

# MT KILIMANJARO TREK



## Highlights

- A fantastic 8-day route carefully crafted to maximise your acclimatisation
- Follow the boot-prints of famed explorers and mountaineers to the Roof of Africa
- Stand on top of the largest freestanding mountain in the world at 5895m
- Camp under a sky full of constellations and the twinkling span of the Milky Way
- Experience the relentless energy and support of your amazing local crew
- Accompanied by vastly experienced guides with 1 guide to 2 trekkers on summit night/day
- Receive expert support from the Adventurous Ewe team with over 35 Kilimanjaro summit achievements
- Benefit from the use of some of the industry's best outdoor brands for your mountain equipment
- Free Adventurous Ewe Water-to-Go bottle to eliminate our plastic footprint in Tanzania
- Other routes are available – Rongai, Machame or the Northern Circuit
- Optional extensions – Tarangire National Park & Ngorongoro Crater Safari or Zanzibar Beach Extension
- Experience the pride of knowing your trek is helping us support the leading climate change charity, Cool Earth.



# WELCOME

## Overview

Kilimanjaro, situated south of the equator in Tanzania at 19,340 feet, (5895m), is the world's highest 'free standing' mountain, where bright white glaciers flow down from the summit. It is made up of three volcanic cones that were formed by the Great Rift Valley - Shira (3,962m), Mawenzi (5,159m) and Kibo (5,895m).

Climbing Kilimanjaro is like walking from the equator to the North Pole in a week, providing dramatic changes in vegetation and animal life day by day. Your journey to the summit of Kibo will take you through 5 different climate zones 1. Rainforest 2. Heath 3. Mooreland 4. Alpine desert and 5. Arctic summit.

Your carefully crafted 8-day trek will allow you plenty of time to acclimatise whilst soaking up this ever-changing scenery. Local guides will accompany you every step of the way with their intoxicating energy, encouragement, smiles and naturally their vast experience. Reaching the top of one of the famed Seven Summits, under the golden light of sunrise illuminating the glacier will be a memory of a lifetime. The feeling of exhilaration and immense level of pride will be all consuming as you marvel at the incredible views and be in awe of what you have just accomplished.

When you climb Kilimanjaro and stand on the roof of Africa, you see the world a different way. What seemed impossible might just be doable. Plus, our commitment to the rights and fair treatment of porters and trekking guides and our support of the environmental charity, **Cool Earth**, means you can rest assured knowing you're doing the trek of a lifetime the ethical and meaningful way.







## TRIP SUMMARY



<b>Activity:</b>	Mountain Trekking
<b>Duration:</b>	10 days & 9 nights (2 x hotel & 7 x camping)
<b>Active days:</b>	8 days trekking
<b>Route:</b>	Lemosho Route
<b>Ascent:</b>	5,895 metres
<b>Cost:</b>	Deposit: £295 per person, payable on booking Balance: £2,500 per person, payable 6 weeks prior to departure Total cost: £2795 per person

<b>Group size:</b>	6 – 20 people
<b>Trek grading:</b>	■ ■ ■ ■ ■ <b>Extreme</b>
<b>Dates:</b>	<b>Jan, Feb, Sept &amp; Oct</b> Optimal months for trekking

# ROUTE MAP

Get ready for an adventure



**DAY 1**  
Overnight flight from UK to Kilimanjaro Airport

**DAY 2**  
Trek briefing, kit prep and briefing

**DAY 3**  
Trek Lemosho Glades (2385m) to Big Tree Camp (2780m)

**DAY 4**  
Trek Big Tree Camp (2780m) to Shira 1 Camp (3500m)

**DAY 5**  
Trek Shira 1 Camp (3500m) to Shira 2 Camp (3900m)

**DAY 6**  
Trek Shira 2 Camp (3900m) to Barranco Camp (3960m)



**DAY 7**  
Trek Barranco Camp (3960m) to Karanga Camp (3963m)

**DAY 8**  
Trek Karanga Camp (3963) to Barafu Camp (4640m)

**DAY 9**  
Trek Barafu Camp (4640m) to UHURU PEAK (5895m) & down to Millennium Camp (3790m)

**DAY 10**  
Trek Millennium Camp (3790m) to Mweka Gate (1630m)

**DAY 11**  
Free morning. Return flight from Kilimanjaro to UK

**DAY 12**  
Arrive back in the UK



# LEMOSHO ROUTE

6 days ascent and 2 days descent

## Kilimanjaro Trek Overview

This action-packed adventure will immerse you in the remarkable landscapes of Mt Kilimanjaro, one of the UNESCO world heritage sites in Tanzania. This iconic freestanding mountain dramatically rises from the African plains and is technically the easiest peak to climb of the famed Seven Summits. That being you don't need ropes or special mountaineering gear, or even any previous high-altitude mountain climbing experience to take on this mighty beast. You will be in very safe and experienced hands as our UK and Local Guides are constantly self-driven to go above and beyond. Mountain climbing for them is more than just a career, it's a passion which they are proud to share with others. They understand it's the little things that make a big difference. Our Local Guides have also received extensive training and certifications from both local and international organisations including the Kilimanjaro National Park Authority and Training Expertise UK. This has enabled us to maintain our excellent safety record.

Everyone experiences something majestic with climbing Kili, whether it be witnessing the epic sunrise from the crater rim, standing above the clouds on top of Barranco Wall, enjoying the upbeat & positive support of the tireless crew, reaching the iconic summit sign or finding your special place on the mountain to see the world in a different light; this adventure is sure to have a profound moments that will stay with you for a lifetime.

Climbing Kilimanjaro also contributes to a thriving local economy, generating around 45% of all income made by Tanzania's 15 national parks. Guides, porters, cooks, hotel staff, food producers, travel and trekking agencies, merchants, construction companies and banks all create local jobs in a region that remains one of the poorest in the world.

## Lemosho Route – 6 day ascent

The Lemosho Route is the most scenic route on Mt Kilimanjaro, from the first day to the last. This is one of our preferred routes due to it being one of the quietest and most varied ascents offering stunning scenery and a high summit success rate with it being one of the longest of the regular routes. Starting from the west at the more remote Londorossi Gate, the first two days are spent trekking through the flourishing rainforest, with a good chance of seeing wildlife, up to the scenic moorland of the Shira Plateau offering great views of Kibo's southern glaciers. This plateau is one of the largest high altitude plateaus in the world. You will spend 4 nights at close to 4000 meters before which is ideal for acclimatisation before moving on to complete the final 2 stages to the summit of Kilimanjaro. A pre-dawn start on the last day of your ascent enables you to reach Kibo's crater rim to absorb the sun breaking the African horizon before reaching the high point at Uhuru Peak (5895m) in time to see the glacier towers illuminated by the golden light of the early morning sun.

## Mweka Route – 2 day descent

You will descend via the Mweka Route due to it being a direct route to the foot of Kilimanjaro with one stop over at Mweka camp halfway down the mountain. On your last day there is the chance of seeing a great array of birdlife and even catch a glimpse of Colobus monkeys as your path winds its way through the rainforest.



# ITINERARY

## 2 boots. 1 mountain. 1 incredible adventure

**THE CHALLENGE:** to trek through 5 different climate zones to reach the peak of the highest freestanding mountain the world, Mt Kilimanjaro at 5895m

The mountain trek of a lifetime.

Kilimanjaro, the Roof of Africa, is one of the famed 7 summits and with our carefully crafted itinerary via the Lemosho Route, we aim to stand on this coveted summit having had time to sufficiently acclimatise enroute. Get ready for an exceptional journey like no other.

### DAY 1

#### Flight from UK to Kilimanjaro, Tanzania

Overnight flight from UK to Kilimanjaro Tanzania (approx 12 – 14 hours)

On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at their direct cost. Flights are not included in your to give you the flexibility to travel from your nearest airport or extend your stay in Tanzania if you wish.

The recommended flights for this trip will include airport transfers in Tanzania. There are direct flights from London and non-direct flights for all major airports across the UK. Flights are operated by Ethiopian Airways, British Airways, Kenyan Airways and Precision Air.

#### Included

Flights can be included at an additional cost



### DAY 2

#### Arrive and pre-trek briefing

A warm African greeting is awaiting you on your arrival at Kilimanjaro International Airport where you will be transferred to your hotel in Moshi. Both your UK Leader and Local Guide will provide you with a comprehensive trek briefing and do an equipment check to make sure you have all the necessary clothing and equipment. Gear which is missing can be rented.

Time to enjoy dinner and get a good night's rest before leaving for the mountain the following day.

#### Included

Airport transfer:

For nominated flight arrival time

Accommodation:

Hotel (twin share basis)

Meals:

Dinner



# ITINERARY CONTINUED

2 boots. 1 mountain. 1 incredible adventure

## DAY 3

### Trek Lemosho Glades (2385m) to Big Tree Camp (2780m)

After breakfast at your hotel, you will be transferred to the quieter Londorossi Gate on the west side of Kilimanjaro. The road heads out of town passing between the slopes of Kilimanjaro and the horseshoe-shaped volcanic crater of Mt. Meru.

After completing the necessary registration formalities, it's a short drive through farmland and plantations that thrive in this area with fertile soil of the mountain's lower slopes to reach the Lemosho roadhead. The last 5km of the road to the park gate is along a track and all part of this great adventure. With meeting the local team and seeing the impressive sight of them organising all the food and kit, you'll have lunch in the glades before starting your Kili trek. It's the ideal first day on the mountain with slight gain in altitude taking approximately 4 hours through plantation pine forest and remnant rainforest, to arrive at camp mid to late afternoon. Your first camp on Africa's greatest peak is at Miti Kubwa (Big Tree) camp at 2780 metres.

#### Trekking details

Distance covered: approx. 7kms / 4.3miles  
Trekking time: approx. 4 hours

#### Included

Transfers: From hotel to Londorossi Gate  
Accommodation: Mountain tents (twin share basis)  
Meals: Breakfast, lunch and dinner



## DAY 4

### Trek Big Tree Camp (2780m) to Shira 1 Camp (3500m)

Today your route takes you across a plateau of grassy moorland and heather scattered with volcanic rock formations. Your destination for the day is Shira 1 Camp from where there are often views of Kibo Peak floating above the clouds. There is the chance of seeing some wildlife here, especially birds of prey, including the Auger Buzzard. The team will gain a reasonable amount of altitude on this day and parts of the route are fairly steep.

#### Trekking details

Distance covered: approx. 8.5kms / 5.3miles  
Trekking time: approx. 7 hours

#### Included

Accommodation: Mountain tents (twin share basis)  
Meals included: Breakfast, lunch and dinner





# ITINERARY CONTINUED

2 boots. 1 mountain. 1 incredible adventure

## DAY 5

### Trek Shira 1 Camp (3500m) to Shira 2 Camp (3900m)

Today you will get the chance to view the Northern Ice fields from the western side of the mountain with some impressive views of Kibo. Your route continues across the Shira Plateau which is the remains of the Shira Caldera, Kilimanjaro's oldest volcano (which last erupted around 700,000 years ago). This whole area was then submerged by eruptions from the much younger Kibo eruptions of 100,000 to 200,000 years ago. Enjoying a well-paced day of trekking with a steady climb gives you plenty of opportunities to adjust to the demands of hiking at altitude whilst also absorbing the stunning scenery of Africa's highest peak! You are likely to see some interesting fauna and flora, particularly the White Naped Raven. To further aid your acclimatisation you will do a 200m ascent of Shira Cathedral (3872m), a huge buttress of rock surrounded by steep spires and pinnacles with vast views down to the rainforest below. Today's destination is Shira 2 Camp where you will have full view of Uhuru Peak.

#### Trekking details

Distance covered: approx. 8kms / 5miles  
Trekking time: approx. 5 hours

#### Included

Accommodation: Mountain tents (twin share basis)  
Meals included: Breakfast, lunch and dinner



## DAY 6

### Trek Shira 2 Camp (3900m) to Barranco Camp (3960m)

Today you will break the 4000m mark on your ascent as you enter the next climatic zone on Kilimanjaro, the low alpine desert. Your path traverses the lava ridges beneath the glaciers of the Western Breach, where you will be rewarded with far-reaching panoramic views. With reaching the distinct pinnacle of the Lava Tower (4640m), the highest point of the day, you will have lunch nearby to help with your acclimatisation. In the afternoon you will make a steep descent to your camp located at the base of the Great Barranco Valley (3960m) which is sheltered by towering cliffs and with extensive views of the plains far below. This is known as *climbing high, sleeping low* and is vital to helping with your acclimatisation.

#### Trekking details

Distance covered: approx. 10kms / 6.2miles  
Trekking time: approx. 7 hours

#### Included

Accommodation: Mountain tents (twin share basis)  
Meals included: Breakfast, lunch and dinner





# ITINERARY CONTINUED

2 boots. 1 mountain. 1 incredible adventure

## DAY 7

### Trek Barranco Camp (3960m) to Karanga Camp (3963m)

A short steep climb up the famed Barranco Wall following a line in this rock barrier will take you up onto the southern slopes of Kibo. Whilst the ascent is not technical there are a few sections where the Guides and support team will be there to help you negotiate some of the steeper areas. On a clear day you will be rewarded with some of the greatest views on Africa's highest peak. Your path then leads along an undulating trail on the south-eastern flank of Kibo, with superb outlooks of the southern icefields. Passing underneath the Heim and Kersten glaciers, you will then head towards the Karanga valley to camp at Karanga set at 3963m. For those feeling strong there is a mid-afternoon acclimatisation trek to around 4200m before descending back to camp for the night.

#### Trekking details

Distance covered: approx. 5.5kms / 3.4miles  
Trekking time: approx. 5 hours

#### Included

Accommodation: Mountain tents (twin share basis)  
Meals included: Breakfast, lunch and dinner



## DAY 8

### Trek Karanga Camp (3963) to Barafu Camp (4640m)

After a good night's rest and breakfast, you will set off across the rugged volcanic wilderness to Barafu camp at 4640m. The climb takes you across desolate scree slopes with no vegetation. The views become more spectacular with the height gain above the clouds. You will overnight at Barafu camp. With Kibo rising above you to the north and good views of Mawenzi Peak, the eastern-most summit of Kilimanjaro it's certainly a memorable camp location and will be your base for the final push to the summit. On arriving at camp you will have lunch and spend the afternoon resting as you prepare for a long night and day ahead. It is important to keep hydrated and warm. You will have an early dinner and then try to get some sleep as you will be getting up between 11pm and 12am to start the climb to the summit.

#### Trekking details

Distance covered: approx. 3kms / 1.9 miles  
Trekking time: approx. 3 hours

#### Included

Accommodation: Mountain tents (twin share basis)  
Meals included: Breakfast, lunch and dinner



# ITINERARY CONTINUED

2 boots. 1 mountain. 1 incredible adventure

## DAY 9

### Trek Barafu Camp (4640m) to UHURU PEAK (5895m) & down to Millennium Camp (3790m)

In the early hours of the morning under a star filled sky you will start your final push to the summit glaciers. Taking advantage of the best surface conditions (frozen scree and possible snow), your path will climb via some well-graded zigzags at a slow but steady pace reaching the iconic Stella Point (5735m), in around 5 – 6 hours. This is one of the toughest parts of your ascent but your torchlight trek will be rewarded with a spectacular sunrise over the jagged Mawenzi peak. With the bright white ice cliffs in the crater turned golden by the early sun, you will follow the crater rim for about an hour on easier terrain to ascend to the highest point in Africa - Uhuru Peak (5895m). Congratulations! After enjoying your epic summit achievement and taking the obligatory photo, you will begin your descent by returning to Barafu camp for breakfast before continuing down to Millennium Camp for a well deserved rest.

#### Trekking details

Distance covered: approx. 13.4kms / 8.3miles  
Trekking time: approx. 12 - 16 hours

#### Included

Accommodation: Mountain tents (twin share basis)  
Meals included: Breakfast, lunch and dinner



## DAY 10

### Trek Millennium Camp (3790m) to Mweka Gate (1630m)

Before your last day on Kilimanjaro you will bid a fond farewell to your trusty local crew of porters who been a fundamental part of the team for the past week. Then a long yet gentle descent on a well-constructed path takes you down through lovely tropical forest alive with birdsong and the chance to catch a glimpse of Colobus monkeys. On arrival at Mweka Gate you will complete park formalities and receive certificates of ascent before being transferred back to your hotel. A shower and a beer (not necessarily in that order) will be a welcomed sight plus time to reflect on your Kili adventure amongst some new-found friends. That evening you'll enjoy a celebratory dinner with your Guides and a well-deserved sleep in a hotel bed!

#### Trekking details

Distance covered: approx. 12.1kms / 7.5miles  
Trekking time: approx. 6 hours

#### Included

Transfer: From Mweka Gate to hotel  
Accommodation: Hotel (twin share basis)  
Meals included: Breakfast, lunch and celebration dinner





# ITINERARY CONTINUED

2 boots. 1 mountain. 1 incredible adventure

## DAY 11

### Free morning (depending on your flight times)

You can either relax by the hotel pool or take a free shuttle bus into Moshi Town to explore for souvenirs or simply enjoy a coffee. It's a low-key place with an appealing blend of African and Asian influences and a self-sufficient, prosperous feel, due in large part to its being the centre of one of Tanzania's major coffee-growing regions.

### Included

Transfer:	From hotel to Kilimanjaro International Airport
Meals included:	Breakfast

\*Option to extend your trip in Tanzania with Safari and Zanzibar packages available or you can return home.



## DAY 12

### Arrive back home in the UK

On this final day of your Kilimanjaro adventure, you're awash with a sense of monumental accomplishment, your mind a mosaic of extraordinary recollections. You've not only scaled the world's highest freestanding mountain, but also climbed it with some of the most enthusiastic and supportive people of this wondrous nation. Gaining a positive understanding of Tanzania's culture and connecting with its incredible people. Alongside comrades turned lifelong friends, you've woven a rich tapestry of tales that will be recounted with warmth for many years to come.



# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



## TRIP SUMMARY

Quick overview of trek



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



## OTHER INFO

Weather, maps, etc.





# ESSENTIAL INFO

The nuts & bolts of your adventure



01



## Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have thorough risk assessments, safety management and emergency procures in place for all our trips.

The Mt Kilimanjaro Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something extraordinary.

You're in safe hands with Adventurous Ewe.



## Leaders & crew

You will be accompanied by certified Adventurous Ewe Leader (for groups over 10 people) and Local Mountain Guide for your trek together with an incredible support crew who will accompany you throughout your journey. They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

There will be ICOM radio contact between Adventurous Ewe Mountain Leader, Local Leaders & crew and the Office Base in Moshi Town at all times during your trek. Your crew will have 24-hour contact with Adventurous Ewe office in UK.

## Trip grading

The Mt Kilimanjaro Trek is graded as '**Extreme**'. This is a tough trek, reaching an altitude of 5,895m, but one that is very achievable with the correct preparations. It requires a reasonable level of strength, stamina, endurance and gritty determination.

Having been operating Kilimanjaro treks for many years now, we strongly recommend the 8-day Lemosho route due to maximising time for acclimatisation, experiencing the beautiful and varied scenery and also for it's quieter path. You will be trekking high and sleeping low on some nights to help with acclimatisation as well.

Please be prepared for varied conditions and temperatures especially as you ascend. You are likely to be cold, washing facilities are minimal, the loos are different from the luxuries at home and your appetite may be affected by altitude. Camping and sleeping proves more difficult as you ascend too.



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## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for event is **6 people** and the maximum group size is **20 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 6 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

## Training

A bespoke training programme will be provided when you join this trip to help you with your preparations.

You are also most welcome to visit our Training and Preparation page at <https://www.adventurousewe.co.uk/training-kit/>

Our motto is:  
**Train hard, smile harder and enjoy the journey!**



## Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers.

Packing and kit tips will also be provided when you sign up.

There is also the option to rent kit and we have two packages Kilimanjaro Trek rental items available through **Expedition Kit Hire**.



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## Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

**Porters welfare:** We also understand porters, and the whole mountain crew in general, are the heart and soul of our Kilimanjaro treks and we believe that fair treatment of our crew on the mountain is not merely an industry requirement but the tenet of every Kilimanjaro expedition. Ensuring our crew is well fed, equipped, paid and cared for is a priority for us together with the potential to advance in their career path on the mountain.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

# Travel Admin

## A quick snapshot of what you need to know...

### Financial security

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance company. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time. This cover has been arranged by [IPP \(International Passenger Protection\)](#) which is underwritten by Liberty Mutual Insurance Europe SE (LMIE) trading as Liberty Specialty Markets, a member of the Liberty Mutual Insurance Group.

### Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

### Visa

UK passport holders require a visa to enter Tanzania. The visa fee is \$US50 (single entry and valid for 90 days) and is obtainable on arrival or 6 months prior to departure online at <https://visa.immigration.go.tz/>. We strongly recommend that you secure your tourist visa prior to travel as the visa on arrival process has become more complicated and there can be long queues for visas services at customs.

### Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking more specifically trekking to an altitude of 5895m, flight delays, personal liability, cancellation, curtailment and loss of luggage and personal effects and of course pandemics.

For UK residents we have partnered with Campbell & Irvine to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

### Recommended Vaccinations

Polio, Tetanus, Typhoid, Hepatitis A.

Malaria prophylaxis tablets and insect repellent and cover up. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.

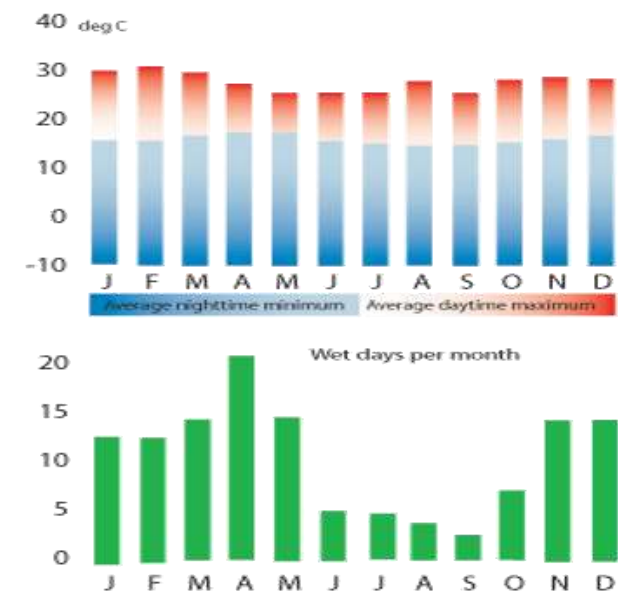
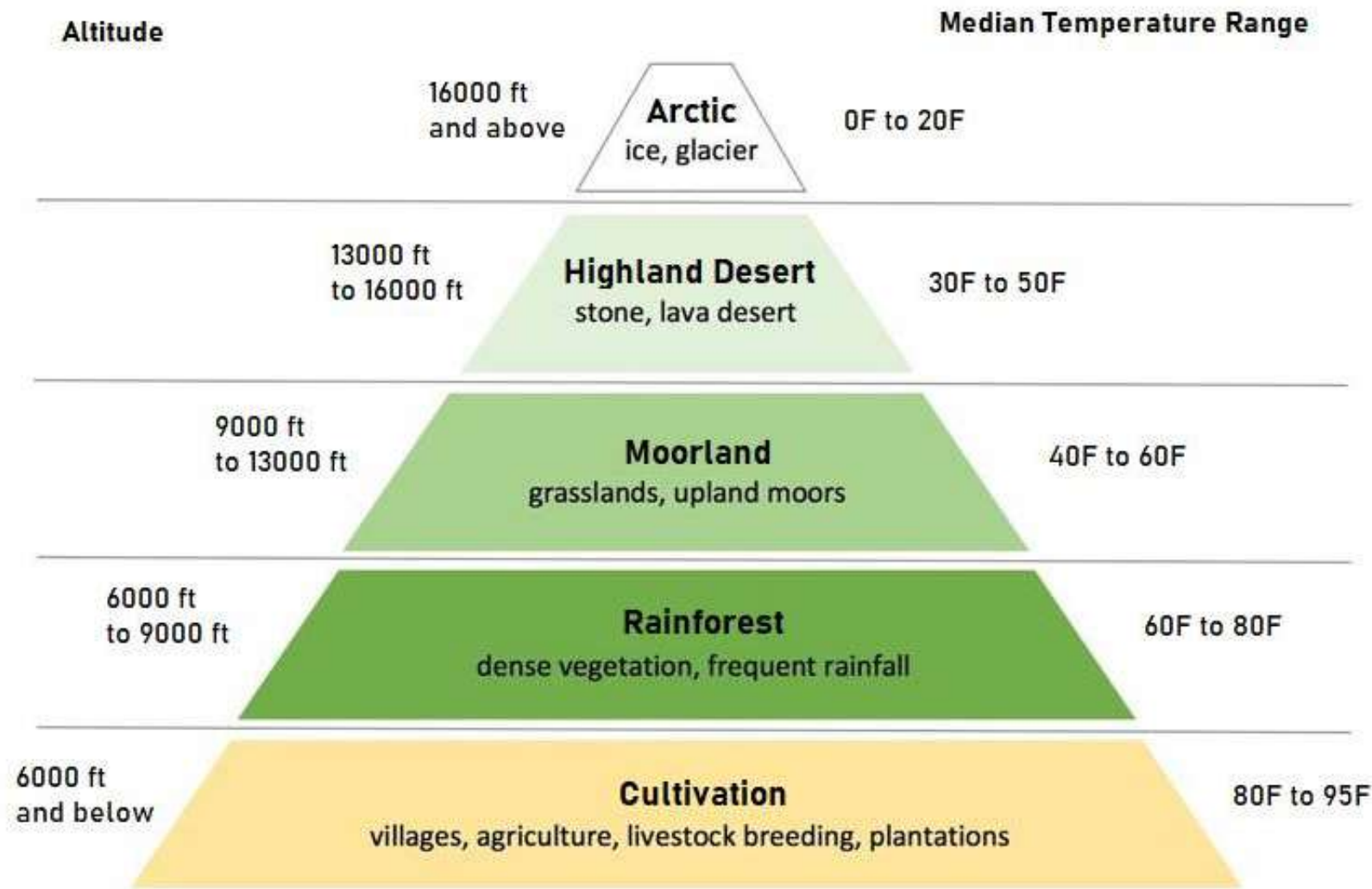
Yellow fever vaccination certificate required for travellers arriving from countries with [risk of yellow fever transmission](#) and for travellers having transited for more than 12 hours through an airport of a country with risk of yellow fever transmission, this includes the airports of Nairobi (Kenya) and Addis Ababa (Ethiopia).



Mt Kilimanjaro,  
Tanzania



# WEATHER



The daily weather pattern on the mountain tends to be clear mornings with an afternoon cloud build-up that often clears before sunset. Temperatures in sunlight often above 20°C, but the nights can get very cold. It is possible for temperatures to get as low as -20°C at Barafu camp, our highest overnight stop.

*Please note that mountain weather conditions are never totally predictable, and we may meet wet and snowy conditions at any time.*

# DAILY LIFE ON THE MOUNTAIN



## Timings

6.00: wake up

6.30: breakfast

7.30: start trekking

Midday lunch

Afternoon trekking and/or acclimatisation walk

16:00 afternoon tea

18:00 dinner

Usually in bed around 20:00.

## Trekking

- Slow pace to allow for better acclimatisation
- Acclimatisation walks (optional)
- During times of social distancing the Leaders will ensure the team of trekkers maintain the appropriate level of social distancing between them enroute.





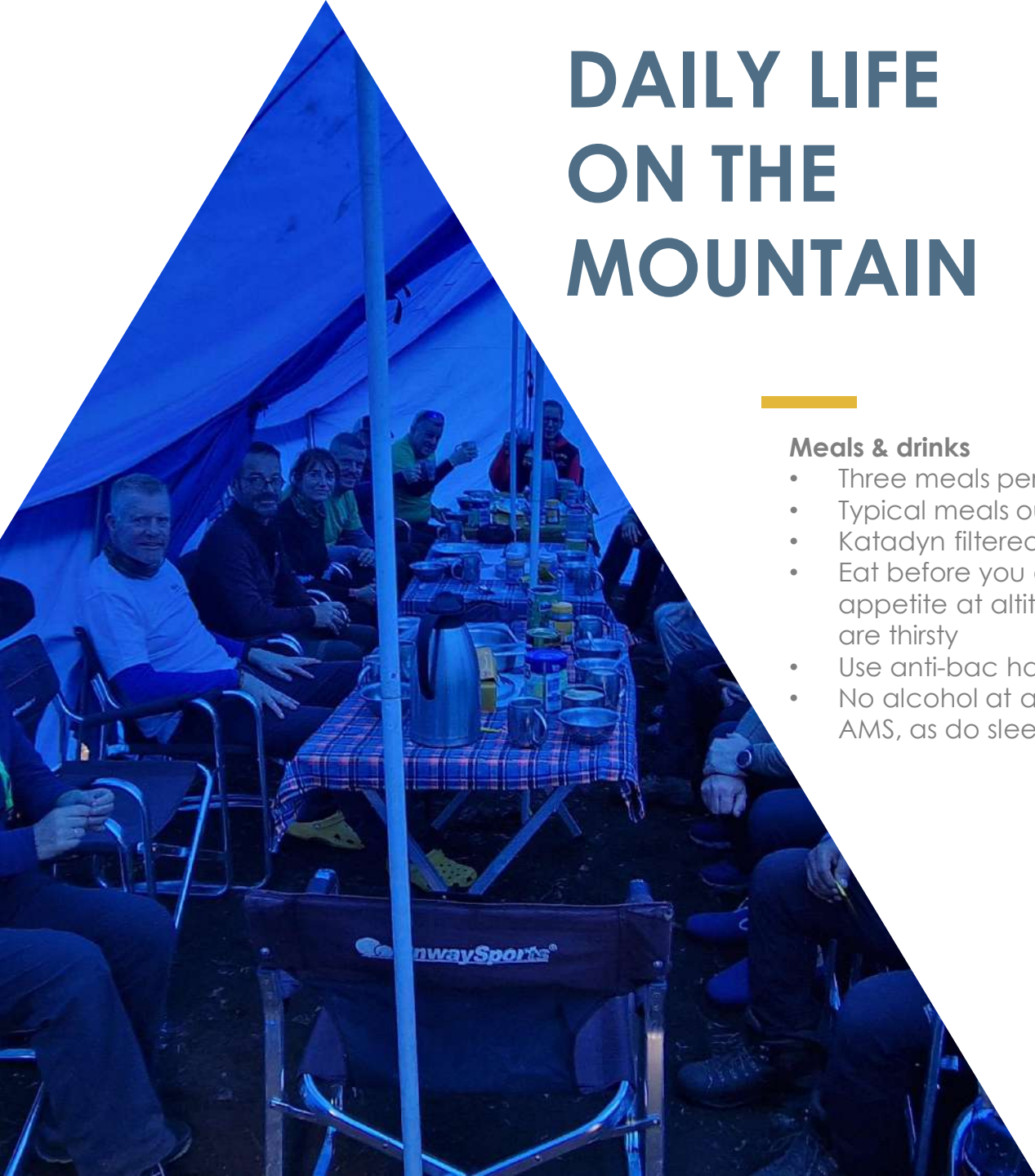
# DAILY LIFE ON THE MOUNTAIN

## Meals & drinks

- Three meals per day provided
- Typical meals outlined
- Katadyn filtered water provided
- Eat before you are hungry due to reduced appetite at altitude and drink before you are thirsty
- Use anti-bac hand gel at all times
- No alcohol at altitude as it increases risk of AMS, as do sleeping tablets.

## Camping

- Two person tents, however single tents are available during times of social distancing. Please contact us for more info
- 3 Season mountain tents provided
- Loo tent provided with portable flush toilet
- Please provide your own sleeping bag, sleeping matt (full length) and pillow (down jacket is ideal to use)





# DAILY LIFE ON THE MOUNTAIN

## Bags

- All bags, camping gear, mess tents, tables & chairs, toilet tent and food is carried up & down the mountain by porters
- Please ensure your main kit bag does not weigh anymore than 15kgs. Bags will be weighed before leaving the Lodge.

## Local crew

- These guys & gals are what makes this trek so special
- Professional mountain guides, cooks and porters
- 1 assistant guide to 2 people on summit night
- Fair wages for the mountain crew as approved by the Kilimanjaro National Park Authority (KINAPA), Kilimanjaro Association of Tour Operators (KIATO)
- Tips & kit donations. Recommended **\$US150** cash for tips.







# ALTITUDE

## Altitude

This trip includes five or more overnight stays over 3500 metres/11500ft, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life-threatening. We would expect the majority of the team to notice the effects of being at high altitude, and while most will only feel discomfort and headaches, it is not uncommon for a small number of people to need extra care which will be provided by our leaders and local crew. During your pre-trek briefing, altitude sickness will be discussed in more detail and advice on how to best cope with it. The most important thing is not to fear it, but to respect it. Know the signs & symptoms of AMS, be aware of how it affects the body and report any illness to your leader straight away. Our leaders and crew are there to help and are fully experienced with high altitude conditions and all the scenarios that trekking at these altitudes bring. You're in good hands.

## Symptoms

Symptoms of altitude sickness usually develop between 6 and 24 hours after reaching altitudes more than 3,000m (9,842 feet) above sea level. Symptoms are similar to those of a bad hangover, including:

- headache, dizziness, tiredness
- nausea & vomiting
- loss of appetite
- shortness of breath

The symptoms are usually worse at night.

## Tips

In most cases, AMS can be avoided following these guidelines:

- Drink around 4-5 litres each day to achieve suitable hydration levels. Try and avoid tea & coffee and definitely no alcohol
- Walk slowly, even when in camp
- Keep warm, especially at night
- Eat well, even when you don't feel like eating
- Breathing through a buff reduces cold air effects on lungs on summit night.

## Medication

Diamox has been shown to reduce the risk of AMS by speeding acclimatisation during ascent. Those considering using it should check with their GP's that they don't have any conditions preventing safe use. Our Expedition Doc (Dr Bob Minns) suggests you take a test dose before your Kilimanjaro Trek to check you can tolerate any side effects. Other medications that may help you are:

- Ibuprofen and paracetamol for headaches
- Anti-sickness medication, like promethazine, for nausea

# TOP TIPS

## Packing

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- Pack different kit into different coloured dry bags for organisational purposes. Have a spare dry bag or cloth bag for laundry items
- Ensure your sleeping bag is packed in a good quality dry bag. Please note, no plastic bags or bin liners are permitted in Tanzania
- Carry medicines in hand luggage and spares in hold luggage
- Have your GP's print out of prescribed medicines in case of any checks by airport security
- Wear your boots and main trekking kit on the plane
- Carry all your essential items in your hand luggage
- Rain cover for your daypack
- June 2019, plastic bags are not allowed in Tanzania, exception of 'Zip-Lock' bags specifically used to carry toiletries and other liquids through airport security screenings. These 'Zip-Lock' bags must remain in the permanent possession of the traveller and not disposed of in Tanzania.





# TOP TIPS

## Camping

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- Keep all camera, mobile phone, batteries, head torch warm at night (in sleeping bag)
- Use down jacket as a pillow plus you know where it is when you need to get up at night
- Always sleep with your head at the higher end of the tent
- Put your kit bag at your feet to stop you sliding down your sleeping mat
- Have your trek clothes at the top of your bag or even in the bottom of your sleeping bag, ready for the next day
- Small paper bags for rubbish bag in your tent
- When in camp, take it easy and allow your body to acclimatise. Bring a pack of cards, book, head-phones, etc.
- Ensure you keep warm in camp. Have a spare set of warm clothes and shoes to change into
- Don't forget to check out the night skies in camp too.

# TOP TIPS

## Other tips

- Bring favourite, high-calorie snacks for the trek as the higher you go the less appetite you will have
- Use wide mouthed bottle or thermos for your water on summit night
- Have a cover for your mouth-piece on camelbaks or platypus
- Ensure you have lip-balm or Vaseline for your lips which can also be used on your nose (prevents moist air freezing in nostrils)
- Look after your feet – blister prevention
- Nail brush
- Have a buff for the loos if you're sensitive to smells
- Summit descent is very dusty and on scree – buff (essential) & gaiters (optional)
- There is mobile reception along sections of the mountain. Bring charger pack/s if planning to use mobile
- Learn some Swahili
- Be respectful of the communities, the people, their land and their homes
- **ENJOY THE ENTIRE EXPERIENCE!**







# WHY ADVENTUREOUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Mt Kilimanjaro Trek.

## What's the number?

It works out on average at **251kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations.

The only thing not included is travel to Tanzania. Given that our guests travel from all parts of the world for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

## What does the number mean?

To give some meaning to the numbers:

- Driving 20 miles in the car: 5.6kg CO2e
- The average UK person per day: 41kg CO2e
- A typical Dubai hotel room for the night: 99kg CO2e
- An economy ticket from London to Ibiza: 206kg CO2e
- An economy ticket from London to Vietnam: 1,352kg CO2e
- A business class ticket from London to Vietnam: 3,922kg CO2e
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 - 10 years.

## What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wide with [Cool Earth](#).

On a local level here in the UK, we're an ongoing [business member](#) of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.



We are proud to have been awarded with the [Travelife Partner Award](#) for our commitment and continual development as a sustainable tourism operator.

## OUR MAKING IT MORE MEANINGFUL TRAVEL POLICY

We care deeply about travelling in a way to minimise and mitigate our negative impacts on the natural environment and by being an active positive contributor to the local communities and environments that we're so fortunate to visit.

For us Responsible & Sustainable Travel coincides with responsible and sustainable business operations at every level; from how we operate day-to-day to designing and delivering adventures with local people, culture, nature and the environment at the forefront.

An Adventurous Ewe trip will not only deliver an exceptional and personable journey for you, it will also benefit the people whose lands we are so privileged to visit. To expand your horizons and provide you with greater insight and understanding of the places we explore. We continuously aim to help protect and make a positive impact on the places we visit, one adventure at a time.

As such we have created our **Big Adventures, Small Footprints – Making it Meaningful Tourism Policy** for People and the Planet. This policy paves the way in which we carefully and passionately seek to improve life and connections through travel — for the people we meet, the places we visit and the planet we explore.



# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

## Travelife Partner

Travelife Partner Award Adventurous Ewe complies with more than 100 criteria, related to an operator's office management, product range, international business partners and customer information. The Travelife Partner level standard is covering the ISO 26000 Corporate Social Responsibility themes, including environment, biodiversity, human rights, and labour relation. Mr. Naut Kusters, manager of Travelife for Tour Operators, "I am delighted to see that sustainability in the tour operator sector is obtaining momentum. The Partner award of Adventurous Ewe will inspire other companies in Europe to follow the same path". Travelife is the leading international sustainability certification for the travel sector. More than 35 national travel associations are promoting the scheme to their members including, SMAL, APAVT, UHPA, ANVR, ABTA, PATA and more.

## Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism

## Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

- Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;
- Deliver climate action plans within 12 months from becoming a signatory and begin implementing;
- Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.



For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>

# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

## Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

# COOL EARTH







# COST

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**Deposit:** £295 per person payable on booking

**Balance:** £2500 per person payable 6 weeks prior to start of trip

**Total cost:** £2795 per person

## **Book & Travel with Confidence**

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

## **Fundraising**

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

# INCLUSIONS & EXCLUSIONS

## MT KILIMANJARO TREK

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your trip from Adventurous Ewe
- Training guide and top tips
- Discount on personal kit from specialist independent retailers both in store and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free **Adventurous Ewe Water-to-Go Bottle**

#### During your trip:

- Adventurous Ewe Leader for groups over 8 people
- Qualified Local Mountain Guides and Assistant Guides (ratio of 1 Guide per 2 trekkers on summit night/day)
- All other crew including porters and kitchen crew
- Satellite phone and radio comms between crew and the office base in Moshi town
- Pre & post trek accommodation near Moshi town (twin share basis)
- All campsites on the mountain with 3 Season mountain tents (2-person tents)
- Breakfast, lunch and dinner during your expedition
- Katadyn filtered water throughout the trek
- Transfers as required for the expedition
- All applicable local taxes, park fees, camping fees & rescue fees
- Luggage transfers each day of the trek via porters
- Portable flush toilets with a toilet tents
- Supplemental Oxygen & Pulse Oximeter
- Full back-up support including first-aid qualified staff and first-aid supplies
- Fair wages for the mountain crew as approved by the Kilimanjaro National Park Authority (KINAPA), Kilimanjaro Association of Tour Operators (KIATO)
- All safety management, risk management and emergency evacuation
- Complimentary shuttle transfer to Moshi town on your free day

### NOT INCLUDED

- Travel insurance – mandatory
- Visa – Tanzanian single entry tourist visa currently \$US50
- Vaccinations
- Any testing or additional entry/exit requirements by the Tanzanian or British Governments
- Kit and equipment as listed on your kit list (kit hire available)
- Tips for local crew – recommended minimum of \$US150.00 – \$US200.00pp
- Single room and single tent supplement
- All meals are provided other than one lunch
- Personal spending money for hotel drinks, souvenirs, boot cleaning, etc.
- Any associated costs with leaving the expedition early including any airline surcharges if you opt to change flights
- Any increases in government taxes or park fees. This will be at your expense

### Currently not included but can be organised at an additional cost

- Return flights from the UK to Kilimanjaro International Airport. We will provide you with the recommended flights for this trip in order for you to take up the airport transfers included in Tanzania or you can book your flights through our flight operator who is ATOL protected. Return flights from the UK to Kilimanjaro are operated by Ethiopian Airways, British Airways, Kenyan Airways and Precision Air and cost approximately between £550 - £850pp return economy.
- Any trip extensions to Zanzibar or safari packages or additional night's accommodation
- If anyone needs to leave the group at any point during the trip (for reasons such as an early descent from Kilimanjaro due to altitude sickness or other reasons), all expenses incurred until re-joining the group on the itinerary described in these Trip Notes are the responsibility of the individual(s) concerned and must be paid to our local operator before leaving Tanzania. Adventurous Ewe will provide as much assistance as possible for anyone needing to leave the group at any stage.



# KIT LIST

Good quality, durable kit could mean the difference between a fantastic adventure and an uncomfortable one. This is a list of recommended kit to take on your trip.

## BAGS

- ❑ **Main kit bag (soft sided duffle bag)** – recommend 90L – 100L soft duffle bag with back straps, weather resistant fabric and without wheels. Your kit bag will be transferred by porters on the mountain therefore it must weight no more than 15kgs. Please ensure it has a clearly marked name tag
- ❑ **Daypack** - 35 litres with waist band straps which you will carry daily on the mountain containing your water-proofs, a warm layer, beanie, gloves, snacks, water, camera, sunscreen and any personal medication & first aid items
- ❑ **Rain cover** – for your daypack
- ❑ **Dry bags** – for all your items in your mountain kit bag and daypack
- ❑ **Foldaway luggage bag** - left at the hotel for any items you are not taking on the mountain ie. casual clothes, toiletries, etc.
- ❑ **Travel padlocks** – for your main kit bag and luggage bag

## TRAVEL ADMIN

- ❑ **Passport**
- ❑ **Visa**
- ❑ **Flight tickets**
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards**
- ❑ **Cash** – US dollars (small denominations) and Tanzanian shillings £1 = 2892 TZS. Please allow **\$US150 - \$US180** for **tips** for the local crew. For the most up to date exchange rates, please visit <https://www.xe.com/>

## EQUIPMENT

- ❑ **Sleeping bag** - minimum 4 season bag which has a comfort rating of -15°C. Pack inside a compression sack and dry liner.
- ❑ **Sleeping bag liner** - for extra warmth and protection of your sleeping bag, use a sleeping liner (silk or fleece).
- ❑ **Sleeping mat** - full-length mat such as a thermarest which provides insulation from the cold ground. Please note, self-inflating matts often still require you to inflate
- ❑ **Water bottle** – essential and ability to carry a minimum of 1 litre. Wide mouth water bottle is ideal as narrow mouth bottles and camelbaks/platypus/bladder systems will freeze on summit night. We recommend Nalgene wide mouthed bottles which you can carry inside your jacket on summit night. They are also easy to fill and easy to add electrolytes.
- ❑ **Camelbak/platypus** - essential and a minimum 2 litre capacity. A bite valve cover is ideal to help keep the valve clean especially with the dusty mountain conditions. Please note, insulated pipes will still freeze on summit night therefore it is essential to bring a 1 litre water bottle as well.
- ❑ **Head torch** & spare batteries – good quality
- ❑ **Sunglasses** – strong UVA/UVB protection preferable. Ensure they are comfy
- ❑ **Gaiters** – (optional) water-proof knee-high gaiters which will prevent scree from entering your boots particularly on your summit descent.
- ❑ **Trekking poles** – very helpful with your descent. If you plan to use trekking poles, please train with these prior to your trek.

## ADDITIONAL ITEMS

- ❑ **Antibacterial hand sanitiser** (essential)
- ❑ **Sunscreen and lip block** – minimum SPF50
- ❑ **Favourite snacks** - both sweet and savoury, high calorie
- ❑ **Electrolytes** – ie. High5 Zero Electrolyte Drink Tablets
- ❑ **Water purification tablets** – water used for drinking is boiled, though you may wish to add water purification tablets as well
- ❑ **Camera** – enclose in a dry bag
- ❑ **Portable charger or spare batteries** – for mobile phone/camera
- ❑ **Toiletries for the mountain** – including biodegradable/antibacterial hand soap, eco-friendly wet-wipes, biodegradable loo paper/tissues, toothpaste & bamboo toothbrush, deodorant, chap-stick, etc.
- ❑ **Biodegradable rubbish bags** - for any litter in your tent and your rubbish whilst on the trek
- ❑ **Small travel towel** – for use when washing hands/face
- ❑ **Personal First Aid** - any personal medications, fabric & blister plasters/compeeds, expedition plus insect repellent, bug bite relief cream, paracetamol, ibuprofen, rehydration satchels, diarrhoea tablets, knee or ankle support if you experience knee or ankle problems, antiseptic cream/ointment/wipes, anti-histamines, safety pins and Diamox (consult your GP in the first instance). Please note, the Adventurous Ewe expedition first aid kit is designed for emergencies and akin to A&E rather than a pharmacy on your trek, so please come prepared
- ❑ **Multitool/Swiss army knife**
- ❑ **Contact lenses** (plus spare glasses)\*

## Notice regarding drones

Please note, according to Tanzania's national aviation authority, [Tanzania's Civil Aviation Authority](https://tcaa.go.tz/) (TCAA), flying a **drone is legal in Tanzania**. Special permits may be granted on contacting the TCAA at [tcaa@tcaa.go.tz](mailto:tcaa@tcaa.go.tz) / +255 22 211 5079.

# KIT LIST CONTINUED

Good quality, durable kit could mean the difference between a fantastic adventure and an uncomfortable one. This is a list of recommended kit to take on your trip.

## TREK CLOTHING

- ❑ **Waterproof jacket with hood** – essential to have a good quality and breathable water-proof jacket with an adjustable hood. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ❑ **Waterproof trousers** – essential to have good quality and breathable waterproof over trousers. Trousers with zips at the side to allow ventilation are ideal together with zips at the base of the legs to allow for ease of putting on over your hiking boots. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ❑ **Wind-stopper / soft shell jacket** - ensure this jacket is wind-proof and insulated as not all soft-shell jackets are wind-proof.
- ❑ **Down jacket** - ideally with a hood. Ideal for when having breaks higher on the mountain, for wearing in camp and for extreme weather conditions.
- ❑ **Midlayer / fleece** - microfleece or similar technology that provides varying degrees of warmth and insulation without being overly bulky or heavy to pack.
- ❑ **Trekking trousers** - two pairs – light-weight & breathable x 1 (zip-off trousers legs for use as shorts is ideal for start and finish days on mountain) and soft-shell/wind-proof trousers x 1
- ❑ **Base layers** - long-sleeved top x 2 and long johns x 2 (one pair for trekking and one pair for sleeping). Ideally Merino wool or wicking fabric.
- ❑ **Headwear** - cap/sunhat which can be worn under your helmet plus sunhat that can be worn casually
- ❑ **Neck warmer** - or merino wool buff – which can also be pulled over the lower half of your face in poor weather conditions (there are face masks available with an airhole for breathing).

- ❑ **Buff** – for sun protection and warmth. Ideal for descent on scree as it can be very dusty (plus they come in handy when using camp loos to cover your nose). We recommend at least 2 x buffs
- ❑ **Beanie** – which covers your ears and is lined for extra warmth
- ❑ **Gloves / mittens** - insulated and water-proof gloves or mitts. Gore Tex outer shell is ideal or we recommend Hestra Alpine or Mountaineering gloves.
- ❑ **Inner/liner gloves** - ideally merino wool and windproof
- ❑ **Clothes for camp** – base layers can be worn. Ensure you layer up for warmth
- ❑ **Underwear** - merino wool or wicking material, not cotton. How many pairs is up to you.

## TREK FOOTWEAR

- ❑ **Hiking boots** - well-worn in water-proof boots with mid to high ankle support. Bring spare boot laces too.
- ❑ **Trainers or crocs** – light and durable! For camp in order to give your feet a break from your hiking boots yet still provide protection and warmth in camp.
- ❑ **Socks** – liner socks x 3, merino wool mid weight hiking socks x 2, merino wool mountaineering thick socks x 1. We recommend Smartwool Merino Mountaineering Extra Heavy Crew socks for summit night.

## OTHER CLOTHING & OTHER ITEMS

- ❑ **Casual clothes** – for free time, celebration meal & travel
- ❑ **Swimwear** – for hotel in Moshi
- ❑ **Sandals or flip-flops** – casual wear
- ❑ **Socks and underwear**
- ❑ **Toiletries for hotel**

## NICE TO HAVE

- ❑ **Dextrose tablets** for extra energy
- ❑ **Duct tape** for emergency repairs – wrap some around your water bottle or trekking pole rather than carrying a whole roll
- ❑ **Ear plugs** for camping
- ❑ **Reading material / card games**
- ❑ **Portable charger**
- ❑ **Plug converter** – for hotel
- ❑ **Poncho** which can be worn over your daypack
- ❑ **Nail brush**
- ❑ **Dental check up** - we recommend having a dental check-up before your trip. Fillings can be an issue at altitude if there is an air-pocket left in the gap

## New laws on plastic in Tanzania

The Government of Tanzania have made it official that all plastic carrier bags are prohibited from being taken into mainland Tanzania. Plastic or plastic packaging for medical services, industrial products, foodstuff, sanitary and waste management are not prohibited at this stage. Visitors to Tanzania are prohibited to carry plastic carrier bags at any time including for packing items in their main luggage or hand luggage.

Plastic 'ziplock bags' that are specifically used to carry toiletries will be permitted as they are expected to remain in the permanent possession of visitors and are not expected to be disposed of in the country.



# KIT TIPS

Please find below some of top tips to ensure you will be well kitted for your trip:

- Mark all your personal kit clearly, as no doubt there will be others with similar items
  - Ensure your luggage has your name tags clearly displayed
  - Think light and small wherever possible
- Keeping warm at night is essential, so ensure you have a good sleeping bag and full length sleeping mat
- Test and train in your kit so you become familiar with any shortfalls, rubbing issues, breathability, quick drying ability, etc.

## Hiking boots

Your trekking experience and performance will depend on footwear. Your boots must be waterproof to keep your feet dry, not too heavy and have enough stiffness so that you have good control over the varying terrain and potential snow.

Correctly fitted hiking boots is one of the most important aspects of your Kilimanjaro trek. Get the right boots and the right fit and you'll have a great experience. The most reliable way of finding a pair that's suited to you is by visiting a reputable outdoor store such as our kit partner Joe Brown/The Climbers Shop, or Cotswolds Outdoor, Ellis Brigham or ideally your local outdoor store who is renowned for great hiking boot product knowledge and will provide a personalised fitting service. Remember to wear your liner socks and thick winter socks when trying on your boots.

At Adventurous Ewe we have tried and tested the Salomon Quest 4D 3 GTX, Scarpa Ranger Activ Lite GTX, Scarpa Trek GTX and La Sportiva TX4 Mid GTX boots which were suitable for this trek. Therefore, we recommend any of these boots or similar. Feel free to chat to us if you have any questions.



## Daypack (35L) and main kit bag (90L – 100L)

A correctly fitted pack is arguably the most important aspect of the decision-making process. Get the right fit and you'll have a pack that is comfortable, supportive and stable, get it wrong and shoulder, hip and back pain may ensue. The most reliable way of finding a pack that's suited to you is by visiting a reputable outdoor store who will provide a personalised pack fitting service.

Other elements to consider with purchasing your daypack and kit bag

- Straps – comfy straps including shoulder & waist straps
- Waterproofness – ensure they're constructed from tough and durable fabrics which offer some water resistance but can also be coated with a Durable Water Repellent treatment to increase wet weather protection. Use a pack liner or dry bags; not only do they protect from moisture they also make organising gear a lot easier.
- Platypus/bladder – If you plan to take a bladder system for hydration, ensure your rucksack has a section for this system.

Daypacks recommended by Adventurous Ewe are the Osprey Tallon 33, Osprey Womens Tempest 40, Low Alpine Airzone Trail 35 or packs similar to these.



## Sleeping bag – 4 season (comfort level -20°C)

It's essential that you invest or hire a good quality sleeping bag as it gets very cold on the mountain. The information is displayed as a set of three temperature ratings:



**Comfort Temp** – this is the temperature at which a 'standard' adult woman can expect to have a comfortable night's sleep.

**Limit Temp** – this is the temperature at which a 'standard' adult male can expect to have a comfortable night's sleep.

**Extreme Temp** – this is a survival only rating for a 'standard' adult female. At this temperature there is a serious risk of hypothermia.

**Four season** – this is the recommended level for your sleeping bag as they're designed for winter trekking. They feature the highest quality components and superior materials to keep you warm.

## Types of insulation

Sleeping bags are filled with either down or synthetic insulation; both have their pros and cons and will affect the performance, weight and price tag of the sleeping bag.

### Down

Ounce for ounce nothing insulates as effectively as down. Down filled bags are very light, warm and compressible, and when cared for correctly will last for many years.

**Pros** - Light, warm, compressible

**Cons** - Susceptible to moisture, more expensive

### Synthetic

Synthetic insulation retains a much higher percentage of its insulating properties when wet. It also tends to be easier to clean and comes with a more wallet-friendly price tag too.

**Pros** - Good water resistance, easier to care for, cheaper

**Cons** - Heavier and bulkier than down equivalent

# EXCLUSIVE DISCOUNT CODES



To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

## KIT DISCOUNT CODE

**Independent UK outdoor retailer, Crib Goch Outdoors**, are kindly offering any members of our flock a 15% discount\* either instore or online at: <https://www.cribgochoutdoor.com/>  
**CODE: EWEGET15**

## CHANGING ROBES DISCOUNT CODE

**Independent UK outdoor retailer, smoc smoc**, are kindly offering any members of our flock a 15% discount\* online at: <https://www.smocsmoc.co.uk/> valid for their waterproof smocs only.  
**CODE: EWE15**

## ULU AQUA TREK BAG

Revolutionary new waterproof backpack has been designed to give you the freedom to explore and flow across land and water in search of new adventures with a 30% discount code off AQUATREK®36 at: <https://uluox.com/products/aquatrek%C2%AE36>  
**CODE: EWE30**



For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



# CONTACT US

For any further info or any questions,  
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Online chat on our website at  
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe







We look forward to welcoming  
you to the Roof of Africa on this  
iconic mountain adventure.  
#ewecandoit

