
- Maintaining a high calorie diet - the food provided on the mountain will help with this so ensure you eat as much as you can despite your loss of appetite

We recommend that you speak to your doctor about climbing Mount Kenya and discuss any medical options that may help you cope with the altitude, such as anti-altitude sickness tablets.

In some cases the only option will be to descend the mountain. Your guides will be monitoring your health daily, and they have the skills and expertise to ensure your utmost safety. It is important therefore that you are open and honest with your guides about any symptoms you may be suffering from so they can advise on the appropriate action to take.

High Altitude Pulmonary Oedema (HAPE)

[N.B The following is taken from the NHS website](#)

HAPE is a build-up of fluid in the lungs. The symptoms of HAPE are:

- blue tinge to the skin (cyanosis)
- breathing difficulties, even when resting
- tightness in the chest
- a persistent cough, bringing up pink or white frothy liquid (sputum)
- tiredness and weakness

The symptoms of HAPE can start to appear a few days after arrival at high altitude. It can be fatal if it's not treated immediately.

Treatments of HAPE include:

- Moving down to a lower altitude (your Head Guide will initiate the emergency descent procedure at the first sign of symptoms)
- Taking nifedipine (helps to reduce chest tightness and ease breathing)

High Altitude Cerebral Oedema (HACE)

[N.B The following is taken from the NHS website.](#)

HACE is the swelling of the brain caused by a lack of oxygen. The symptoms of HACE are :

- Headache
- Weakness
- nausea and vomiting
- loss of coordination
- feeling confused
- hallucinations

A person with HACE often doesn't realise they're ill, and may insist they're all right and want to be left alone. HACE can develop quickly over a few hours and can be fatal if not treated immediately.

Treatments of HACE include:

- Moving down to a lower altitude (your Head Guide will initiate the emergency descent procedure at the first sign of symptoms)
- Taking dexamethasone (Dexamethasone is a steroid medication that reduces swelling of the brain)

If your guides suspect that you are displaying any symptoms of HACE or HAPE they will implement the emergency descent procedure and ensure you get hospital treatment.

Prevention of HACE and HAPE is key. Through the continuous monitoring of your well being (explained in the section above) your guides will be there to spot any signs and symptoms of altitude sickness before they develop into either HACE or HAPE but it is extremely important that you keep your guides informed about how you are feeling.

It's important to state that these medical conditions are extremely rare on our climbs - we have included this information so that, on the very slight chance you are affected, you are able to help your guides treat you immediately by notifying them of any symptoms you are experiencing or concerned about. All of this information will also be covered in the pre-climb safety briefing which you will receive the night before your climb.

To read more on descent procedures and your guides qualifications please read the section above entitled 'Medical Provision'.

Mountain Crew

Mountain

Your Mountain Crew will be a huge part of your mountain experience as they will be the ones supporting and taking care of you throughout your climb. Your crew will be made up of a number of different members and the job roles include:

- Head Guide
- Assistant Guide
- Cooks
- Porters

Your head guide will be leading your climb and instructing you as well as the rest of the crew each day. It is very important that you follow your guides instructions as they are responsible for you for the duration of your climb. Your mountain crew will consist of a ratio of 4 guides per 10 climbers and be supplemented by sufficient numbers of cooks and porters applicable to the size of your group. Each member of the crew is essential in catering for all your needs on the mountain and making sure you stay safe. Your crew will carry your main kit bags, prepare all of your food and water and maintain the camps. Your guides will be with you every day guiding you through the trek and to the top of Mount Kenya. If sub-groups form within your group due to differing trekking speeds then each sub-group will be accompanied by at least 2 guides

Tipping

Your mountain crew will be receiving a fair wage for their support of you and your team on the mountain however, tipping is customary in Kenya and the norm on Mount Kenya. The tip is an important part of recognising cultural norms and rewarding your crew. We understand that tipping is not the norm in the U.K and that this may seem odd to you however all our climbers in previous years have understood the importance of acknowledging this support once they have experienced the climb and the levels the crew go to to help you reach the summit safely. We recommend that each member of your team tips between \$90-\$130. This tip will then be divided up between all crew members according to the recommended tip amount for their job role. **It is therefore important that you bring small denominations of notes to assist with the division of the tips to each crew member.** Your team leaders will be responsible for counting and dividing up the money and then your whole team will hold a tipping ceremony where all tips are individually distributed to the crew members.

Transport/Travelling

Kenya

Driving in Kenya can be a little daunting if you don't know what to expect. Nairobi is notorious for its chaotic traffic and urban traffic jams commonly delaying travel. Additionally roads out of the city are often poorly maintained with limited infrastructure.

It's important therefore to have realistic expectations of transit times for the journeys you will undertake and be prepared for some early morning starts and long bumpy roads!

We would recommend bringing some books, games or playing cards to keep you and your group entertained on your journey between Nairobi and Nanyuki and also Nairobi to Diani after your climb.

Money

Kenya

The currency of Kenya is the **Kenyan Shilling (KES)**. You can get KES in the UK in advance of the trip however money exchanges may not always stock it therefore we recommend that you order your currency in advance.

It is preferable for you to bring all your spending money with you as access to ATMs may be limited and many vendors will not take card. We recommend that you withdraw cash at the airport before transferring to Nanyuki as you may not have enough time or access to an ATM once out of Nairobi.

If you are planning to use your card, make sure you inform your bank that you will be travelling abroad. When you do, ask them for an international number for their fraud department in case they block your card. This frequently occurs even after warning them and will mean you can rectify the block quickly and cheaply!

How much money should I bring?

This is a very difficult question to answer. It really depends on what you would like to do and what your plans are for the extensions. All your meals and drinks are included in your package price so any extra money you bring just needs to cover tips for your climb crew and safari driver, extra meals/drinks outside of what's included and any souvenirs, excursions or add-ons (massages etc) in Diani you wish to purchase. As a rough guide we recommend **approx £150-200 (\$190-260) spending money** to cover you for climb crew and safari tips (\$100-\$150), a couple of excursions/add-ons (\$50-\$80) and some souvenirs/gifts (\$30-\$50).

Your support team

Dig Deep staff and representatives

Ben Skelton



Ben initially volunteered as programme manager with Dig Deep for two years, both in Kenya and the UK, before being appointed as CEO of the charity in 2011. He has delivered in-country support to Dig Deep's international challenges since 2012.

Ben lives with his wife in Sheffield and enjoys cycling in the peak district and yoga from time to time.

Ben will meet you for your visit to Male Primary School on your project visit and be in Naro Moru while you climb. He's the person to ask for all things charity related!

Simon Franklin



Simon initially volunteered as a fundraiser for Dig Deep alongside his PhD summiting Kilimanjaro in 2014 and Mount Kenya in 2015. He joined Dig Deep as a Challenge Fundraising Officer in 2017 and delivered in country support on our 2018 challenges. He has now been appointed as the Operations Manager.

Simon lives in Birmingham and as a big Liverpool FC fan he enjoys playing and watching football as well as travelling with his girlfriend.

Simon will be present in Naro Moru while you climb and accompany you on the project visit. He's the person to ask about your itinerary!

James Kinyanjui



James has worked for Dig Deep since 2014. He acts as a fixer, assisting with our operations on the ground in Kenya.

He was born in the central part of Kenya and now resides in Nairobi.

He enjoys traveling, making new friends and watching cricket and football. He is a big fan of the English premier league!

James will be present in Naro Moru whilst you climb Mount Kenya and will also accompany you to Diani. If you want to learn Swahili or have any questions or issues whilst in Diani, he's your man!

Eugene Gichimu Kang'ethe



Eugene is 30years old, married and a father of two and has been acting as a driver for Dig Deep for a couple of years. He originates and lives in the central part of Kenya and enjoys traveling, reading novels and watching sports. He will be accompanying the group on their journey from Nairobi to Mombasa and assisting with staff transport throughout the trip. He can be contacted on +245 727 600659.

Heritage of African Jungles staff

John Kinaro



John is head of Mountain Climbing Operations at Heritage of African Jungles. He has 10 years guiding experience from 2010 to date and was trained by World Challenge Expeditions: He is Specialized in mountain climbing, first aid and rescue techniques as well as group managements. He has been delivering our Mount Kenya climbs since 2016. You can contact him on cell no: +254 711 737354 and is the person to ask for anything regarding your in country arrangements.

Benson Kinaro



Benson will be your head guide for your Mount Kenya climb. He has over 25 years' experience of Mt Kenya and has been trained by the National outdoor leadership school (N.o.l.s) and savage wilderness. He has also climbed Mt Elgon, Mt Kilimanjarao, Rwenzori, Aberdares and many hills in Kenya. You can contact him on cell no: +254 721 642553 and is the man who will keep you safe and ensure you go the right way!

Heritage of African Jungles staff

Geoffrey Githui



Geoffrey will be one of your assistant guides for your Mount Kenya climb.

He has 20 years' experience and has climbed Mt. Kilimanjaro, Mt. Kenya, Siemes, Aberdare and has worked as a senior guide for. K.G Expedition and the National Outdoor Leadership School.

He loves mountain climbing, hiking and travelling.

You can contact him on cell no: +254 729 306824 and he will make sure you have a good time whilst keeping you safe.

John Ndegwa Kiguta



John will be one of your assistant guides for your Mount Kenya climb.

He has 8 years of experience between 2011-to present and was trained by savage wilderness adventure. He has numerous skills and interests including mountaineering leadership, group management, wilderness first aid, steep ground techniques, bird watching, leave no trace and camping life.

You can contact him on cell no: +254 722 805657 and he will teach you all about the Mount Kenya flora and fauna along the way!

Richard Mureithi



Richard will be one of your assistant guides for your Mount Kenya climb.

He has 8 years experience as a guide and was trained by savage wilderness adventure.. He is trained in mountaineering leadership, group management, wilderness first aid, steep ground techniques, camping life, leave no trace.

You can contact him on cell no: +254724212328 and he will make sure you have a good time whilst keeping you safe.

Heritage of African Jungles staff

Peter Mbugua



Peter will be one of your assistant guides for your Mount Kenya climb.

He has 20 years experience as a mountain guide and was trained by the National outdoor leadership school.

You can contact him on cell No: +254 724 650 644 and he will be making sure you have a good time whilst keeping you safe!

Timothy Nyingi Mbuchi



Timothy will be your senior chef on your Mount Kenya climb.

He has 9 years experience .from 2010 to present and has worked with several hotel's around the area as well as experience of Mount Kenya itself.

His contact number is Cell: +254 726 281855 and he will be ensuring you have some delicious food to eat to keep you energised all the way to the summit!

James Maina



James will be one of your chefs on your Mount Kenya climb.

He has experience of 10 years having trained at Amboseli College.

He has worked with different tour companies in Kenya including and is used to providing great food in unfamiliar environments!.

His contact number is: +254 726175969 and he will be ensuring you have some delicious food to eat to keep you energised all the way to the summit!

Questions?

Check out our FAQ: www.climbforcleanwater.org/faq

Check out our Fundraising Resources: www.climbforcleanwater.org/fundraising-resources

If you still have questions then get in touch with the team:

Fundraising = Nina Martynchyk: support@digdeep.org.uk / 07366 142 807

Trip Logistics - Simon Franklin: simon@digdeep.org.uk / 07775 037 839