



Never Again Kilimanjaro Climb Autumn 2017

Note:

The information in this Pack is based on the 2016 climb and is subject to change.





Why climb Kilimanjaro?

1. It's Africa's highest mountain.

Rising to 5,895 m (19,341 ft) above sea level, Kilimanjaro is Africa's highest mountain and one of the world's highest free-standing mountains.

2. It's a massive challenge.

Climbing Kilimanjaro is not easy whichever route you use. Each day you will hike for many hours, and as the climb progresses, the effects of altitude will take their toll on your strength and stamina. The final ascent to the summit takes place at night and, following your successful arrival at Uhuru Peak (the highest point), you will then descend half way down the mountain before the end of the day.

3. To raise funds for a good cause.

Footsteps supports some of the world's poorest and most deprived children. Without financial support, they would be unable to have a home, food or education. Your climb will help give them a hope and a future.

When is the climb, which route and how long?

We are planning to climb in September 2017 using the Machame route. The trek that will take 6 days and accommodation will be in tents. More details are given in the Itinerary and Route Details sections.



Can I visit Footsteps' projects and have a safari, too?

After the climb, we will travel to Kenya to see how Footsteps helps rehabilitate street boys and provides support to schools in the slums of Nairobi. We will meet the children whose lives are being transformed and spend time with the staff who care for them.

Once the formal part of the visit is over, climbers are free to extend their stay with a safari to view some of Kenya's magnificent wildlife.

What will it cost?

Flights

Kenya Airways are likely to be around £800 return from London Heathrow to Kilimanjaro, although this may change and will depend on when you book. Flights departing midweek are usually cheaper than weekend flights.

Trek

The price per person for the 6 days Machame route trek is about \$2,100 (£1,600). If large numbers join our adventure, we may be able to get a group discount which will help offset the price increase a bit.

The trek price will include a transfer from Kilimanjaro airport, half-board overnight hotel stay for 2 nights, 6 day trek (full board with porters and guides), then taxi transfer back to the airport. The rate will include a single room supplement that applies to the hotel and the tents. You will need a small amount of money for extra lunches and drinks (about £20) and also allow £140 for tips for the guides and porters.

Footsteps project visits

When we visit the Footsteps projects after the climb, we will be based in Naivasha, Kenya. We plan to stay at the Lake Naivasha Crescent Camp (<http://www.crescentcamp.com/>) which has luxury tented accommodation close to lake. We are hopeful that they can give us a rate of around £80 per person per night, but the exact rate will depend on how busy they are and the manager's discretion (these rates are less than half their normal rates).

We employ local, safe drivers to transport us; allow £40 per person per day for transport (this will vary depending on exactly how many people there are).

Safaris:

The cost of additional safaris after the end of the 'formal' programme will be paid by each climber. See the Safari Advice section.

Payment responsibilities

Climbers will be responsible for booking and paying for their own flights.

Trek fees and accommodation and transport costs in Kenya will be payable to Martin Print who will hold the funds in a separate account until payment is due (usually 50% on booking and 50% payable 4 weeks before departure). Please note that where payment has to be made in \$US or Kenya Shillings, the amount payable will depend on the prevailing exchange rate.



Do I have to raise a minimum amount of sponsorship?

No. We just ask people to do their best as their ability to raise sponsorship depends on their circumstances, and we wouldn't want to force someone to pay out of their personal finances if they miss the target! We can help you design a fund-raising programme using JustGiving or a similar system which makes fundraising very easy.

What are the risks?

Apart from normal travel risks, the biggest challenge is the altitude which can affect young or old, fit or unfit. Climbers should check with their doctor that they are fit to go. Climbers are recommended to consider taking acetazolamide (Diamox) which increases the ability of the blood to absorb oxygen. Climbers may suffer loss of appetite at high altitude and it is common to experience headaches. Each person is recommended to drink at least 3 litres of water per day to maintain adequate hydration.

If a climber gets acute mountain sickness (AMS - severe headache which doesn't respond to normal painkillers, and vomiting) they must descend immediately to a lower level. The guides take oxygen for emergency use and are trained to spot the symptoms. Usually the symptoms of AMS recede as soon as you descend a few hundred metres. In extreme cases there is a stretcher service to get people down to the bottom. For those with suitable insurance cover, there is an emergency helicopter, but the use of that is dependent on the local weather (it can't operate if it's cloudy), so the best way down in real emergency is usually on a stretcher.

Training

The best training for Kilimanjaro is to do lots of walking mixed with some jogging. Take the stairs instead of the lifts, walk instead of driving or catching a taxi. Try to manage at least an hour of walking every day. Try to do an occasional long walk for 4 to 6 hours, or perhaps two on consecutive days. Carry a back pack with 8-10 kg to get used to it, and wear the boots and socks that you will use on Kilimanjaro to check they are comfortable. In addition, try to get in some morning and evening sessions of aerobic activity such as cycling or jogging. An hour of any of these activities three or four times a week will be a great help.

| PLACES | ETA |
|----------------------------|----------|
| MACHAME GATE - MACHAME HUT | 4 SHRS |
| MACHAME HUT - SHIRA CAVE | 3 SHRS |
| SHIRA CAVE - SHIRA HUT | 30 MIN |
| SHIRA HUT - LAVA TOWER | 3 SHRS |
| LAVA TOWER - ARROW GLACIER | 1.5 SHRS |
| ARROW GLACIER - SUMMIT | 5 SHRS |
| SHIRA CAVE - BARRANCO | 4 SHRS |
| BARRANCO - KARANGA | 3 SHRS |
| KARANGA - BARAFU | 3 SHRS |
| BARAFU - SUMMIT | 4 SHRS |

Medical matters

Check with your doctor about what jabs and tablets you need and arrange to get them done early. You will need a yellow fever certificate to cross the borders between Tanzania and Kenya.

Malarone and Lariam are the two common anti-malarials. Lariam has had a bad press and doesn't suit anyone who has had any depressive illness.

Ask whether you can have Diamox to help combat altitude sickness. Some doctors are unfamiliar with it and unwilling to prescribe it. In that case, contact a travel clinic such as Trailfinders who are knowledgeable and helpful, and also relatively inexpensive (£15-£20): <http://www.trailfinders.com/travelessentials/travelclinic.htm>

Equipment

You can take a maximum of 15 kg of equipment with you on the climb (the remainder of your luggage you can be left in a locked case at the hotel). You carry your rucksack with the stuff you need for the day, and porters carry the rest.

The recommended kit list is:

1. Anorak/parka with hood
2. Gloves (thick and thin)
3. Warm hat to cover ears
4. Sunglasses
5. Scarf to cover nose and mouth
6. 2 pairs warm trousers
7. Thermal underpants and vest/long sleeved
8. 6 pairs socks thin and thick
9. T-shirts x 3, long-sleeve shirts x 2-3
10. Sweater/fleece x 2
11. Waterproof trousers and jacket
12. Sun-proof hat
13. Boots and trainers/sandals
14. Gaiters (optional)
15. Ruck sack
16. Small first aid kit
17. Headache tablets
18. Imodium (loperamide)
19. Diamox (acetazolamide)
20. Towel/soap/toiletries
21. Sunblock
22. Toilet roll
23. Water purification tablets
24. Energy bars
25. Concentrated squash drink – helps offset the taste of purified water
26. Water bottles 3 x 1 litre
27. Sleeping bag and liner
28. Mattress/thermarest
29. Torch/flashlight and spare batteries
30. Camera and batteries
31. Phone and battery or solar charger





Itinerary

The provisional itinerary is given below; it can be modified to suit requirements or if local circumstances dictate.

| Day | Date | Activity |
|-----|------|---|
| Fri | TBC | Night flight from London to Nairobi |
| Sat | TBC | Onward transfer to Kilimanjaro airport and then to Moshi for overnight |
| Sun | TBC | Climb - Day 1 - ascent |
| Mon | TBC | Climb - Day 2 - ascent |
| Tue | TBC | Climb - Day 3 - ascent |
| Wed | TBC | Climb - Day 4 - ascent |
| Thu | TBC | Climb - Day 5 - summit then descent |
| Fri | TBC | Climb - Day 6 - descent and travel back to hotel in Moshi |
| Sat | TBC | Travel to Nairobi; onward travel to Naivasha. Overnight at Lake Naivasha Crescent Camp. |
| Sun | TBC | Church and then visit to ex-street boys at the Sunshine Home (Footsteps supported project) |
| Mon | TBC | Am: Lake Naivasha boat trip, bird watching; pm: visits to Naivasha Polytechnic (Footsteps supported project) and Sunshine Home. |
| Tue | TBC | Start of personal safaris or return to Nairobi airport for return to UK |

Safari advice

The following national parks are within reach of Naivasha:

Lake Nakuru National Park – compact park with high wildlife density including white rhino (but no elephants). Home to flamingos but the number is low at the moment as the lake level has risen and the water is too fresh to accommodate many birds.

Masai Mara: One of Kenya's best parks with lots of animals including elephants, lion and cheetah. The annual migration of wildebeest and zebra will be finished by October, but the animal density should be high.

Aberdare National Park: Mountain vegetation with elephant, buffalo, giant forest hog, etc. The famous Treetops and Ark lodges are in the park.

Tsavo: very large with lots of real wilderness. Animal density and visibility varies but can be excellent.

Amboseli: Excellent national park underneath the slopes of Mt Kilimanjaro (you will be able to say, "I was there" and point at the summit!).

We have excellent relations with a Kenyan safari company who can help get good rates, the best accommodation, and excellent drivers.

Visas

You will need a single entry visa to Tanzania for the climb. The current visa fee is £40. Information is on the Tanzanian High Commission website at: http://tanzania-online.gov.uk/?page_id=47). You can normally obtain your visa on arrival at Kilimanjaro airport (payable in \$US).

For Kenya, you will need a single entry visa which currently costs about £35 (see the Kenya High Commission website - <http://www.kenyahighcom.org.uk/visa-application-form/>).



Top: Footsteps provides school lunches for 500 children in the slums

Below: Simon ran from his home to the streets because there was no food at home. He is now in the Sunshine Home



Route details

Day 1: Machame Gate to Machame camp.

Vehicle takes climbers to Machame Gate. This is a drive of around 45 minutes. The gate is at 1800 metres at the entrance to the forest. From here, a 5 to 6 hour walk, gradually ascending through the lush forest to a ridge between two streams and then onwards to the camp which is just clear of the forest at 3000 metres.



Day 2: Machame to Shira camp.

The trail ascends a steep ridge from Machame camp through moorland to about 3600 metres, heading straight towards the peak. Then, after about 4 hours, the path turns left, flattening out into a gorge and ascending more gradually to Shira camp at 3840 metres on the Shira plateau to the west of Kibo. Total time is about 5-6 hours.



Day 3: Shira to Barranco camp.

The path continues directly up the ridge towards Kibo. After about 4 hours, the path reaches Lava Tower, at the foot of the Great Western Breach. It crosses the foot of the Breach and descends into a gorge (barranco) and the night is spent at Barranco camp (3950 metres). Total time is about 5-6 hours. This is an interesting day, since climbers ascend to 4500 metres at lunchtime, but then descend to a camp which is only slightly higher than they were in the morning.



Day 4: Barranco to Barafu camp.

The path climbs out of the Barranco Valley via the Barranco wall. This is a steep 1 to 2 hour climb, ascending about 300 metres. The path then follows the gently undulating Kibo South Circuit. Wonderful views are to be had of Kibo's southern glaciers if the weather is clear. After about 3 hours the Karanga valley is reached. There is a short but steep descent into the valley, which has a small stream running through it, and then a short climb up the eastern valley wall. At the top of the wall, at 4000 metres, is the Karanga Valley camp. A hot lunch is usually eaten here, and then the path climbs for about 3 hours to Barafu camp at 4600 metres. Total time is about 7 to 8 hours.



Day 5: Barafu camp to the summit.

Climbers are woken at about 11 pm. After dressing in all their warm clothing, they have a hot drink and then set off at midnight. The first part of the ascent is on a rocky ridge. This then turns into scree. The surface is loose and can be hard going. On its steepest sections, the path zig zags up the scree. It takes an average of 7 hours to reach Stella Point on the crater rim. On a fine morning, the views of the sun rising from behind Mawenzi are spectacular. Stella Point is at 5,750 metres. From here, the path goes around the crater rim for a further hour to the summit at Uhuru Peak, 5896 metres. The descent back to Barafu Camp can take a further 3 or 4 hours. After a rest and a meal, the descent continues to Mweka Camp at 3,100 metres, a further trek of around 4 hours.





Day 6: Mweka Camp to Mweka Gate

The path descends for around 3 hours through the forest to Mweka gate. Vehicles will be waiting to transport climbers and crew back to the hotel.



FAQs

What will the weather be like?

During the climb, the weather will vary from warm to arctic. For the rest of the visit, October is generally warm and dry at low altitude so expect temperatures of around 25 – 28 degrees centigrade during the day. Nights can be chilly so you will need warmer clothes.

Do I need insurance?

Each individual must arrange insurance cover to meet their own needs. You may need to contact a specialist insurer to cover you for climbing Kilimanjaro as it is over 4,000 metres.



Can I take anything to give away to needy people?

If you have spare luggage capacity, feel free to bring good quality children's clothes. Pens pencils and felt-pens are always welcome, but remember that the most important thing you can bring is yourself. The people you meet will treasure the conversations you had with them long after you have left.

Do I need adaptors for electrical equipment?

Tanzania and Kenya both use the same voltage and plugs as the UK.

Can I get cash from ATMs ?

Take US dollars with you to cover your tips, meals and drinks in Tanzania. Kenya uses the Kenya shilling and transactions are usually done in cash. There are ATM's in Nairobi and Naivasha which allow access to most UK bank accounts. Check with your bank about charges they make for this service.

What extras do I need to allow for?

Visas, medication, insurance, personal expenses, lunches, tips and drinks.

Where can I get more information about the work of Footsteps International?

Visit www.footstepsinternational.org or contact Martin Print (we produce regular newsletters we can send you).

Questions not answered?

Get in touch with Martin Print on 01689 828166 or email martin.print@footstepsinternational.org.

About Footsteps

Footsteps provides sustained help to some of the world's poorest and most deprived young people. We work in Kenya with trusted partners to:



Rehabilitate street boys



Provide education and training for poor youngsters



Feed children in slum schools



www.footstepsinternational.org

Registered charity 1091026

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