Trek Kilimanjaro
Challenge Manual

Action Challenge have been leading inspirational team adventures across the globe for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world’s most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.
**Communication Timeline**

Congratulations on joining our Mount Kilimanjaro Summit Trek. It promises to be challenging, fun and memorable! For most this will be your first taste of an event of this magnitude. This Challenge Manual is the start of your Kilimanjaro journey and will provide more detailed information that will be beneficial throughout your challenge.

Here at Action Challenge we pride ourselves on our customer relationships and want our participant journey to be informative, relaxed and stress free. In order to achieve this we have put together a timeline of dates when you will receive important information regarding your challenge, as well as regular e-newsletters from ourselves.

If at any time you have any other questions then please do not hesitate to contact Hayley or the rest of the Kilimanjaro team on:  
0207 609 6695 / kili@actionchallenge.com

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<thead>
<tr>
<th>DATE</th>
<th>EMAILS</th>
<th>ACTION</th>
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<tbody>
<tr>
<td>3 - 4 Months before</td>
<td>Visa help sheet and advice for applying for your visa</td>
<td>Make sure you have all your required inoculations and look into applying for your visa. <strong>This is also your trip extension deadline!</strong></td>
</tr>
<tr>
<td>Departure</td>
<td>Make sure you have all your required inoculations and look into applying for your visa. <strong>This is also your trip extension deadline!</strong></td>
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<tr>
<td>3 Months before</td>
<td>Self Funders &amp; Mixed Funding - final balance due</td>
<td>Final balance is due for trip cost. Invoice issued at 12 weeks. Payment due by 10 weeks.</td>
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<td>Departure</td>
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<td>9 Weeks Before</td>
<td>Full personal details to be completed and medical form returned to us (if required)</td>
<td>Insurance and personal details to be completed online. Medical form to be returned to us if requested.</td>
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<td>Departure</td>
<td>Insurance and personal details to be completed online. Medical form to be returned to us if requested.</td>
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<tr>
<td>1 Month before</td>
<td>Joining instructions and final itinerary released</td>
<td>You will receive your full flight details and joining instructions plus a copy of a detailed itinerary and emergency contact list.</td>
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<td>Departure</td>
<td>You will receive your full flight details and joining instructions plus a copy of a detailed itinerary and emergency contact list.</td>
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<td>1 Week before</td>
<td>Final e-mail before departure</td>
<td>Final good luck e-mail. Extenders will receive flight tickets and extension itinerary.</td>
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If upon registration you did not complete all your personal details and medical information, please ensure that you log back into your account no later than ten weeks before your challenge at the very latest to provide us with this information. If you have a medical history, please ask your GP to sign and stamp our medical form and return this to us. You do not need to complete this form if you do not have any medical history.
Pre-Climb Preparation

HOW FIT DO I NEED TO BE TO CLIMB KILIMANJARO?
- Climbing Kilimanjaro is a tough challenge, but one that is very achievable with the correct training. It requires a reasonable level of strength, stamina and determination. Your training should incorporate aerobic (endurance building), anaerobic (strength building) exercises and some good long walks! We have put together a guide to training for your challenge. Please find it enclosed in this pack for more information.

ARE THERE ANY PRE-CHALLENGE TRAINING DAYS / WEEKENDS / BRIEFINGS?
- We have a number of training weekends available from Spring to September in Snowdonia, The Peak District and The Brecon Beacons. These are great ways to meet the Action Challenge team and test out your fitness and your kit.
- Our Weekends include two night’s accommodation, two breakfasts, two dinners and two lunches and a day and a half’s walking. Our Snowdon Summit includes one night’s accommodation and a night time summit ascent!
- We are also holding a series of challenge briefings at a central London location on Wednesday nights where you will have the opportunity to meet the Action Challenge team, fellow climbers and have a full challenge briefing on routes, what to expect on the event, training, kit and equipment.
  Please go to www.kilimanjarochallenge.com/beforeyougo.php for the exact dates and to register your place for the night, or email us at kili@actionchallenge.com for more information.

HOW CAN I MEET OTHERS CLIMBING KILIMANJARO?
- Visit our Facebook page - www.facebook.com/kilimanjarochallenge and join the sub-page for your specific challenge or join us on one of our training days / weekends!
- Follow us on twitter @ActionChallenge and use #kilichallenge when tweeting about your climb.
- We will also be running competitions on our Facebook page for the best Kilimanjaro pictures and videos! Please keep this in mind when you are on the mountain and don’t forget to post them on our Facebook page on your return! Great prizes to be won!

RECOMMENDED READING BEFORE YOU CLIMB
- Finke, Jens; A Rough Guide to Tanzania
- Fitzpatrick, Mary; The Lonely Planet - Tanzania
- Houston, Charles S; High Altitude Illness & Wellness
- Stedman, Henry; Kilimanjaro the Trekking Guide to Africa’s Highest Mountain: Includes Mount Meru & Guides to Arusha, Moshi, Marangu, Nairobi & Dar-Es-Salaam
- Stewart, Alexander; Kilimanjaro; A Complete Trekker’s Guide
**WHAT IS A TYPICAL TREKKING DAY?**

- We wake up between 06.00 - 06.30 and start the day with a hot breakfast. Hot water in bowls will be available for washing.
- After filling our water supplies, we start trekking as a group and there are plenty of opportunities to refuel, take in the breathtaking scenery and capture it on our cameras!
- Our trek leader will set a slow pace heading the front of the group, with the supporting staff and our doctor walking amongst the group to offer support to the team.
- There will be regular short breaks to rest and refuel on snacks and water and a longer stop for lunch.
- On arrival into camp in the evening, we will be greeted with a hot drink and snack, before sitting down together in our dining tents for our evening meal and a briefing by our leader on the following day.
- All of our main luggage, tents and camping equipment will be carried by the supporting porters and will be already set up each evening as we arrive into camp.
- All main meals - breakfast, lunch and dinner are prepared, cooked and served by our supporting team.

**WHAT IS THE WEATHER LIKE ON THE MOUNTAIN?**

- We experience various climate zones, from the rainforest, to desert-like terrain up to the ice peaked summit.
- On the first and last day of our climb, temperatures should remain warm around the low-mid twenties, with high humidity, becoming cooler at dusk and at night dropping to around 10-15 C.
- As we ascend and the vegetation becomes more sparse, temperatures begin to drop dramatically to around the low-mid teens and then into single figures around the 4000m mark - it becomes very cold at night!
- The temperature falls on average by 1C every 200m in altitude gained.
- On summit day, we can expect temperatures to fall below freezing. With added wind chill, the feel factor can be as low as -20C!
- Mountainous weather is always unpredictable and can change very quickly. To ensure that you embrace this as part of the experience, ensure that you are ready for wind, rain, sun and snow!

**HOW MANY GUIDES / PORTERS ACCOMPANY THE GROUP?**

- We will be accompanied by an Action Challenge trek leader and also an expedition medic. There are approximately 2.5 members of support staff per person in the group - including guides, a medical porter, kitchen staff, luggage, tent and toilet porters.
Life On The Mountain

WHAT WILL THE ACCOMMODATION BE LIKE?
• 3* hotel with swimming pool either side of the climb.
• Designated camping areas on the mountain with good quality tents. (If you have never camped before, we recommend that you give it a go before your challenge so that you know what to expect!)
• All rooms / tents are on a twin-share, single-sex basis with someone of a similar age where possible.
• A kitchen and dining tent - with seats and a table for meal times.
• 2 x private toilet tents per camp - with caravan style toilets.
• A bowl of warm water to wash in the mornings and before each meal.

CAN I REQUEST A SINGLE SUPPLEMENT FOR THE HOTEL / TENT?
• Yes, single supplements can be arranged at the following charge: £110.00 tent only, £150.00 hotel only or £250.00 for the both - you can book this emailing us at kili@actionchallenge.com

WHAT FOOD AND DRINK DO WE GET ON THE CHALLENGE?
• All meals are included within the trip cost apart from during free time on the last day of the challenge.
• 3 varied and nutritious meals a day.
• Unlimited supply of fully purified and treated water a day whilst trekking. All other drinks at the hotel / restaurant will need to be paid for on an individual basis.
• Typical breakfast on trekking day: tea / coffee / hot chocolate / toast / fruit / porridge / eggs / sausage.
• Typical lunch / dinner consists of meat such as chicken or beef / fish / rice / pasta / potatoes and other vegetables.
• Please note that we will do our best to accommodate all dietary requirements if informed in advance.

SHOULD I TAKE ANY SNACKS WITH ME?
• Yes, we strongly recommend taking some of your favourite snacks with you! But please ensure all products are dry and packaged. Cereal bars / sweets / nuts / biscuits / energy gels are just a few examples.

STAYING IN TOUCH ON THE MOUNTAIN
• Whilst there is mobile phone signal in some areas on the mountain, it can be intermittent, so please let your friends and family know not to expect to hear from you every day. We work with the policy that ‘no news is good news.’ We advise texting as the best method of communication, but please remember that you will not be able to charge your phone on the mountain without a portable charger.
• You will be provided with an emergency contact list to leave with friends and family before you depart.
• For safety measures, our Mountain Leaders are equipped with two way radios with our operators on the ground in Tanzania and with satellite phones, and are in contact with our head office in London.
Travel To and From Tanzania

WHAT IS THE TIME DIFFERENCE IN TANZANIA?
- Tanzania is 3 hours ahead of GMT

WHERE DO FLIGHTS DEPART FROM?
- All flights depart from London with a layover en route and are inclusive in your package.

ARE YOU ABLE TO BOOK MY CONNECTING FLIGHT FROM AN INTERNAL UK AIRPORT / IRELAND TO LONDON?
- It is your responsibility to book any internal UK connecting flights to London. You will be advised of your flight details one month prior to departure.

CAN I BOOK MY OWN FLIGHTS?
- Yes, this becomes our land only package and reduces your final balance or minimum sponsorship balance - please contact us for more information if you are looking to book your own flights.
- You will be required to arrange all flights and transfers in order to meet the group at the starting hotel on day 2 of your challenge.
- Please note you are unable to change your package once final balance invoicing has been completed and tickets have been issued by the airline.

CAN I EXTEND MY TRIP OR AMEND MY RETURN FLIGHT HOME?
- Absolutely - please see our Extension Brochure for more details

WILL I BE SENT MY TICKETS PRIOR TO TRAVELLING?
- No. These will be issued along with your boarding pass / flight confirmation by your Action Challenge rep when you meet at the airport.

WHAT IS MY BAGGAGE ALLOWANCE?
- Your luggage will be restricted to two bags:

Bag 1) Large 100 litre rucksack / duffle bag without wheels that should not exceed 23kg due to flight restrictions.

Please note this will be restricted to 13 – 15 kg on the mountain. Bags are available at your first hotel in Tanzania where you may decant items not needed on the mountain. These will be stored securely and returned to you at the end of your climb.

Bag 2) A smaller 30 – 35 litre rucksack / day bag that must weigh no more than 10kg.

WHAT HAPPENS IF MY BAG GOES MISSING?
- Please ensure that you retain your luggage label receipt which you will receive on check in as this makes lost luggage enquiries quicker to process.
- If your luggage goes missing on your outbound flight, Action Challenge will assist in making sure your luggage catches up with you. If necessary you will be able to replace the majority of your kit in Tanzania, but we do insist on you wearing your trekking boots on your flight in case of this eventuality so you can still start the trek.
- If your luggage goes missing on your inbound flight, Action Challenge will contact the airline and airport to arrange your luggage to be returned to you. Charges may be incurred for this by the airline so please ensure you have adequate insurance to cover this eventuality.
DO I NEED A VISA?
- Yes - your Tanzanian visa will only be valid for 3 months from the date of issue.
- An email will be sent out reminding you to apply for your visa within 4 months of your departure date. This will include the application form and the details you need to complete it.

DO I NEED TRAVEL INSURANCE?
- Yes - Insurance is imperative and should cover the costs of medical repatriation, trip curtailment costs and trekking up to 6000m. We recommend you obtain insurance as soon as possible.
- We recommend using Campbell Irvine, tel: 0844 826 2722 or email: info@campbellirvine.com. Please quote ‘Action Challenge’ for appropriate cover.

DO I NEED TO HAVE ANY VACCINATIONS / TAKE ANY MEDICATION?
- MALARIA: Whilst the risk of contracting malaria on your Kilimanjaro climb is very low, Tanzania is a high risk malaria zone. Therefore, you will need to take anti-malarial tablets, to ensure that you are covered for times when you are at lower altitudes. There are various brands of medication on the market so please seek medical advice from your local travel clinic about taking anti-malarial prophylaxis medication. It is general practice that all Tanzanian hotels we operate with are equipped with fans, air-conditioning or mosquito nets.
- BOOSTERS: Please make sure you are up to date on all necessary boosters and vaccinations by speaking to your local GP / travel clinic. Advised vaccinations include Hepatitis A, Tetanus, Typhoid, Diptheria and Yellow Fever.
- YELLOW FEVER: Although this is no longer required by law, there have been occasions where Tanzanian airport officials have insisted that passengers have proof of inoculation. Failure to provide a certificate of proof or exemption could lead to participants being made to have the vaccination on entry at a high price. We advise you to have a certificate of proof OR exemption on arrival at Kilimanjaro Airport.

Action Challenge have an agreement with Nomad Travel and MASTA who are able to offer all challenge participants travelling with us, a discount off any vaccinations given at their travel clinics. The discount codes for these can be found alongside this document.
HOW CAN I PREPARE FOR THE ALTITUDE?

- High altitude is likely to affect everyone slightly, but this isn’t something to worry about! Our leaders will set a steady pace and our doctor will be carrying out daily health checks. As long as you keep yourself well fed, hydrated and rested on the mountain, you should make it to the summit safely!
- Action Challenge have partnered with The Altitude Centre who are the UK experts in altitude acclimatisation. Based in the City of London they have a state of the art simulated altitude chamber which allows you to train in a low oxygen environment in preparation for your challenge. The Centre also offers portable equipment for rental use in your own home for anyone that is concerned about this aspect of the challenge. The Altitude Centre is offering every Action Challenge participant 20% off an Acute Mountain Sickness (AMS) Test, designed to give you an idea of what your body will feel like at altitude. Please contact them directly for more details - www.altitudecentre.com / tel: 0207 193 1626 and find a voucher enclosed within this pack.
- Diamox is the commonly used brand name for the prescription drug Acetazolamide. This can be taken as a preventative measure to combat the effects of altitude sickness on the body. However, it does not guarantee immunity from altitude sickness and may not always be effective. Diamox is only available on prescription and we ask that you consult your GP or a travel clinic for advice if you intend to use it.

WHAT EMERGENCY SUPPORT IS IN PLACE?

- 2 way radio contact between Action Challenge staff and local staff
- Satellite phone for emergencies
- 24 hour contact with Action Challenge head office in London
- National Park rescue service and emergency vehicles on stand by at exit routes from the mountain.
- Comprehensive evacuation procedures with highly trained staff.
- A UK doctor who will be carrying medical supplies and oxygen, should it be required.
- If for any reason you need to leave the group early and come off the mountain, local staff will assist you with your descent and will arrange transfers, accommodation and medical care if necessary. All costs incurred due to an early descent will need to be covered by the individual before departing the hotel.
- For further advice on health and safety issues in Tanzania please visit the Foreign Commonwealth Office website.

WHAT SHOULD I DO IF I HAVE A PRE-EXISTING MEDICAL CONDITION?

- When signing up to the challenge you will have been requested to declare any pre-existing or current medical conditions which our doctors and team should be aware of - this may require you to get a doctors signature to sign you off for the challenge and would have been advised at the time of booking. Please contact the team if there are any changes in your health or medical conditions declared or otherwise in the lead up to your departure no less than ten weeks prior to the challenge.
- If you did not fill this section of the form in at the time of booking we require you to log back in and complete your form with these changes, no later than 10 weeks prior to departure.
- If you do not have a medical history, you do not need to complete a hard-copy medical form.
**WHAT IS THE LOCAL CURRENCY?**
- The local currency is the Tanzanian Shilling (TZS)

**HOW MUCH MONEY DO YOU ADVISE I TAKE WITH ME?**
- We suggest bringing about USD$300 - 400 to cover tips for the local team of porters and guides, gifts and purchases off the mountain. Although there is an ATM at the airport, please do not rely on this working and ensure you bring cash with you as cards are not generally accepted in restaurants and shops.

**HOW MUCH SHOULD I TIP THE LOCAL TEAM?**
- Action Challenge is a member of the International Mountain Explorers Connection (IMEC) which promotes responsible and sustainable connections between travellers and people of developing mountain regions around the world. Our Tanzanian partner is also a member of the Porter Protection Scheme under IMEC and adheres to fair wage and welfare policies for their porters, guides and staff. Nonetheless, the ground staff work very hard and any extra payment is greatly appreciated. A collective tip is usually organised at the end of the trek to split between the porters, guides and support staff.
- The amount is down to the individual and group size, but a good guideline is an average of USD$ 150 from each participant.

**WHEN IS MY FINAL BALANCE DUE?**
- If you are self-funding the cost of your climb then you will receive a final balance invoice at 12 weeks before departure for payment by 10 weeks. Failure to pay the amount by 10 weeks could result in your flight and accommodation provisions being released. It is likely that you will have an additional fuel surcharge amount added to your final balance. Since April 2011 airlines have passed on fuel surcharge costs to Action Challenge. As per our terms and conditions, Action Challenge will cover the cost of airline fuel surcharges up to 5% of the total trip cost. The remaining amount (once the 5% Action Challenge absorb is subtracted) is then passed on directly to you. You will be informed of the exact amount as soon as we have the final amount through from the airline.

**WHAT IF I AM FUNDRAISING FOR A CHARITY? - MIXED OR MINIMUM SPONSORSHIP**
- The charity will also receive a final balance invoice for your place on the trip 12 weeks before departure, for payment by 10 weeks. At this stage 80% of your fundraising needs to be with the charity. If there are any charges that are not within the trip cost such as extension packages – these will be invoiced directly to yourself at the same time along with any additional fuel surcharge (as above). Failure to reach your fundraising target could result in your place on the trip being cancelled and is at the discretion of the charity.