



PRE-DEPARTURE INFORMATION KILIMANJARO 2019



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Challenge Checklist

- ☐ **Share this information with your next of kin**
- ☐ **Book 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**

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 Tanzania well in advance of your trip.

You will be required to obtain a single entry tourist visa for Tanzania which must be obtained IN ADVANCE of arriving in Tanzania and the cost for a British citizen is \$50 USD.

A Single Entry Visa is valid for 90 days from the day that it is issued, therefore it should not be applied for more than 90 days before the day you return to the UK. **We recommend you apply for your visa two months before your departure date.**

You can obtain this visa in two ways, either by applying for an online visa or by visiting the Tanzanian High commission in London and completing the application form. For details on how to obtain your visa please visit the [Tanzanian High Commission website](#). If doing an Online application, you will need the following information:

Type of Visa Requested = Ordinary Visa

Purpose of Visit = Leisure and Holiday

Destination = Tanzania Mainland

Port Type = Airports

Port of Entry = Kilimanjaro International Airport

Port of Departure = Julius Nyerere International Airport

Host = Company/Organisation [African Scenic Safaris](#) or [Trek 2 Kili](#) (specified on your flight details and trip itinerary email)

Relationship = Trip Supplier

Accommodation = Paradise Inn Backpackers, Moshi

Group or Organisation = Yes, Dig Deep Challenges

You will need to upload a [passport size photo](#) of yourself, a picture of your passport bio data page and one of these covering letters depending on your supplier (specified in your flight details and trip itinerary email): [Trek 2 Kili](#) or [African Scenic Safaris](#).

Alternatively you can get your visa in person at the Tanzania High Commission in London by completing this form.

When filling in the application form you will need the following information:

Tick the box: Single Tourist Visa

The port of entry: Kilimanjaro International Airport

The reference in Tanzania is:

Paradise Inn Backpackers,

Soweto Street, Moshi, Tanzania

P.O. Box 8918

+255 754 376 704

Contact person - Moses

Email - theparadise@gmail.com

Tour Company: Trek 2 Kili or African Scenic Safaris (specified on your flight details and trip itinerary email)

Means of financial support is "Self"

For any assistance with your visa application you can contact the Tanzanian High Commission, Visa Enquiries department on +44(0) 207 569 1489, or email them at visa@tzhc.uk. Their lines are open between 3-5pm Mon - Fri.

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, which we will send to you prior to departure.

Your insurance policy **MUST** cover/include the following:

- Trekking up to 6000m
- Helicopter Rescue up to 6000m
- Medical Repatriation
- Cover for personal possessions

We **HIGHLY RECOMMEND** that you call or visit 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/ in person are:

I am going to East Africa to climb Mount Kilimanjaro and will be trekking to nearly 6000m:

- 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 6000m
- If required will I be brought back to the UK for medical treatment (Medical repatriation)

We are currently working with insurance providers to put together a recommend package for you to purchase which will cover you for all of the above. We will release details of these as soon as confirmed.

Baggage Allowance

The total Emirates checked baggage allowance is 2 pieces weighing up to 23kg each.

The total dimensions (length + width + height) of each piece must not exceed 150 cm (59 inches).

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 55 x 38 x 20cm in size or 7KG in weight.

As you are flying through Dubai you must ensure you adhere to their baggage services rules. It is specified that bags must have at least one flat side to ensure safe transportation on the conveyors and reduce blockages. As such you must secure and tie up/remove any loose straps or have your bag wrapped at the airport prior to checking in (as shown in the photo below)

New baggage rules at Dubai International

IRREGULAR



Round and irregular shaped parcels

Bags with long straps

REGULAR



Bags must have at least one flat surface.



Kit & Equipment

Your climb suppliers 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](#).

Furthermore, your climb suppliers offer a comprehensive kit hire service at great prices. Here is a [link to the list](#) of everything you can hire in country with associated prices.

The suppliers provide all communal items on the mountain such as tents and 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 Tanzania. 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. There is no NHS in Tanzania 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 it's 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 it's 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 6 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. Kilimanjaro 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.

Kilimanjaro Rest & Relaxation

After you have climbed Mount Kilimanjaro you have the opportunity to head off with your team and explore some more of Tanzania. This is the perfect way to round off your trip and celebrate your successes with your wonderful team mates.

Our highly experienced Tanzania suppliers have been arranging our Rest and Relaxation packages for the last 4 years and know just what you need after the climb. To view and book your place on a package visit your respective trip suppliers* website; [African Scenic Safaris](#) or [Trek 2 Kili](#)

**Your trip supplier is detailed in the email you received titled 'Your trip dates and flight details'*

Group Details:

Group 1

Departure date = 23/08/19

Climb start date = 25/08/19

Supplier = Trek 2 Kili

Universities = Gloucestershire, FXU, Manchester & Durham

Group 2

Departure date = 24/08/19

Climb start date = 26/08/19

Supplier = African Scenic Safaris

Universities = Queen Mary, Derby, UWE, Hertfordshire, Roehampton, Canterbury, Portsmouth & Lincoln

Group 3

Departure date = 27/08/19

Climb start date = 29/08/19

Supplier = Trek 2 Kili

Universities = Strathclyde, UEA & Sussex

Group 4a

Departure date = 02/09/19

Climb start date = 04/09/19

Supplier = African Scenic Safaris

Universities = Sheffield & Nottingham

Group 4b

Departure date = 02/09/19

Climb start date = 04/09/19

Supplier = Trek 2 Kili

Universities = Leeds, Newcastle, RVC, Oxford, Swansea, Royal Holloway, UCL, St Georges & Surrey

Group 5

Departure date = 03/09/19

Climb start date = 05/09/19

Supplier = African Scenic Safaris

Universities = Birmingham, Bath Spa, Brunel, Kingston & Lancaster

Your Challenge Itinerary

Kilimanjaro Challenge—Machame Route Itinerary*

**provided by your Tanzania Suppliers*

DAY 1: DEPART THE UK

You'll assemble with your group at London Heathrow before jumping on your flight to Kilimanjaro International Airport, Tanzania

DAY 2: ARRIVAL IN TANZANIA

This is where the adventure begins. You will be met at the airport by the head guide of your upcoming climb. With them, you will take a private bus transfer to your hotel, Paradise Inn Backpackers in Moshi. Once at the hotel you will have the day to prepare for your climb.

DAY 3: MACHAME GATE – MACHAME CAMP: 10.75K /7MI | 5-6 HRS | RAINFOREST

*Elevation: 1811m/5942ft to 3021m/9911ft
Altitude gained: 1210m*

Departing from Moshi a 45-minute drive will take you through the Village of Machame to the Kilimanjaro National Park Gate. We will patiently wait for our permits to be issued while watching the hustle and bustle of operations as many crews prepare for the journey ahead.

As you begin your climb you will enjoy the beautiful rainforest scenery and windy trails while your guide tells you about the local flora and fauna and natural wildlife. At these lower elevations the trail can be muddy and quite slippery. We highly recommend gaiters and trekking poles here.

DAY 4: MACHAME CAMP – SHIRA CAMP: 5.3KM/3MI | 4-5HRS | MOORLAND

*Elevation: 3021m/9911ft to 3839m/12,595ft
Altitude gained: 818m*

After a good nights sleep and a hearty breakfast we emerge from the rainforest and continue on an ascending path, crossing the valley along a steep rocky ridge. The route now turns west onto a river gorge until we arrive at the Shira campsite. Temperatures begin to drop.

DAY 5: SHIRA CAMP – LAVA TOWER – BARRANCO CAMP: 10.75KM/6MI | 5-6HRS | SEMI DESERT

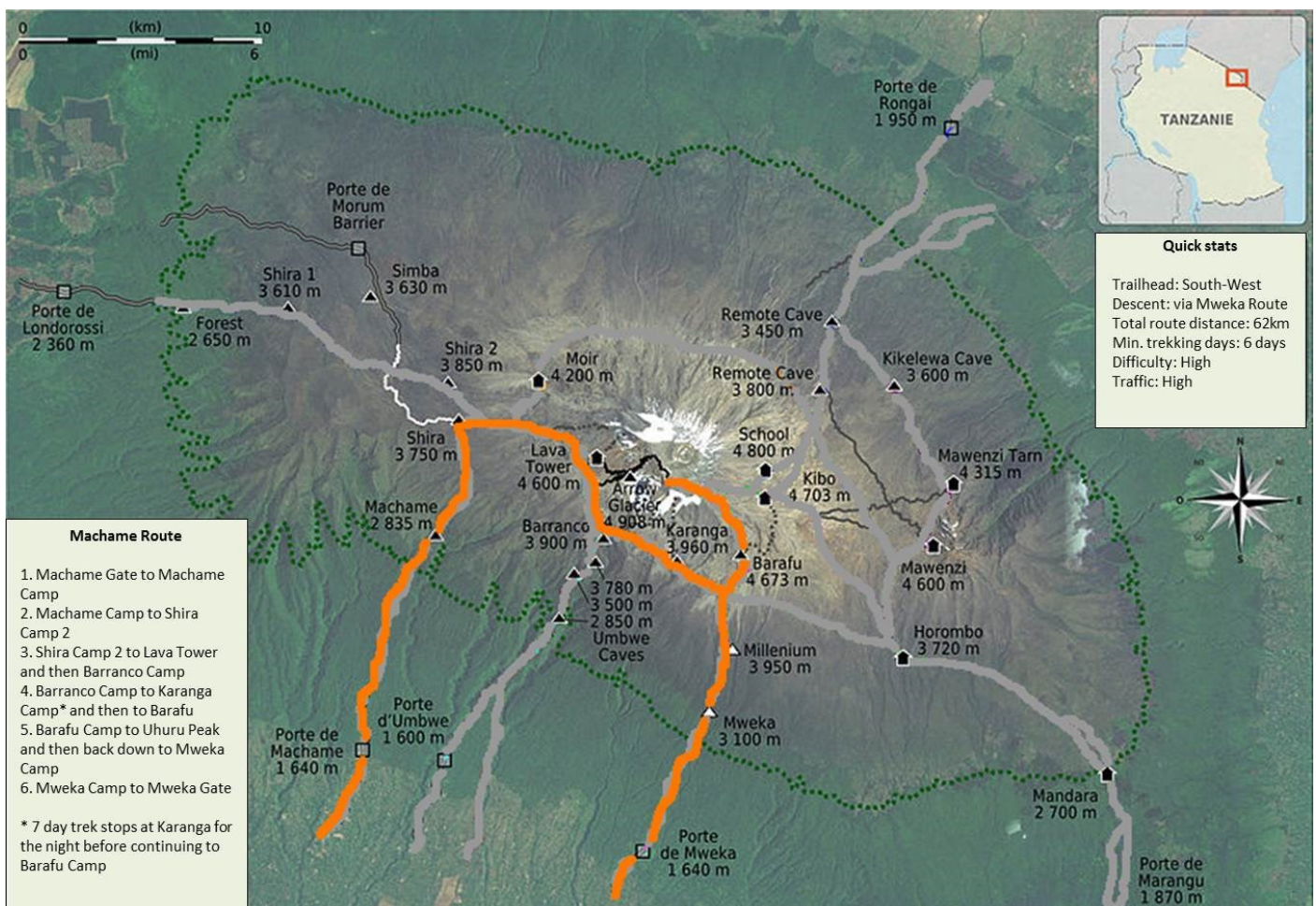
Elevation: 3839m/12,595ft to 3986m/13,077ft
Altitude gained: 147m

Although you end the day around the same elevation as when you began, this day is very important for acclimatisation. From Shira Plateau we continue east up a ridge, passing the junction towards the Kibo peak before we then continue, South East towards the Lava Tower, called the "Shark's Tooth" (elev. 4650m/15,250ft). Shortly after the tower we come to a second junction, which leads to the Arrow Glacier. We then continue to descend to overnight at Barranco Camp.

DAY 6: BARRANCO CAMP – KARANGA CAMP – BARAFU CAMP: 8.5KM/5MI | 6-8HRS | ALPINE DESERT

Elevation: 3986m/13,077ft to 4034m/13,235ft to 4662m/15,295ft
Altitude gained: 676m

After breakfast, we continue on a steep ridge up the adventurous Barranco Wall to the Karanga Valley and the junction, which connects, with the Mweka Trail. This is one of the most impressive days to see the power, agility, and strength of your crew zip over this wall with what appears such ease. We continue up toward Barafu Camp, and once reached you have now completed the South Circuit, which offers a variety of breathtaking views of the summit from many different angles. An early dinner and rest is advised as we prepare for summit night. Overnight at Barafu Camp.



DAY 7: BARAFU CAMP – SUMMIT: 4.86KM /3MI UP | 5-7HRS | – MWEKA CAMP: 13KM /8MI DOWN | 5-6HRS | GLACIERS, SNOW CAPPED SUMMIT

Elevation: 4662m/15,295ft to 5895m/19,341ft

Altitude gained: 1233m

Descent to 3106m/10,190ft

Altitude lost: 2789m

Excitement is building as morning comes with an early start between midnight and 2am. This is the most mentally and physically challenging portion of the trek.

We continue our way to the summit between the Rebmann and Ratzel glaciers trying to stay warm and focused on the amazing sense of accomplishment that lies ahead. With a switchback motion in a northwesterly direction you will ascend through heavy scree towards Stella Point on the crater rim. You will be rewarded with the most magnificent sunrise during your short rest here. Faster hikers may view the sunrise from the summit. From here on your remaining 1 hour ascent to Uhuru Peak, you are likely to encounter snow all the way.

Congratulations, one step at a time you have now reached Uhuru Peak the highest point on Mount Kilimanjaro and the entire continent of Africa!

After photos, celebrations and maybe a few tears of joy we take a few moments to enjoy this incredible accomplishment. We begin our steep descent down to Mweka Camp, stopping at Barafu for lunch and a very brief rest. *(We strongly recommend gaiters and trekking poles for uncooperative loose gravel and volcano ash terrain.)*

Well-deserved rest awaits you to enjoy your last evening on the mountain. Overnight Mweka Camp.

DAY 8: MWEKA CAMP – MWEKA GATE – MOSHI: 9.1KM/6MI | 3-4HRS | RAINFOREST

Elevation: 3106m/10,190ft to 1633m/5358ft

Altitude lost: 1473m

After breakfast we continue the descent down to the Mweka Park Gate, and a heartfelt ceremony of appreciation with your crew it's time to say goodbye. *(As the weather is drastically warmer, the terrain is wet, muddy and steep and we highly recommend Gaiters and trekking poles.)*

From the gate, a vehicle will meet you at Mweka village to drive you back to your hotel in Moshi (about 30 minutes). Enjoy a long overdue hot shower, dinner and celebrations where you will receive your summit certificates!

DAY 9-15: REST AND RELAXATION

You will now begin your Rest and Relaxation Package.

DAY 16: DEPART TANZANIA

It is sadly time for your adventure to end, you will catch an afternoon flight from Dar Es Salaam and travel overnight back to the UK.

DAY 17: ARRIVE IN THE UK

You will land back at London Heathrow Airport early in the morning and it will be time for you to say goodbye to your team mates



What to Expect in Tanzania

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. Please [click here](#) to see some **example menus** for the climb (N.B this is subject to change)

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 Tanzania, 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.*

Tanzania

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.

Tanzania

When in Tanzania/Zanzibar 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. Below are some of the major things you must be aware of as detailed on the [foreign office's website](#).

Alcohol

Alcohol is available in most hotels and restaurants. Although you will be able to drink whilst in Tanzania you must be respectful of the local culture. Loud or aggressive behaviour, drunkenness, foul language and disrespect, especially towards older people, will cause offence. Christianity and Islam are the predominant religions in Tanzania with a high proportion of Muslims residing along the coast and in Zanzibar. Respect local traditions, customs, laws and religions at all times and be aware of your actions to ensure that they don't offend.

Drugs

Dig Deep and our partners have a zero tolerance policy when it comes to illegal drugs. Tanzania (including Zanzibar) has strict laws regarding drug use and those found in possession will be fined and/or arrested. There are severe penalties, including prison sentences, for drug trafficking (taking drugs from Tanzania to Zanzibar could fall into this category). For further information see [Tanzania's Drug Control and Enforcement \(Amendment\) Act 2017](#)

Homosexuality LGBTQ+

Dig Deep is an equal opportunities organisation and although we do not agree with Tanzania's laws surrounding the LGBTQ+ community it is something that all fundraisers should be aware of. We would also like to state that in the 8 years since Dig Deep's first Kilimanjaro challenge we have never come across any problems regarding sexuality. 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 relaxed and tolerant outlooks.

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

Homosexuality is illegal in Tanzania (including Zanzibar) and is not tolerated in Tanzania's conservative society. 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 to the country (Tanzania), your sexual orientation and gender identity should be private. If they remain this way, they should be of no interest or concern to anyone else. You need to be aware that many traditional, conservative communities across Africa, including Tanzania, take the view that LGBT practices are “un-African”. Also, note that overtly sexual behaviour in public is almost always unacceptable for any couple, be they heterosexual or from the LGBT community – and many Tanzanians will “extend” this to take offence at public displays of affection.

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.

Tanzania

Tanzania is an ethnically diverse country with over 120 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 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 Tanzania in population centres - in Tanzania the only people that wear shorts are primary school children and as such this is how you might be perceived!

If you are going on Safari you should **avoid wearing blue or black** clothes for these days as these can attract the tsetse fly.

Technology

Mountain

Whilst climbing Kilimanjaro 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 Kilimanjaro. So please be patient with them as they may not always be able to answer your questions straight away.

Tanzania

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 Tanzania 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 Tanzania as a chance to have a 'phone detox'.

Medical Provision

Mountain

Your mountain crew are extremely experienced in climbing Kilimanjaro with many having climbed over 100 times. Your head guides hold the Wilderness First Responder Medical Training with CPR Certification as detailed by the [Sentinel Outdoor Institute](#), and your Assistant Guides also all hold First Aid Certifications.

Each climber will be given a Climber Illness Record which they will carry with them at all times. The guides will undertake daily medical checks on all climbers and report on their assessment within the Climber Illness Record. If at any point the guide feels it necessary for a climber to descend for their own wellbeing they will follow the descent procedure set out in our predetermined Risk Management Policy. Due to the climbers medical condition and location of the climber at the point of descent the head guide will decide on whether descent will be on foot, via stretcher or helicopter evacuation. 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.

Tanzania

The Tanzanian 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 Tanzania 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, we ask that you always have your insurance details in an accessible place in case you need them, but Dig Deep will also have these on file as you will be asked to enter them in your pre-departure form.

Altitude Sickness

Mountain

Dig Deep works with our Tanzanian suppliers to do everything that we can to make sure systems and procedures are in place to take care of you in case you fall ill on Kilimanjaro. As previously mentioned your Head Guides hold the Wilderness First Responder Medical Training with CPR Certification, and your Assistant Guides also all 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. For additional support and safety measures Dig Deep ensures that both of our suppliers maintain a 1:1 ratio of guides to climbers on summit night. This means that if you fall ill and have to descend then there will be someone to support you all the way without leaving another climber. It also means that you are very well supported and have a higher chance of reaching the summit of Kilimanjaro, this is evident by the fact that our average success rate since 2011 is 95%.

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 both 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.

Acute Mountain Sickness (AMS)

AMS is something that you may experience whilst climbing Kilimanjaro, 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 Kilimanjaro 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 through medical checks, and they have the skills and expertise to ensure your utmost safety. These medical checks will include measuring your blood oxygen level using a non-invasive device called a pulse oximeter which attaches to your finger. 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 buildup 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 (nifedipine helps to reduce chest tightness and ease breathing)
- Taking bottled oxygen (the climb crew will make this available to you)

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)
- Taking bottled oxygen (the climb crew will make this available to you)

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 daily medical checks and 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.

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

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 guides 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 could be made up of anywhere between 50-120 members dependent on the size of your team. 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, set up and pack down your tents, 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 Kilimanjaro. There will be other groups on the mountain so your crew members will be identifiable by an easily distinguishable item of clothing.

Dig Deep is currently the only UK organisation to be awarded 'Partner for Responsible Travel' status by the [Kilimanjaro Porters Assistance Project \(KPAP\)](#), a workers rights organisation based in Tanzania. We have partnered with KPAP and KPAP approved climb suppliers as we're committed to ensuring our ground staff receive fair wages and treatment. Further to this your safety is paramount and your mountain crews are the ones who will be looking after you. Therefore we ensure that we have one guide for every climber on summit night, ensuring we achieve a 95% success rate of fundraisers reaching the summit.

Tipping

The crews that you will be climbing with will be receiving one of the highest wages on the mountain and are paid fairly and according to recommendations. However, tipping is customary in Tanzania and the norm on Kilimanjaro. KPAP advocates that climbers tip their mountain crew in addition to their salary to ensure the crew are paid the living wage, and to reflect and reward their hard work in taking care of you during your climb. 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 therefore, we recommend that you read the tipping section on KPAP's [website](#) to understand why this is the process. Based on KPAP's recommendations as well as conversations with the organisation and our suppliers, we recommend that each member of your team tips between \$140-\$160. To understand more about this recommendation please look at our [tipping guidelines doc](#). 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.** You will be asked to take your tip money with you on your climb, your team leader will then complete a tipping sheet and collect your tip money on your final night on Kilimanjaro (this will aid the process at the gate the following day). Your team leaders will be involved in counting and dividing up the money and then your whole team will hold a tipping ceremony where all tips are individually distributed by yourselves to the crew members.

Transport/Travelling

Tanzania

Driving in Tanzania can be a little daunting if you don't know what to expect. Dar Es Salaam 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 from Moshi to Dar Es Salaam after your climb.

Money

Tanzania

The currency of Tanzania is the Tanzanian Shilling, but US Dollars are also used within Tanzania. Tanzanian shillings tend to be used in bars, restaurants, shops and for other small purchases. Bigger purchases, such as accommodation or travel, are usually priced in US Dollars.

As the Tanzanian Shilling is a closed currency you will only be able to purchase this currency on arrival in Tanzania, therefore you should travel with USD and convert this on arrival.

Please make sure that all **US Dollars are new** - they should have no rips or tears and should be issued after 2009. Dollars issued before 2009 will not be accepted.

We recommend you **ask for small denominations** when purchasing US Dollars. Our suppliers will accept \$100 bills, but most vendors will only accept notes of \$20 and below. **Therefore you should only use \$100 bills to pay for your Rest and Relaxation package.**

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 Moshi as you may not have enough time to get to an ATM but if needed the suppliers can help you arrange a taxi to an ATM during your trip.

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. To be safe we recommend you allow \$50 USD a day spending money for your extension travel to cover food, drinks, excursions and souvenirs.

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

Anything else - Rachael Marshall: rachael@digdeep.org.uk / 07833 524 186