



# KILIMANJARO HIKING CHALLENGE 2013

## Everything you need to know...

### General info

- This trip will probably be the toughest thing you ever do.
- You need to be fit and have done a lot of mountain walking before the trip, this way you are more likely to enjoy the challenge.
- On summit day we have to ascend 1,200m, mainly in the dark, up frozen scree. This is the equivalent of climbing Ben Nevis. At altitude.
- The time that we head off for the summit will depend on a number of factors such as pace of the group, weather etc. It is normally around midnight but your DA leader will brief you of the exact time during the previous night's briefing.
- Some people may not make it to the summit as altitude affects us all in different ways. This does not mean you have failed in your challenge attempt.
- The Machame route, which we are taking, is considered more strenuous than the Marangu route but because it is a day longer it allows for more acclimatization. As a result the success rate for those getting to the summit is approximately 88%.
- Your heart rate while 'at rest' at altitude will be much higher than normal. Don't panic, this is OK.
- People who have climbed Kilimanjaro will tell you different tales based on their experiences – enjoy their stories, but don't worry about them as each individual's experience varies.
- If you have to go back down because of altitude sickness, it's likely that you will start to feel better quite quickly. Despite this, you will not be able to turn round and start climbing again – timings, conditions and your own health will not allow it.
- If the doctor or Discover Adventure (DA) guide decides that you are not fit enough to continue you **MUST** follow their advice and start to head down.
- This trip will also be one of the most incredible things you'll ever do – so enjoy!

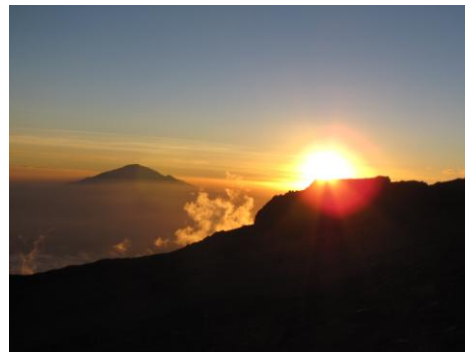
### Bags & Packing

Please refer to the kit list sent with your fundraising pack. This will be invaluable when packing.

You need as a minimum, a 4 season sleeping bag as it gets extremely cold at night (as low as  $-10^{\circ}\text{C}$ ). A cotton (or silk) liner is also highly recommended – it keeps your sleeping bag clean and gives extra warmth.

You will also need to bring a sleeping mat. Therm-a-rests are a great investment as they give comfort as well as protecting you from the cold.

Top tip: Mel from DA recommended stores such as TKMaxx and Decathlon for trekking kit bargains



## Hold/Main Luggage

Take one large rucksack, soft holdall or suitcase containing everything you want while you're away. Airline allowances vary but if you keep to 20kg you can't go wrong. But you really shouldn't need to take this much. This bag (if not used as your trekking holdall – see below) can be left securely in Moshi while we hike with all your non-trekking gear inside. During the hike you will need a...

## ...Trekking holdall

This is a soft holdall or large rucksack that will carry all your trekking gear while on the mountain. The weight allowance for this bag is just 12kg as the porters will carry it for you and have strict restrictions as to the amount they are allowed to carry. They will take this bag ahead to camp each evening. If you choose to use your main bag (see above) as your trekking holdall we recommend packing a spare small bag with which to leave your non-trekking gear behind.

## Hand Luggage (day pack)

Take a 25 -35 litre rucksack with a wide hip band as your hand luggage. This will also double up as your personal day pack on the hike, which will carry your water, snacks, waterproofs etc (i.e. anything you might need whilst trekking during the day).

## Other top packing tips:

- Wear your hiking boots on the plane (these should have been bought and well-worn in by now!)
- Bring plastic bags to keep your clothes dry within your holdall and zip-lock type bags for valuables such as your camera or ipod.
- Make sure you can carry at least 2 litres of water with you on the hike, ideally in a platypus/camelback 'bladder' system within your rucksack. A wide necked plastic bottle is also useful on summit night as the bladder tube can freeze if exposed to the elements!
- A 'buff' – a lightweight tube of material worn like a scarf – is not only a great way to keep warm but can be worn like a mask, keeping dust out and making breathing at high-altitude more comfortable.
- Bring plenty of spare batteries for torch, camera etc – the cold drains batteries faster than normal.
- Dry bags are great for separating your belongings and keeping things dry. A strong rubble sack/bin liner is also useful for helping to waterproof your trekking bag.
- Don't forget you can get a discount off full-priced kit when purchasing from our partners, Cotswold Outdoors (quote AF-MACCS-NC) and Snow & Rock.



## Life on the Kilimanjaro Challenge

Discover Adventure have put together a presentation on what you'll be getting up to and experiencing on each day of your epic challenge. Check it out [here](#)

### Camping

You will be camping in large 2-person tents, which will be put up for us by the local crew.

NB Ear-plugs can be a godsend if you're a light sleeper!

### Toilets/washing

Whilst in camp, you have the luxury of basic chemical toilets – unheard of on most challenge events! Don't forget a head-torch for night-time visits and anti-bacterial hand-wash for hygiene purposes.

During the day, you will need to go off the track and find a quiet spot. Please remember not to leave any toilet paper on the ground. Scented nappy sacks are useful for used paper, which can be thrown away once at camp.

Water is scarce so wet wipes are invaluable for freshening up after a tough day's trek.

### Water

The water will be purified and completely safe to drink. You will be able to top up each morning and sometimes at lunch but for the majority of the trek you will need to carry enough with you to get you through the day (i.e. at least 2 litres).

### Food

All the cooking and washing up will be done for us. The meals the local crew produce for us are hearty, varied and plentiful. Here's an idea of what you'll get...

- Breakfast – porridge, bread, jam, cheese, eggs
- Lunch/dinner - stews, vegetable dishes, rice, pasta, potatoes, fruit and desserts
- Upon arrival at camp - tea, coffee, biscuits (and popcorn if you're lucky!)
- Snacks will be provided throughout the day to keep your energy levels up but feel free to bring a small supply of your favourite pick-me-ups to keep you going.

### Fitness

The more training you do to build up fitness levels and stamina, the more you will enjoy the event – in all respects. We'll all be encouraging and supporting each other out on Mt Kilimanjaro but this challenge is tough, so the more training you manage to put in before we leave, the more enjoyable your trip will be. The event is not just about walking; it's also about rough camping and being in a group of 30 other people, which is not an everyday experience for many.

Don't forget to follow the training plan provided in your fundraising pack to help you prepare.





## Health

Please check with your GP about any necessary vaccinations. NB you no longer require Yellow Fever to enter the country.

Anti-malarials are recommended but, again, please contact your GP for more advice.

We recommend you bring a personal first aid kit containing these essentials; Diarolyte, aspirin, paracetamol, ibuprofen, plasters, insect repellent, blister pads and/or zinc oxide tape.

Ladies – please be aware that being at altitude can affect your menstrual cycle so be prepared.

## Spending money

We recommend you take a minimum of £150-£200 with you in US dollars in small denominations. You can either change these in Moshi or they can also be accepted as currency. ATMS are available in Moshi but please be aware that Mastercard may not be accepted.

### Costs you will incur whilst on the trip are:

- We collect a discretionary tip to show our appreciation for our local guides and crew at the end of the hike. We suggest \$120 each. Once you see what the fantastic crew do for us you will understand the importance of tipping them well.
- Celebration dinner and two other meals.

## Weather

It is likely to be hot during the day but the higher we get the colder it gets. It can drop to  $-10^{\circ}\text{C}$  at night. You may therefore need both sun screen and thermals. Due to the intensity of the heat it will be important to re-apply sunscreen 2-3 times throughout the day. Be aware that sun cream loses its efficacy at altitude i.e. at 4,000m factor 30 suncream becomes factor 15, therefore factor 15 reduces to factor 0, so factor 30 suncream is the minimum you should buy. It is also likely to rain, so please bring good quality waterproofs (jacket and trousers) so that you're prepared.





## Support

### Macmillan Rep

Gemma from the Macmillan Challenge Team will accompany you on the trip. She'll meet you at Heathrow and will be trekking with you throughout the challenge. Gemma's there to help in whatever way she can, so please feel free to approach her at any stage for a chat or to learn more about Macmillan.

### Discover Adventure Leader and Assistant Leader

The trip will be led by two highly experienced leaders from Discover Adventure. They will have a proven track record in the outdoor and/or adventure travel industries and are there to make sure you have the most amazing time. A leader really can make or break a trip and we are extremely lucky to have some of the best people in their field working for DA.

### Doctor

We will also be accompanied by an experienced UK based doctor. He or she will look after your health and well-being and carry a comprehensive medical kit to deal with all eventualities.

### Communication

There will be radio-contact between the leaders and doctor so the DA team will always know what's going on in the group. The leader will also have a satellite phone and can make calls at any time if outside help is required.

### Local support

Along the way we'll be supported by a huge team of local support crews. They'll carry our kit, put up our tents, cook our meals, clean up after us and provide expert local knowledge and, often, the evening entertainment! They're a fantastic bunch of hard-working, enthusiastic people so please take time to get to know them.

### You

The best thing about Macmillan Challenges is the camaraderie and team spirit amongst you and your fellow trekkers. Our hiking challenges are not races. The aim is for everyone to complete the challenge at your own pace and have a great time. There's no medal for coming first so encourage and help each other along the way.

Most of all have a fantastic time and enjoy every moment!

# THANK YOU FOR ALL YOUR SUPPORT