

JOYFUL ASCENT
LEMOSHIO ~ MT. KILIMANJARO
CLIMB



Day by day itinerary:

Day 1, 18 February, 2024 Arrive Kilimanjaro Airport Kilimanjaro / Moshi

Upon your arrival at Kilimanjaro Airport, clear customs and immigration. **Canadian passport holders are required to have a valid passport and visa to enter Tanzania.**

Pick up your checked luggage and you are met by a Tourcan Vacations representative and transferred to your hotel in Moshi for check in.

Overnight: Springland Hotel in Moshi

Day 2, 19 February, 2024 Moshi

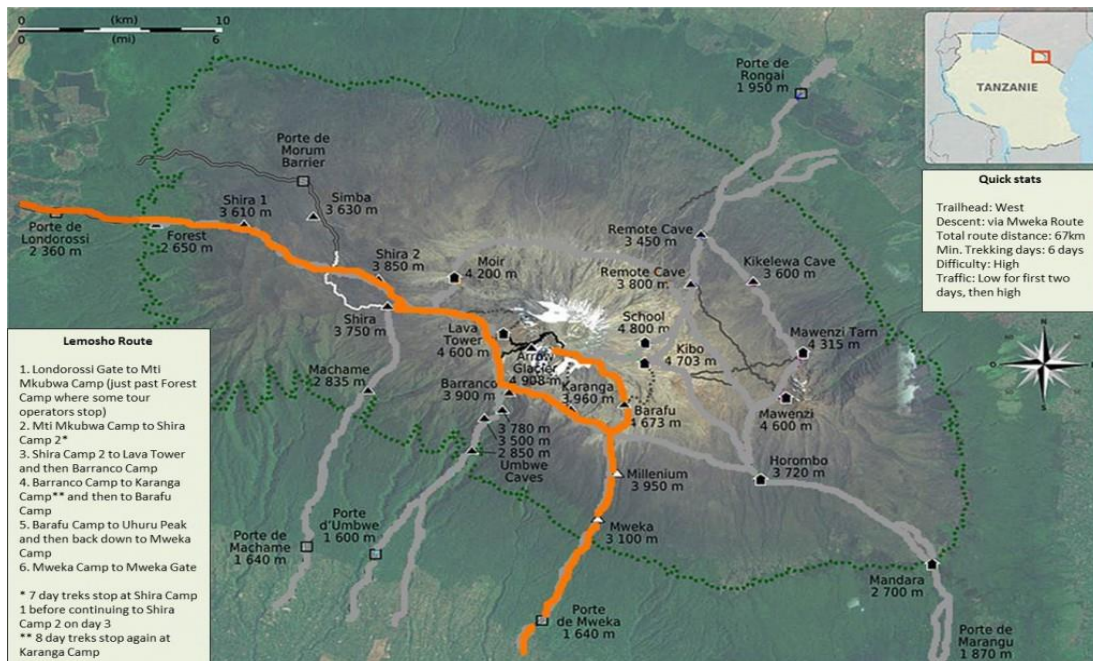
Enjoy breakfast at the hotel then spend the day at leisure.

This day can also be used to check what you have and what needs to be rented for your climb.

Overnight: Springland Hotel in Moshi

Meals: Breakfast

LEMOSHO MT. KILIMANJARO CLIMB



The Lemosho Route is widely considered to be the best route on Mount Kilimanjaro. Not too long ago, there were only two main routes used to climb Kilimanjaro - the Marangu (Coca Cola) route and the Machame (Whiskey) route. But as Tanzania's tourism industry flourished, the Kilimanjaro park authority created more trails to Africa's highest peak to distribute climbers to more areas of the park. This reduced bottlenecks at certain points and also made for a more pleasant experience by limiting crowds.

Additionally, these latter trails were more thoughtfully designed to improve acclimatization for the climber by incorporating longer distances, longer times on the mountain and shorter elevation gains. Lemosho, a relatively new route, falls into this category.

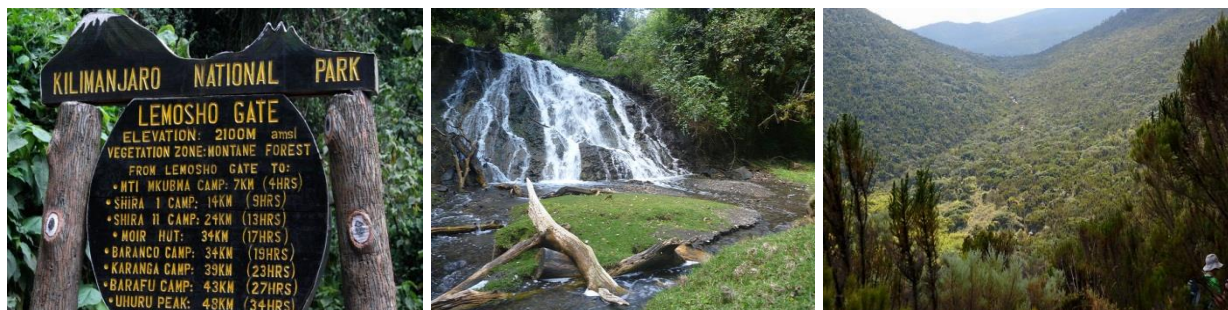
Lemosho is preferred due to its beauty, remoteness and success rate. In short, it maximizes the chances that a climber will reach the summit, and enjoy the experience overall.

On this Lemosho route, the trek from Barranco to Barafu is broken up allowing for a short day just prior to the summit attempt. This is important because summit day begins very early, around midnight, so climbers are sleeping deprived going into the toughest day on the mountain. By having a short day beforehand, climbers can be better rested.

Day 3, 20 February, 2024
MOSHI TOWN / LONDOROSI GATE (2100M) - MTI MKUBWA CAMP (2750M)
Hiking time: 3h
Habitat: Montane forest

Your day starts early with a briefing, followed by breakfast and a 2-hour drive from Moshi (910m) to Londorossi Park Gate (2100m). The guides and porters prepare and pack the supplies and your equipment in the village. You will receive a lunch pack and you can also buy mineral water in the village. From here a forest track requiring a 4WD vehicle leads to Lemosho Glades (2100m, 11km, 45 minutes). You will have a lunch stop about half way and will reach the Machame camping area in the late afternoon. Walk along forest trails to Mti Mkubwa (big tree) campsite, (2750m, 3 hours). Your porters (arriving at the camp site long before you) will have your tent set up on your arrival. In the evening the porters will boil drinking and washing water and the cook will prepare dinner, before you retire to your tent for the night. Night temperatures can already drop to freezing point at this campsite.

Overnight: Mti Mkubwa Camp
Meals: Breakfast, Lunch, & Dinner



Day 4, 21 February, 2024
MTI MKUBWA CAMP (2750M) - SHIRA 2 CAMP (3840M)
Hiking time: 6.5h
Habitat: Moorland

You rise early at Mti Mkubwa camp and, after breakfast, you climb an hour or so to the top of the forest and then the trail gradually steepens and enters the giant heather moorland zone. Several streams are crossed. A gentle walk across the plateau leads to Shira 2-camp on moorland meadows next to a stream (3840m). By now you will be able to see, in an easterly direction, the Western Breach with its stunning glaciers. The porters will boil drinking and washing water, before serving dinner. The night at this exposed camp will even be colder than the previous night, with temperatures dropping to well below freezing.

Overnight: Shira Camp
Meals: Breakfast, Lunch & Dinner



Day 5, 22 February, 2024
SHIRA (3840M) - LAVA TOWER (4630M) - BARRANCO CAMP (3950M)
Hiking time: 7h
Distance: Approximately 15 kms
Habitat: Semi desert

The route now turns east into a semi desert and rocky landscape surrounding Lava Tower, where you reach an altitude of 4630m after about a 5 hours walk. Lunch is served in a designated area before ascending the rocky scree path to Lava Tower (4630m). This is definitely the toughest day so far.

It is normally around this point, where for the first time, some climbers will start to feel symptoms of breathlessness, irritability and headaches.

After lunch you descent again by almost 680m to the Barranco camping area and after reaching the high altitude of 4600m at Lava Tower, the true acclimatization benefit of this day becomes clear. This descent to Barranco camp takes about 2 hours and offers great opportunities to take some beautiful photographs of the Western Breach and Breach Wall. The camp is situated in a valley below the Breach and Great Barranco Wall, which should provide you with a memorable sunset while you wait for your dinner.

Overnight: Barranco Camp
Meals: Breakfast, Lunch & Dinner



Day 6, 23 February, 2024
BARRANCO CAMP (3,900 M/12,800 FT) - KARANGA CAMP (4,200 M/13,780 FT)
Hiking time: 4h
Distance: Approximately 7kms
Habitat: Alpine desert

After breakfast, we continue up a steep ridge to the great Barranco Wall, then you climb this imposing obstacle, which turns out to be easier than it looks. Topping out just below the Heim Glacier, you can now appreciate just how beautiful Kilimanjaro really is. With Kibos glaciers soaring overhead, you descend into the lush Karanga Valley to the Karanga Valley campsite. From the camp, you can look east and see the jagged peaks of Mawenzi jutting into the African sky. After a hot lunch in camp, your afternoon is at leisure for resting or exploring. After

two long days, this short day is very important for your acclimatization, since your summit push is about to start.

Overnight: Karanga Camp
Meals: Breakfast, Lunch & Dinner

Day 7, 24 February, 2024
KARANGA CAMP (4,200 M/13,780 FT) - BARAFU CAMP (4,550 M/14,930 FT)
Hiking time: 8h
Distance: Approximately 13kms
Habitat: Alpine desert

In the morning, you hike east over intervening ridges and valleys to join the Mweka Route, which will be your descent route. Turn left toward the mountain and hike up the ridge through a sparse landscape for another hour to the Barafu Hut where you will receive a hot lunch. The last water on the route is in the Karanga Valley; there is no water at Barafu Camp, even though Barafu is the Swahili word for ice. The famous snows of Kilimanjaro are far above Barafu Camp near the summit of the mountain. Your tent will be pitched on a narrow, stony, wind-swept ridge, so make sure that you familiarize yourself with the terrain before dark to avoid any accidents. Prepare your equipment and warm clothing for your summit climb, and drink a lot of fluids. After an early dinner, go to bed for a few hours of precious sleep.

Overnight: Barafu Camp
Meals: Breakfast, Lunch & Dinner



Day 8, 25 February, 2024
Summit Day!
BARAFU CAMP (4,550 M/14,930 FT) - UHURU PEAK (5,895 M/19,340 FT) - MWEKA CAMP (3,100 M/10,170 FT) Hiking time: 8 hours up, 7-8 hours down
Distance: Approximately 7 km up, 23 km down
Habitat: Scree and seasonal snow

You will rise around 11:30 PM, and after some steaming tea and biscuits, you shuffle off into the night. Your 6-hour climb northwest up through heavy scree between the Rebmann and Ratzel glaciers to Stella Point on the crater rim is the most challenging part of the route for most climbers. At Stella Point (5,685 m/18,650 ft) you stop for a short rest and a chance to see a supremely sanguine sunrise. At Stella Point you join the top part of the Marangu Route, but do not stop here too long, as it will be extremely difficult to start again due to cold and fatigue. Depending on the season and recent storms, you may encounter snow on your remaining hike along the rim to Uhuru Peak. On the summit, you can enjoy your accomplishment and know that you are creating a day that you will remember for the rest of your life.



After your 3-hour descent from the summit back to Barafu Camp, you will have a well-earned but short rest, collect your gear, and hike down a rock and scree path into the moorland and eventually into the forest to Mweka Camp (3,100 m/10,170 ft). This camp is in the upper forest, so you can expect mist or rain in the late afternoon.

Dinner, and washing water will be prepared, and the camp office sells drinking water, soft drinks, chocolates, and beer!

Overnight: Mweka camp

Meals: Breakfast, Lunch & Dinner

Day 9, 26 February, 2024

MWEKA CAMP (3,100 M/10,170 FT) - MWEKA GATE (1,980 M/6,500 FT) - MOSHI (890 M/2,920 FT)

Hiking time: 3 hours Forest

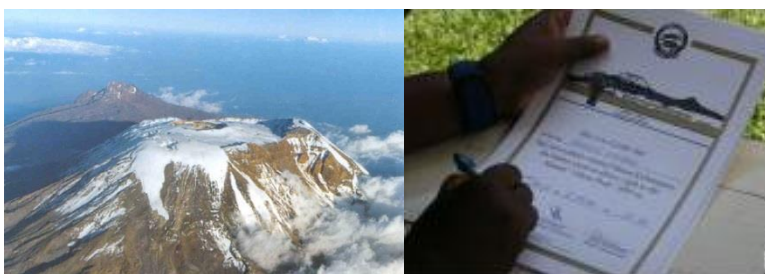
Distance: Approximately: 15 km

After a well-deserved breakfast, it is a short, scenic, 3-hour hike back to the park gate. Don't give your porters any tips until you and all your gear have reached the gate safely, but do remember to tip your staff at the gate. At Mweka Gate, you can sign your name and add details in a register. This is also where successful climbers receive their summit certificates. Climbers who reached Stella Point are issued green certificates and those who reached Uhuru Peak receive gold certificates.

From the Mweka Gate, you will continue down to the Mweka Village, possibly a muddy, 3 km, 1 hour hike if the road is too muddy for vehicles. In the Mweka Village you will be served a delicious hot lunch after which you are driven back to Moshi for an overdue hot shower and comfortable night at your hotel in Moshi for a long overdue hot shower, dinner and celebrations!!

Overnight: Springland Hotel in Moshi

Meals: Breakfast, Lunch & Dinner



Day 10, 27 February, 2024

Moshi / Arusha

Check out of the hotel after breakfast and you are transferred to Kilimanjaro airport to board your flight home or Arusha where your safari starts.

******END OF SERVICES******

Important Information:

- Your passport must be valid for at least six months after your return date.
- A visa is required to enter Tanzania. This can be obtained on-line:
<https://eservices.immigration.go.tz/visa/>
- Contact your local health clinic or doctor to determine if any inoculations are required.
- Anti-malaria protection is required. Contact your doctor or local health clinic.
- Comprehensive travel insurance is essential.
- **Luggage: The porters on the Kilimanjaro hike are only allowed to carry 15kgs per person.**

To be included in the package cost are the following:

- Transfers as detailed in the itinerary
- Lemosho Kilimanjaro Climb
 - 3 nights at Springland hotel in Moshi with breakfast
 - Accommodation as per itinerary including the camp fees
 - 1 night at Mti Mkubwa Camp, 1 night at Shira Camp, 1 night at Barranco Camp, 1 night at Karanga Camp, 1 night at Barafu Camp & 1 night in Mweka camp
 - All meals as per the program
 - 2 porters for each climber (15Kgs each porter), 1 cook & 1 Guide.
 - Rescue fees.
 - Private portable toilet - 1 per 10 people
 - Sleeping bag

Not included in the safari are the following:

- All airfare and related fees
- Tanzania visa
- All items of personal nature e.g. telephone call bills, fax/email bills etc.
- Gratuities to Porters and Guide/s - the driver guides.
- Mountain Equipment.
- Gratuities and Tips to Hotels/Lodges/Camps staff and Driver/Guide(s).
- Alcoholic and non-alcoholic drinks.
- Any local or international flight/s and departure taxes and other taxes.
- Laundry services.
- Concession fees (In case of any new fees introduced by parks without our knowledge.)
- Flying doctors coverage: Optional @ US\$ 50.00 per person.
 - Covers you within East Africa for a period of 14 days. In the eventuality of a medical emergency, you will be airlifted to Nairobi where you will be taken to a good hospital. Hospital bills are borne by the patient
 - We highly recommend you to have your personal insurance.

ABOUT YOUR CLIMB:

Lemosho Route

The Lemosho Route is widely considered to be the best route on Mount Kilimanjaro. Not too long ago, there were only two main routes used to climb Kilimanjaro - the Marangu (Coca Cola) route and the Machame (Whiskey) route. But as Tanzania's tourism industry flourished, the Kilimanjaro park authority created more trails to Africa's highest peak.

Lemosho, a relatively new route, is preferred by reputable operators due to its beauty, remoteness and success rate. In short, it maximizes the chances that a climber will reach the summit, and enjoy the experience overall.

The Lemosho route can be done in as little as six days (five nights) on the mountain. However, it is ideally tackled over eight days (seven nights) for a better altitude acclimatization schedule. The trek begins at Londerossi Gate, located in the western base of mountain, within its lush, fertile rainforest. The route heads across the Shira Plateau, before circling along the southern circuit halfway around the mountain, exposing the climber to great views from all angles. The approach to the summit is made from the east, and the descent follows the Mweka trail. With eight days (seven nights) on the mountain, your chances of reaching the “Roof of Africa” are very high, around 90%.

The Lemosho route is approximately 70 km/ 42 miles from gate to gate. It is designed for physically fit people with some hiking experience. The table below depicts a variation of the 8 day Lemosho climb with starting and finishing points, altitude, distance and hiking time. This is considered to be the ideal Lemosho route variation.

Day	Start	Altitude (m)	Altitude (ft)	Finish	Altitude (m)	Altitude (ft)	Time (hrs)	Distance (km)	Distance (miles)
1	Londerossi Gate	2,360	7,742	Mti Mkubwa	2,895	9,498	3-4	6	4
2	Mti Mkubwa	2,895	9,498	Shira 1 Camp	3,505	11,500	5-6	8	5
3	Shira 1 Camp	3,505	11,500	Shira 2 Camp	3,810	12,500	3-4	10	6
	Shira 2 Camp	3,810	12,500	Moir Hut	4,200	13,800	2-3	4	2
4	Moir Hut	4,200	13,800	Lava Tower	4,630	15,190	2-3	4	2
	Lava Tower	4,630	15,190	Barranco Camp	3,976	13,044	2-3	3	2
5	Barranco Camp	3,976	13,044	Karanga Camp	3,995	13,106	4-5	5	3
6	Karanga Camp	3,995	13,106	Barafu Camp	4,673	15,331	4-5	4	2
7	Barafu Camp	4,673	15,331	Uhuru Peak	5,895	19,341	7-8	5	3
	Uhuru Peak	5,895	19,341	Mweka Camp	3,068	10,065	4-6	12	7
8	Mweka Camp	3,068	10,065	Mweka Gate	1,640	5,380	3-4	10	6
Total								70	42

Before the climb

Be properly equipped

An essential part of your preparation will be to ensure that you are well equipped for your summit attempt. Print our final checklist and mark it off, to ensure that you are..

Be physically prepared

It is important that your body is adequately prepared for the physical challenges of Mount Kilimanjaro. We have developed a fitness training program which will assist you in getting your body in shape for your Kilimanjaro summit expedition..

Mental preparation

It is possible to summit Kilimanjaro successfully. Many before you have succeeded. This should be topmost in your mind when preparing for the summit attempt. You should always remain in a positive state of mind, but not overly arrogant. Try to anticipate various different scenarios, which you may possibly encounter on the mountain and try to work out the most suitable course of action, mentally by yourself or even as a group. Your mental stamina will, without a doubt, make the really difficult sections, like from Kibo to Uhuru or from Barafu to Uhuru, easier to complete. Remember if you are properly equipped, you have taken everything as indicated on the final checklist, you are physically prepared and have all the knowledge gained from this internet guide - you will be mentally confident for the physical part of Kilimanjaro.

Adequate travel insurance

Make sure that you have adequate travel and medical insurance, which will also provide you with cover for the climb up Kilimanjaro.

On The Mountain

Go slowly

Go slowly - "Pole Pole" as they say in Swahili! This is also very important during your first days of climbing. Even if you feel well, slow down and enjoy the scenery.

Drink enough water

Make sure that you drink at least 3 - 4 litres of liquid a day - preferably water. For your first day it is recommended that you take along fresh water, which may be purchased at the hotel in Moshi before your climb. Try to get the bottles with the screw tops, this way you will also have containers in which to take water further up the mountain. Running water on the mountain is safe to drink from day-2 onwards, but care should still be taken. If you are not used to fresh water in nature, prevent any inconvenience by using water purification tablets. **REMEMBER!** A functioning "body water balance" is one of the keys to a successful climb!

Walk high - sleep low

If possible and especially on your acclimatization day "walk high - sleep low" Try to do a short evening stroll to a higher altitude and then descend to sleep at the camp at a lower altitude. This is essential on your acclimatization day.

Climb light

Climb as lightly as possible; this becomes even more important on your summit night. Extra weight will slow you down and will also make breathing more difficult.

Packing

Remember that you will be on the mountain for at least 5 or 6 days. You need to take enough clothing, especially socks to last for this period. Due to frequent rainfall as well as numerous streams on the routes, it is advisable to pack items individually in your bag. These individually packed items should be wrapped in plastic bags to prevent them from getting wet in case of rain or of being accidentally dropped in a stream & Muellers Shoes from North Face, this can be weared once you in the huts.

Clothing

You will require the correct underwear, thermal hiking socks, gloves (preferably mittens), warm head protection, rain coat, sunglasses and sun protection cream. Also remember your hiking boots, hiking/running shoes (it is not necessary to walk with boots or climbers shoes until the last sections where scree and rocks are encountered), and very importantly, a walking stick / ski-pole. **One of the most critical items of clothing is an outer jacket.** You want it to perform the functions of keeping you warm, protect you at temperatures of as low as minus 25 degrees Celsius, keep the wind out and yet still "breathe".

Try to avoid tight fitting clothing or underwear. This will hamper circulation, causing either cold or discomfort on the mountain. A balaclava is a must, as it will protect your face against cold, wind, sun and snow. Other clothing like shorts, sweaters and T-shirts are strongly recommended, especially during hiking on the lower slopes, when the day temperatures are still high. The only way to ensure that you are dressed warmly is to follow the principal of wearing the correct clothing layers, starting from against the body. A common mistake made by climbers is to wear almost everything they have and to start off with cotton against the skin. Cotton absorbs moisture perfectly, and moisture trapped against the skin will result in a definite lowering of the body temperature, which could even lead to hypothermia. It is therefore very important to use proper thermal underwear with "wicking" properties (a fabric which has the ability to draw moisture away from the body) and thus enabling it to evaporate to the outside. The middle layer should provide the insulation and a product like polar fleece will be adequate in this regard. The outer layer should be windproof, waterproof and breathable. Products like Ventex, Goretex or Jeantex offer these properties. Short of altitude and physical exertion, cold is one of the most serious obstacles when attempting to summit Kilimanjaro. After securing your booking with us, you'll receive a comprehensive document, to guide you through the steps of purchasing the correct gear.

Take a ski - pole

A ski - pole is essential. Use of ski poles reduces external and internal loads on the knee joint by up to 20%. Using 1 ski pole is a must, but 2 poles are recommended. Buy one or hire one but take one .

New batteries

Replace your head lamp and camera batteries with new ones on your summit night.

Acute Mountain Sickness (AMS)

AMS commonly affects people at high altitude, who are not accustomed to high altitude conditions. AMS can be lethal if not treated immediately or if its symptoms are ignored. Probably 70% of all people climbing Kilimanjaro will suffer to some extent from AMS. You should familiarise yourself with this condition and take preventative care.

Malaria

Malaria occurs below 1800 meters and you should use the recommended prophylactics. Please consult your doctor about these. Currently, there are various preventative medication products available which will be effective against the malaria strains currently found in Tanzania. Women using oral contraceptives should consult their physicians before using prophylactics.

Wet wipes

There is no washing water at Kibo and Arrow Glacier camps. Wet Wipes are very useful.

Snacks

Take enough snacks like energy bars etc.

Adequate sun protection

Wear a good quality pair of sunglasses (with UV protection) and use adequate sun protection cream with a protection factor of at least 20+.

Thermal flask

Use a thermal flask for your water on the summit night, other water bottles might freeze solid.

Camera

Taking pictures with a fully automatic camera at the summit of Kilimanjaro is possible, and most people do this. The secret is to always have a new battery in your camera when going into cold areas at high altitude. A mechanical camera works just as well, provided you have the knowledge to operate it successfully. Cameras exposed to cold do not cease functioning, but remember that if you keep your camera inside your jacket and the lens becomes warm, chances are that it will form condensation when suddenly exposed to extreme cold. This condensation will freeze under conditions at the summit. Therefore, keep your camera dry at all times. Moisture will freeze at the summit which WILL cause your camera to stop functioning.

Mountain water

The stream water high on the mountain Kilimanjaro has been tested and has been found to be fit for drinking. However, if you would like to be on the safe-side, use water purification tablets or ask your guide to boil the water for you. This can be done in the evening. You can fill your flasks in the morning, ready for the next part of the climb.

Other useful tips

THE MOST IMPORTANT TIP OF ALL - ENJOY THIS ONCE IN A LIFE TIME EXPERIENCE!!!

GUIDES AND PORTERS

Once on the Mountain, your well-equipped guides and porters, will rank second only to your mental determination, in terms of important factors contributing to a successful summit attempt. For the duration of your Kilimanjaro trek, your guide will be your advisor, he will lead you to the summit, and he will bring you down safely again. It will be important that you work closely with him and take note of his advice.

Other Important Points

Qualified and experienced guides

Guides are compulsory for all routes on Kilimanjaro. All our treks up the mountain are led by highly trained and qualified guides, registered with the Kilimanjaro National Parks Board. Each of our guides has been selected over years, based on experience, safety record and through feedback from previous clients. Over the years they made a major contribution to our proud success rate of 96%+ and have safely guided in excess of 7000 successful clients to the summit of Mount Kilimanjaro.

Support staff ratios

The average ratio of our support staff to climbers is 2 porters per climber, a cook and one guide for a maximum of 4 climbers. This excellent staff to clients ratio, bolstered by our superior support equipment, will ensure your safety and enjoyment on the mountain.

Porters and cook

The porters do not only transport your gear and the supplies up and down the mountain. Arriving at every camp site long before you, they will have already erected your tent on your arrival. In the evening they will also boil drinking and washing water and the cook will prepare dinner of a quality that has surprised many previous clients.

Weight limits for porters

Remember that there is a **weight limit of 15 kg (30 lbs) per climber**, on the gear of each climber to be portered. A soft duffel bag (barrel type) is preferred - a rucksack is not necessary as they prefer to porter the loads balanced on their heads and shoulders.

Tipping

This is a "**compulsory tradition**" on every Kilimanjaro climb. We recommend giving a tip of between US \$ 130 to US \$ 200 per climber to the mountain crew at the end of the climb. We recommend giving the tip to the main guide who will then distribute the tip among the mountain crew. We recommend not paying any tips until you and all your gear have descended from the mountain.

- Guide US\$ 70 - 80
- Assistant Guide US\$ 50
- Cook US\$ 40
- Porters US\$ 25 - 30

It is recommended not to pay your porters any tips until you and all your gear have descended from the mountain.

CHECK LIST

One of the important prerequisites of a successful summit attempt is being properly equipped. Ensure that you are well equipped - print the Checklist below and mark it off, it will be an essential part of your preparation for the climb. Please remember to limit the weight of your duffel bag and its content, to be carried by the porters on the climb, to 15 kg (30 lbs.) or less. Extra luggage, including clean clothes to wear after your climb, can be left at the hotel in Moshi. Please feel free to contact us should you have any further questions regarding the checklist. We also provide a complete and quality rental service on all the equipment required on the mountain, as a sensible alternative to purchasing. Please click Gear Rental for more information.

Please note: This checklist is only a guideline.

Make sure you have everything you need to help you successfully summit the Roof of Africa.

Travel Documents

- Valid passport and visa
- Airline ticket
- International health card with immunizations (Yellow fever)
- Travel insurance
- Medical insurance
- US\$ cash - INSMALL BILLS / Credit Card

Essential Items

- Duffel bag - large enough for all climbing gear and clothing. To be carried by the porters. An extra bag to be left at the hotel with extra gear
- Small luggage lock - to lock zippers
- Day backpack - between 20 - 35 litres. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
- Sleeping bag
- Ski-pole / walking stick

- Water bottle / containers
- Kilimanjaro map (Can be bought at Park gate)
- High Altitude Gear
- Waterproof, breathable & windproof jacket (outer wear like Ventex, Gore-Tex or Jeantex)
- Polar fleece (middle layer)
- Thermal underwear (under layers)
- Mittens or warm gloves
- Glove liners (if necessary)
- One pair thermal (polertex) socks
- Balaclava
- Gaiters
- Thermal water flask
- Hiking Gear
- Shorts
- Hiking pants
- Regular underwear
- T-shirts
- Raincoat or Poncho
- Footwear
- Water resistant semi-stiff hiking boots - mid weight boots work great
- Shoes for overnight camps - i.e. sneakers, running shoes, etc.
- Socks - several pairs for the climb
- Liner socks - to keep your feet dry and limit the risk of blisters

Equipment

- Sun hat or similar (with a brim)
- Collapsible ski stick (optional but highly recommended)
- Water bottles - two or three (total capacity at least 6 litres)
- Head lamp, good strong one with spare batteries and an extra light bulb
- Water purification tablets
- Sunglasses, good quality dark lenses for the climb, with a securing strap
- Flashlight (torch) with spare batteries
- Personal Items
- Toilet kit (soap, tooth brush, toilet articles, wet wipes, etc.)
- Towel
- Sun screen and lip protection, SPF 30+
- Ziploc bags, to protect camera, binoculars, etc. from dust
- Toilet paper
- Money belt for passport and valuables
- Medical and First Aid Supplies
- Headaches--Syndols
- Altitude sickness-Diamox (if not allergic to sulpha)
- Diarrhea - Imodium
- Nausea - Valoid
- Malaria - Prophylaxis
- Water purification tablets
- Painkillers
- Muscular sprains
- Abrasions blisters and cuts - Plaster, bandages
- Antiseptic cream - Betadine
- Flu and colds
- Eye drops
- Insect repellent
- Optional Items
- Camera, extra lenses and film (ASA 200 film recommended)

- Binoculars
- Powdered sports drinks for the climb (ex. Game or Isotonic drinks)
- Pocket knife
- Notebook & pencil
- Plastic bags to keep clothing dry (masking tape)
- Energy snacks and sweets
- Video camera, tapes, battery packs and tri-pod

Standard package - Mt Kilimanjaro gear rental from Tanzania - Prices quoted in US Dollars
THIS IS JUST A GUIDE LINE, so pricing is subject to change

Rental item	COST IN US DOLLAR
	6 day climb
Sleeping bag (length 220 cm) Optional: Please supply your own liner	35
Summit jacket (Shell jacket)	10
Waterproof jacket	10
Waterproof trousers	10
Gaiters	10
Pair of walking poles	10
Headlamp (excl AAA batteries)	10
Balaclavas	5
Warm Gloves	10
Day Pack	15
Duffle Bag	20
Poncho	15

- A credit card number can be supplied as a guarantee for your deposit payment. The relevant deposit will be forfeited on all unreturned or damaged items.
 - All equipment rental is subject to demand and the availability of rental equipment or specific sizes cannot be guaranteed. To avoid disappointment it is strongly recommended that all your rental equipment is booked well in advance of your planned trip.
- Important!** Please note that NO equipment must be washed by the clients under any circumstances.

FREQUENTLY ASKED QUESTIONS ABOUT TANZANIA

Introduction

Tanzania is country so wealthy that it would practically take years to document all the resources. Not only is the country proud to bear witness to the highest and largest free standing mountain in the world but also to the rich and diverse wildlife concentrations, mineral and other resources available. If Africa's tourism opportunities were to be summarized by one single country that country would be Tanzania.

Tanzania fact file

Tanzania, the largest of the Eastern African Countries (Kenya and Uganda) boasts of a land area of 945,097 Square Kilometres (of which 25% is gazetted as protected areas). To bring your picture a little closer, Tanzania is four times larger than Great Britain, seven times larger than England, or a little larger than Texas.

Population: Tanzania has a population of around 35,922,000. Native Africans constitute 99% of the population.

Climate: Tanzania has a tropical climate along the coast but it gets temperate in the highlands.

April & Mid - May = Long rains (Green Season)

June - Sept = Cool season

Nov - Dec = Short Rains

October - March = Hottest season

The range of Temperatures in Tanzania is fairly limited and always hot, running from 25 to 30 degrees C on the coast while the rest of the country apart from the highlands run from 22 to 27 degrees C.

Time: GMT + 3 hrs

Electricity: 240 Volts AC, 50 - 60 Hz

Language: Kiswahili & English

Currency: Tanzania Shillings; however you are advised to carry American Dollars. Money changers do accept major convertible currencies including the EURO and the Japanese Yen. Travellers Cheques may be acceptable in some places, but not in the remote countryside, Major Credit Cards may also be acceptable in some large Hotels, however it is advisable to carry Cash US Dollars, which you will change on arrival.

System of government: Tanzania is a multiparty democratic republic.

Capital: Dodoma, with a population of around 325,000, is the official capital while

Dar-es-Salaam, with a population of nearly 4 million, serves as the administrative capital of the country.

Tanzania Visas

Do I require a visa?

Visas are required to enter Tanzania as of other East African Countries - Kenya and Uganda. They can either be obtained in advance through the various Embassies/High Commissions abroad, Consulates or at the airports or other ports/borders of entry.

The process is fast and easy and all one requires to have is a valid passport (at least six months).

Transport

Airport and Arrival Information;

Three International Airports, Dar-es-Salaam, now known as “Julius Nyerere International Airport - JKIA” and “Kilimanjaro International Airport - KIA” and Zanzibar International Airport. See flights coming to Tanzania and Zanzibar - see flights coming to Tanzania

To begin safaris in Northern Tanzania, most visitors are advised to book with Airlines whose Arrivals & Departures are at KILIMANJARO INTERNATIONAL AIRPORT (KIA) which is 45 minutes' drive from Arusha town. See International Airlines such as AIR TANZANIA, KLM Royal Dutch with daily Flights out of Amsterdam into Kilimanjaro and Dar es Salaam, GULF AIR, KENYA AIRWAYS, ETHIOPIAN AIRLINES and Emirates. It is also possible to get flights arriving to Nairobi (Kenya) from where you can make arrangements to transfer to near city of Arusha.

Ferries: Boat and Ferries to Zanzibar and Mafia, see ferries to Zanzibar

Immunizations / Vaccination

What medical precautions should we take?

Vaccination requirements change from time to time. We suggest you consult your local doctor or health department for information on the latest health precautions. Currently, shots against Yellow fever and cholera are recommended but not mandatory.

As a precaution we usually advise anti-malarial drugs to be taken before, during and after your visit to East Africa. Also, if you are on prescription medication, please ensure you have an adequate supply to last the duration of your stay and a copy of your prescription(s).

Malaria: your risk of malaria may be high in all countries in East Africa, including cities. See your health care provider for a prescription ant-malarial drug for details concerning risk and preventive medications.

What I should know for Safari?

Everyone agrees that there is substantial planning required by those considering a safari in Africa.

How far in advance should I book my safari?

It is better to book as far in advance as possible to ensure availability at the time you wish to travel, especially during the high/peak seasons - June to Oct and Christmas/New Year season.

What should I take on safari? (Should be used as a guide only)

As you will want to capture as much as possible of this amazing tour, don't forget a camera, camcorder with lots of films, tapes, and replacement batteries for all these. A torch light would come in very handy.

Sunglasses, hat, sun lotion, lip-balm, insect repellents and your own toiletry requirements, small first-aid kit, a spare pair of glasses or lenses if you are using one.

Don't forget a swimming costume and you might want to include a good book for the relaxing hours. Sleeping-bags and towels if you are planning for camping safaris must be included.

What kind of food do I expect during the trip?

The quality and variety of food available on safari will be a pleasant surprise for our clients. Most lodges serve meals in buffet-style. The food is prepared according to the western-tastes, and includes some local cuisine too. If a camping safari is chosen, fresh meat and produce is prepared by the expert chefs accompanying the clients to the highest standards.

Special dietary requirements such as vegetarian or diabetic meals can be easily arranged with prior notice. A vegetarian or vegan may wish to bring along some alternative protein sources. Persons with multiple food allergies, it is advisable to bring along supplemental snacks.

Please notify us of any possible dietary restrictions along with booking confirmation

Is drinking water safe?

In some places tap water is safe, but generally, it is not advisable to drink or brush your teeth with tap water. Bottled water is available everywhere and in almost all Lodges and Hotels and all super markets. On treks and safaris, it is better to carry sufficient bottled water.

What Type of Clothes to take?

For safaris, especially in Northern Tanzania (Serengeti, Ngorongoro, Lake Manyara, Tarangire and Arusha), during the day, light clothing is recommended with sturdy shoes and canvas hats. During the night in areas like Arusha and the Ngorongoro Highlands; where the altitude is between 1500 - 2500 Metres; a cardigan or pullover may be essential. In the same pack, remember your sun cream, lotions, sun glasses, a pair of binoculars, and a camera with rolls of film.

What would be the accommodations like?

Wide range of accommodations is available to suit your budget, lodges, hotels, tented camps, permanent camps to name a few. Most hotels are a nice blend of luxury, ambience, offering picturesque views. Once an inquiry is submitted, we provide you with a detailed list of accommodations available to suit your requirements.

Advice regarding photography?

For wildlife photography, a 200 mm zoom lens is the smallest that you should use, A 300-400 zoom is preferable. For bird-watchers, a 500mm or larger is necessary, and a wide-angle lens would be ideal for scenic shots. Bring extra camera and flash batteries and plenty of film - you may find these quite expensive and difficult to obtain locally.

Shopping Around

Locally made products are widely sold at reasonable prices. Ask your local Guide for the best offer to buy your self or your friend items like; Batiks and Tingatinga paintings, Ebony carvings such as cutlery, bracelets, furniture and sculptures. Others include Maasai belts, rings and necklaces made of colourful beads, Khanga for women's wrap around and Jewels to include Tanzania's special Mineral - Tanzanite.

Do I require Travel Insurance?

We strongly recommend that you take out all of the necessary Travel Insurance before commencing on your journey.

What is the best time to visit Tanzania?

Climate in Tanzania is always wonderful, though you might have to avoid rains from mid-April to end of May to climb Kilimanjaro; however the following prediction is based on the movement of animals. It is the best time for game viewing.

Northern Tanzania

All year round except April and May.

Southern Tanzania

June through October

Zanzibar, Pemba and Mafia

June through October; December through March