



**TRAVEL THERE CO**

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## Mt Kilimanjaro Trek - Rongai Route

**Days:**Moshi toMoshi

### What's Included

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Your G for Good Moment: Moshi Women's Cooperative Visit, Moshi  
Your Welcome Moment: Meet Your CEO and Group. 6-day guided group trek up Mt Kilimanjaro's Rongai Route with local guides, cooks, and porters. All permits and fees. All transport between destinations and to/from included activities.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

### Itinerary

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#### Highlights

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Follow a lesser-trekking path up Kilimanjaro, conquer Africa's highest peak, hike towards the summit through ever-changing ecosystems.

#### Dossier Disclaimer

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#### Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Important Notes

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Once the park fees are paid Kilimanjaro International Park is not able to provide refunds for any unused days.

Please note: passengers should be aware that, for any reason, they are unable to make the trek to the summit, then any additional cost will be at their own expense.

**LUGGAGE COMPLICATIONS FLYING INTO KILIMANJARO:** It occasionally happens that luggage on international flights into Kilimanjaro does not arrive. Please be aware that this may happen, especially if you have a tight connection, are flying with different airlines with a connection, have a last minute flight change or re-route, or fly from or connect through another African centre. Please be prepared and keep all important documentation and valuables on your person. As well we recommend a change of clothes in your hand luggage. If unfortunately this does happen, and your luggage does not arrive, you should be entitled to a limited initial compensation from your airline. In Kilimanjaro, the arrival of lost luggage normally takes between 48 and 72 hours after the initial plane's arrival. The airlines technically should be responsible to forward your luggage to you, to your hotel or elsewhere in Tanzania. You may find that you will be needed to start your trek and you still have not received your luggage. Considering that the customer service standards in Tanzania are different from home, and that we find that the airlines are not always proactive in helping luggage in its care be reunited with its owner, it is recommended that you purchase or hire locally the needed items, and speak to your Travel There Co representative at your hotel to persist with your airline to retrieve your luggage. Once your luggage is retrieved, it should be able to be forwarded to you – depending where you are. Please note that any costs that you may incur for luggage retrieval or sending luggage are not the responsibility of Travel There Co, though we will always strive to assist you in any way possible. You should always keep all receipts and documentation, and contact your airline or insurance provider for reimbursement.

## YELLOW FEVER

It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

## Group Leader Description

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For your hike on Mt. Kilimanjaro, you will be lead by an experienced certified mountain guide. To round out the team, you will be joined by an assistant guide (for groups of more than one person), a cook, and a team of porters.

Your guide has been trained in mountain guiding skills, first aid and emergency response, flora and fauna, and group management. All guides are licensed by KINAPA, the National Park Authority. Your cook is an experienced cook who will prepare a variety of nutritious, and hearty meals. As a general rule, each hiker will be accompanied by 2 porters, who assist in carrying both your bag and the team's gear (tents, food, etc). Please note English is often the 3rd or 4th language of the Tanzanians in the area of Mt. Kilimanjaro, therefore your guide will speak a basic English.

The porter will carry a maximum of 15kg of your belongings and 5kg of personal gear. All our Porters will carry a maximum of 20kg and there is a strict weigh in by the Kilimanjaro Park authority.

## Group Size Notes

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Max 12, avg 10.

## Meals Included

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7 breakfasts, 6 lunches, 5 dinners

## Meals

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This includes all meals while trekking on the mountain, along with breakfast back in Moshi on final day after your hike. All meals you have during your trip will be prepared from fresh local produce. Shopping for food will be done before the trip departs. Breakfasts and dinners will be served at camp, while lunches will tend to be packed to have en route while trekking. All evening meals will be hot and will consist of a variety of continental and local dishes. We believe that providing more than enough food while on such a trek is of the utmost importance, and as such you can be ensured that your cook and crew will provide enough quality food for you. Vegetarian meals and other dietary requirements need to be specified prior to arrival.

Please note: bottled water (both before and after the trek) is at your own expense, however, during the Kilimanjaro trek you will be provided with drinking water. This water is collected from fresh mountain streams and then purified with tablets by your guides who will replenish your empty bottles/thermos flasks on a daily basis. For peace of mind, you are welcome to add your own chlorine or iodine tablets instead, if you are uncomfortable drinking the water provided.

## Transport

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Private minibus, trekking.

## About our Transportation

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Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

## Local Flights

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## Solo Travellers

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We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## Accommodation

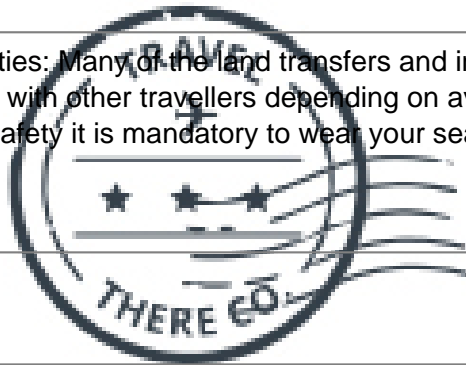
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Simple hotels (2 nts), full-service alpine camping (5 nts).

## About Accommodation

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The idea of camping in Africa can be a daunting one. For those not accustomed to 'roughing it' for a few days we offer a full camping service. All tents are pitched for you, meals are prepared and served and the washing up is done by Travel There Co staff. This leaves you with more time to enjoy your surroundings and is ideal for first-time campers who may be worried about the challenges such a trip can entail. When camping we are exposed to the elements, and whilst there are times when the weather is fine and temperatures are pleasant, there may be days when it is foggy, rainy and cool. In certain locations there may also be a number of bugs. These factors, however, should be seen as minor downsides to a camping experience which will allow you to get up close to the beautiful nature that Africa has to offer. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply canvas dome tents with built-in mesh insect nets on the doors and windows. Mattresses are also available, which are approximately 4cm thick, warm and comfortable.



While on the mountain (7 nights), we provide full-service alpine camping at designated communal campsites. Your porters will be carrying your tents, which they will pitch for you at these sites. The campsites are fairly basic, and exposed to the elements. They will not have electricity, nor shower facilities, and toilet facilities are basic long drop latrines, which could become dirty at times (especially when it is raining), as many other hikers sharing the same facilities. Your crew will prepare basins of warm water for washing daily. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. All meals on the mountain will be prepared for you by your group's cook. The tents are two-person dome tents which are assembled by the porters. All tents have built-in insect nets. Mattresses are also provided, which are warm and comfortable.

Drinking water: On day 2, you should bring bottled water from the hotel for your first day's hike. Beyond that, purified (filtered) mountain water will be provided for you for the duration of the hike.

Barafu Camp: The night before your summit attempt, on Day 5, you will be staying at a high altitude camp where there is no water facilities. You porters will carry water up to the camp for cooking, bathing, and drinking.

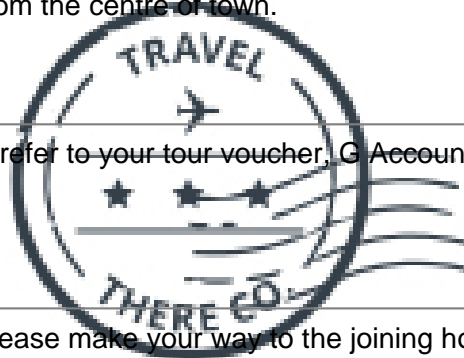
This trek is not for the faint of heart, and the camp sites on Mt. Kilimanjaro are basic. However, many come out of their camping experience on the world's largest free-standing mountain not only gratified, but ultimately rejuvenated by such an experience of a lifetime.

Please note, if you need to alter the itinerary for any reason (e.g. travel delay or illness or in the event of having to descend from your climb early due to altitude sickness, injury or exhaustion), any unscheduled meals or nights spent in a location other than the tour itinerary will be at your own expense.

The start/end hotel has a number of services and facilities available as follows; Internet, laundry, gear hire, luggage storage, telephone services, TV lounge, outdoor dining area and a shuttle service to/from Moshi as the hotel is located just a few kilometres from the centre of town.

## Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the Travel There Co App or contact your travel agent.



## Joining Instructions

On arrival no transfers are included. Please make your way to the joining hotel. Kilimanjaro International airport is approximately 40km, or 40 minutes, from Moshi. Taxis are available to transfer you to Moshi, and cost approximately USD 50 per car. If you arriving in Moshi from Nairobi, Kenya, there is a public shuttle bus that leaves Nairobi at 8:00am daily to Moshi. It is a direct bus via Arusha, and with border formalities, and a break (and potentially a change of vehicles) in Arusha, the trip is approximately 8 hours. There are a number of local companies that offer this service, and this can be organized locally the morning of. In addition, for your convenience, you may pre-reserve a seat on our partner shuttle service through Travel There Co.

For pre-booked transfers from Kilimanjaro International Airport to our Moshi hotel, Travel There Co representative present will assist you or your driver will be waiting with a Travel There Co sign. At times there are taxi drivers who will try to solicit your business, so please be aware of them and proceed directly to the Travel There Co representative. For any issues relating to pre booked transfers for Kilimanjaro International Airport including delays or missed transfers, please contact our airport transfer operator  
Musaddiq: +255 754 400 141 or +255 787 400 142 (From outside Tanzania)  
Musaddiq: 0754 400 141 or 0787 400 142 (From within Tanzania)

Please note that day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the garden of the hotel in evening of day 1. Here you will meet our local Travel There Co representative, and possibly some of your guiding team. At this point you will receive information about general and specific aspects of the "Kili" trek. Upon arrival to the hotel, our Travel There Co representative be there to assist you with anything you need. If you arrive late and miss the meeting, s/he will leave you a message detailing what time and where you should meet the next morning.

This tour departs Moshi for Mt. Kilimanjaro in the morning of day 2.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the Travel There Co Local Representative (if one is listed below) or our Travel There Co Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through Travel There Co or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

For any issues relating to pre-booked transfers for Kilimanjaro International Airport, including delays or missed transfers, please contact our airport transfer operator:

Musaddiq: +255 754 400 141 or +255 787 400 142 (From outside Tanzania)

Musaddiq: 0754 400 141 or 0787 400 142 (From within Tanzania)

### EMERGENCY CONTACT NUMBERS

Travel There Co Emergency Mobile Phone for our Local Office in Nairobi, Kenya: +254 727 208 832.

Locally, from Kenya, dial 0727 208 832.

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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As you will be trekking up Africa's highest mountain, you will be passing through a number of different climate zones, and should pack to prepare for a number of extremes – hot and sunny, cool, cloudy, and misty, fog, rain (your first day you will ascending through a section of rain forest), wind, and lastly snow and cold. You may experience one or all of these conditions in the same day on your trek.

In the lowlands, temperatures in the shade can reach 35C, and in the highlands it will be below freezing, with possible rain and fog. The use of lightweight, breathable, easily removable layers of clothes works best to allow you to adapt to the local conditions. We recommend breathable, moisture-wicking fabrics made of wool or synthetic fibres. Cotton is not recommended for hiking as it does not allow for heat or moisture to enter or escape, and it will not dry once wet.

Please note that it gets extremely cold near the top of Mt. Kilimanjaro, and you will begin hiking your final ascent to the summit at approximately midnight, and hike through the coldest part of the day. For this, in addition to several warm layers and good boots to grip as you climb over frozen scree, ice, and snow, you will need warm protection for your extremities – warm socks, gloves, and a warm winter hat. Cameras need to be protected against the severe cold weather either in warm pouch or the interior pockets of your clothing. A selection of lenses will aid the final results although weight and bulk will obviously influence your selection. For digital equipment and mp3 players, check with the manufacturer's specifications for temperature range (especially battery life), water tightness, altitude range, and general hardiness.

You will need to provide your own sleeping bag and pillow (if you would like).

Lastly, Mt. Kilimanjaro is located only a few hundred kilometres from the equator, and at altitude, the sun's affects are heightened. Use a hat, sunglasses, sun screen, and wear proper clothing to protect yourself from the sun, to reduce the risk of sunstroke.

Please note, secure luggage and valuables storage facilities are available at your Moshi hotel while you climb. Your hotel in Arusha also offers storage facilities for any extra mountain gear/clothing that you do not require for the safari portion of the trip.

With regard to the type of pack(s) to use, two packs would be useful:

1. One larger pack (preferably a duffel bag) that will be carried by the porters inside large, canvas duffel bags. This pack should not exceed 15kg, and should be within the following dimensions: 30cm (height) x30cm (width) x 60cm (length)

2. One smaller 20-30L pack (5kg) that you will carry containing your water, snacks and wet weather gear.

Please note that binoculars are not provided on this tour. If you are interested in using binoculars, you must pack your own.

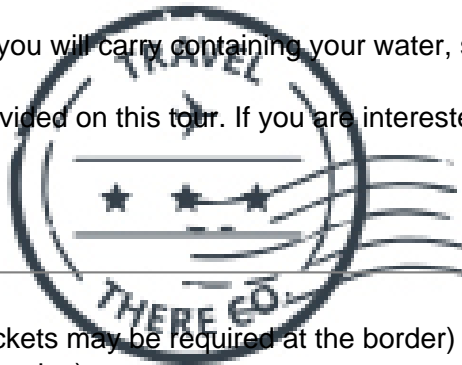
## Checklist

### Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

### Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)



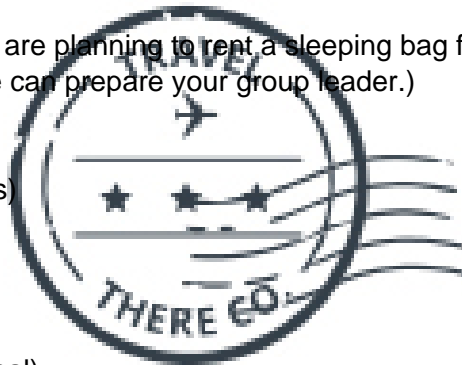
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

#### Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Rubber gloves

#### Kilimanjaro - Available for Rent:

- Balaclava (\$6 USD)
- Day pack (\$12 USD)
- Duffel bag (\$6 USD)
- Fleece pants (\$6 USD)
- Fleece top/sweater (\$5 USD)
- Gaiters (\$8 USD)
- Gloves (\$6 USD)
- Rain jacket or poncho (\$12 USD)
- Scarf (\$6 USD)
- Sleeping bag (-6°C) \$40 USD; If you are planning to rent a sleeping bag for your Mt Kilimanjaro trek, please let your booking agent know so that we can prepare your group leader.)
- Sunglasses (\$8 USD)
- Thermal underwear (\$5 USD)
- Walking poles (\$12 USD for two poles)
- Warm hat (\$6 USD)
- Windproof rain pants (\$12 USD)



#### Kilimanjaro - Other:

- Electrolytes (Powder or tablets, optional)
- Hand sanitizer
- Medication (Consult with your doctor about options to manage altitude sickness)
- Metal/aluminum water bottle (This style of bottle can double as a heat source at night when filled with hot water. We recommend a Sigg-style bottle.)
- Moisturizer/lip balm
- Pee bottle and/or She-Wee (You can use these items to avoid having to leave the tent at night)
- Reusable water bottle (Water bottles should carry up to 3 litres of water (minimum 2 litres); please note that this recommendation is made based off of the water intake of the average hiker, but may vary due to personal needs. We recommend platypus-type water bladders/camel backs made out of a material that will prevent water from freezing at high altitudes.)
- Sunblock
- Toilet paper
- Wet wipes (Recommended)

#### Kilimanjaro - Technical Clothing:

- Waterproof lightweight hiking boots (required)
- Windproof rain jacket (required) (A breathable jacket, with a hood is recommended)
- Balaclava (Optional)
- Fleece jacket or warm layer
- Fleece pants
- Gaiters (Optional)
- Hat (A hat with a brim is recommended)
- Hiking pants (Convertible/Zip-off and quick dry recommended)

- Insulated Jacket
- Light gloves
- Lightweight wicking shirts
- Long-sleeved shirt for hiking (2 moisture-wicking shirts, and 1 breathable shirt recommended)
- Quick-dry socks (Wool or synthetic)
- Shorts (Optional)
- Short sleeve t-shirt, light-weight, moisture-wicking
- Slip-on sandals or shoes (Optional extra shoes to wear around camp)
- Thermal underwear (Moisture-wicking fabric recommended)
- Underwear (Moisture-wicking fabric recommended)
- Warm gloves (Waterproof recommended)
- Warm hat
- Waterproof pants (Pants with a side zipper recommended)

#### Kilimanjaro - Technical Gear:

- Day pack (30-35L - can be rented in location)
- Drybag (Will help keep cameras and essentials dry)
- Duffel bag (50-90L - can be rented in location)
- Sleeping bag and liner, 4 season (Sleeping bags can be rented for approximately \$40 USD for the duration of the tour; if you are planning to rent a sleeping bag, please let your booking agent know so that we can prepare your group leader. Purchasing sleeping bags in Arusha might be more difficult to source.)
- Walking poles (Highly recommended)

Note: When packing your gear, the best clothing for trekking is either wool or synthetic materials, as this is quick-drying and can keep heat in better. The optimum clothing for trekking is layering, as it allows for easy temperature regulation as you ascend or descend. We suggest a base-layer, then a mid-layer such as a sweater, followed by a fleece jacket or similar, then a windproof and waterproof jacket. For your bottom half, thermal underwear, hiking pants then windproof and waterproof layers are recommended.

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase, sports bag, or backpack, no larger than 30cm(height) x 30cm(width) x 60cm(length), maximum 15kg, plus a day-pack (5kg).

Note: A refillable water bottle/flask is required for the trek, no plastic or disposable bottles are allowed on the mountain and they may be confiscated prior to the hike.

## Laundry

Laundry service is provided at the start/end hotel and clients can leave their dirty belongs at the hotel for washing. When the clothes will be ready will depend on the weather because the clothes are dried by the sun.

## Visas and Entry Requirements

Travellers arriving to Kilimanjaro airport without a visa now need to complete the following process at the airport to obtain a Visa on arrival:

- Queue for a Government Control Number
- Queue to pay for this at the bank
- Queue for Immigration to check and issue the visa

This process can take in excess of two hours, so we highly recommend travellers apply for their Tanzanian Visa online at [www.immigration.go.tz](http://www.immigration.go.tz). The online process asks for a bit more information than a visa on arrival, and are issued within 2 - 3 weeks to be approved. Entering Tanzania with a pre-bought Visa will make for a much smoother experience.

All countries require travellers to have a valid passport (with a minimum 6 months validity). Please note that upon arrival by air to Arusha, Tanzania, most nationals can obtain a visa for US\$50 in \$US cash (valid for those who would be permitted a Tanzania visa while still in their own country), though the visa currently costs \$100



for U.S. nationals. This visa is valid for up to 3 months with multiple entries/exits permitted to Kenya and Uganda only. If you are transiting through Uganda or Kenya, you will have to purchase a transit visa en route. These are usually \$US20 or US\$10 respectively, and valid for 24 hours. Alternatively, for either of these two countries, you may purchase a normal visa for US\$30 and US\$25 respectively (most nationals), both of which are valid for up to 3 months. As fees and policies can change, we highly recommend that you contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation.

#### IMPORTANT NOTE

It may be required to show a Yellow Fever certificate upon entering the country. Please check in with your local consulate and health expert for advice on Yellow Fever and other inoculations required for this area.

### Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

### Money Exchange

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The local currency in Tanzania is the Tanzanian Shilling (TSH).

Shillings can be obtained locally by changing foreign currency or by using ATMs (where available) which will disperse local currency. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country.

The easiest foreign currency to exchange for locally for any of the local currencies is the \$US; however the British Pound and Euro may also be exchanged as well. Please note that due to past problems with forgery, \$US notes that are older than year 2006 are not accepted in Africa.

Large note (\$US 50, \$US 100 etc) can be difficult to change in some places, but will gain you the best exchange rate.

If you plan to rely on cash, please bring foreign currency (Euro, Pound, USD) with you, as it is often expensive to buy these currencies locally. And in more rural areas, it is often not likely.

If you plan to buy your visas at borders, you will need to bring \$USD cash to pay for these visas. Please note you cannot use the local currency or any other currency to buy these visas- they must be purchased in USD.

Please do not bring Travellers' cheques to Africa. They are difficult if not impossible to exchange in many places.

Visa/Plus system cards are the most widely accepted debit cards. it is harder to find machines Mastercard/Cirrus cards. We highly recommend that if you hold a Mastercard, you obtain a Visa card prior to departure and travel with both. This is also useful should something unforeseen happen to one of your cards during your travels.

While there are many ATMs in the major centres, there are no guarantees that your credit or debit cards will actually work in Africa. Check with your bank.

Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. The majority of our optional activities can also be paid by credit card. Your CEO will advise on these.

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money.

A combination of foreign currency and debit/credit cards for cash advances is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com).

For extra expenses at you hotel, cash or visa card are the only accepted form of payment. Please note however, there will be extra charges for using your credit card. As a result of this it is preferable to settle all expenses in cash.

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

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USD40, may be included in the international air ticket

## Tipping

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Tipping is an expected and highly appreciated component of your Mt. Kilimanjaro trek.

Tipping is one of the most direct ways that you can have a positive economic impact within the African community. Although it may not be customary for you, it is an important source of income for those in the tourism industry.

Your group will be assigned a CEO/Lead Guide, and a group of porters. The number of porters designated to your group will depend on the amount of baggage and equipment is taken on the trek; this typically works out to 2-3 porters per traveller, but this number will be confirmed by Kilimanjaro National Park rangers at the gate once all baggage is checked.

It is best to present your crew with the group's tip upon completion of your climb, during the last meal on the mountain. Tips should be placed in a group envelope and a member of the climbing team can hand the envelope directly to the Lead Guide. It is encouraged to announce the amount in front of the group to ensure each crew member knows the total amount.

A tipping guideline to determine this amount is 10% of the total cost of their trek towards tips, per person. So if you paid US\$2000 for your trek, you should pay US\$200 collectively for your crew. (If there were only one or two of you, it customary to pay slightly more than 10%). A realistic amount for a trip of 5-7 days length would be between 150-200 USD per climber for tips.

If paying each crew member individually, you can use the following chart as a guideline:

CEO/Chief Guide: \$10-15 USD (per day)  
Assistant Guide: \$8-10 USD (per day)  
Cooks: \$7-10 USD (per day)  
Porters: \$6-8 (per day)

## Optional Activities

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Moshi  
- Moshi Mamas Massage

## Health

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We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure. Travellers should also carry a basic first-aid kit and hand

sanitizers/antibacterial wipes on their travels. Medical facilities are basic throughout these countries. For your own safety, we strongly recommend that you advise your tour leader of any medical condition that may affect you while travelling with the group. Your tour leader will be able to inform you of local health advisories (e.g. drinking water quality). Please ensure you have all the inoculations recommended by your doctor.

Yellow Fever Certificate Note: (Updated: May 2017)

It is compulsory to show a valid Yellow Fever Certificate if you are travelling to the following Travel There Co-visited countries from a Yellow Fever endemic country:

- Botswana
- Ethiopia
- Kenya
- Madagascar
- Malawi
- Mozambique
- Namibia
- Rwanda
- South Africa
- Swaziland
- Uganda
- Zambia
- Zimbabwe

For some of these countries, proof of Yellow Fever vaccination is also required for passengers who have travelled more than 12 hours through the airport of an endemic country. If other countries not endemic to Yellow Fever have been visited after visiting an endemic country, then a Yellow Fever certificate may still be required on entry. Please check country-specific regulations before your departure.

#### Malaria

Malaria is a mosquito-borne disease that is present in some regions in Africa. Risk of malaria can increase during periods of heavy rain, during the rainy seasons, and in densely populated areas of Southern & East Africa. To prevent malaria, we recommend speaking to your doctor about taking preventative medication (prophylaxis), combined with regular use of insect repellent spray/cream. Please check updated travel health advisories specific to malaria before your departure.

#### Physical Fitness:

Although Kilimanjaro is not a technical mountain climb, it is a major challenge and the rigor of altitude should not be underestimated. Remember that Uhuru peak is 500m higher than Everest Base Camp!! The pace of your ascent coupled with good acclimatization will help you on the climb but it is essential to be mentally and physically prepared before you start. Regular hikes are one of the best ways to prepare, increasing frequency and length, as you get closer to the trek. All aerobic exercises such as cycling, running, swimming and funnily enough aerobics are good for strengthening the cardiovascular system. Generally, any exercise that increases the heart rate for 20 minutes is helpful but don't over do it just before the climb.

#### Altitude and Acclimatization:

Altitudes are generally defined as follows:-

- High altitude 2,400m – 4,200m
- Very high altitude 4,200m – 5,400m
- Extreme altitude above 5,400m (Uhuru peak is 5,895m)

During the trek it is likely that all climbers will experience at least some form of mild altitude sickness. It is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. There are many different symptoms but the most common are headaches, light-headedness, nausea, loss of appetite, tingling in the extremities (toes, fingers) and a mild swell of ankles and fingers.

If you have severe symptoms, go down 1,500 to 2,000 feet right away to see if your symptoms get better. Keep going down until your symptoms go away completely.

Medicines that may be used to prevent or treat the symptoms of severe altitude sickness include acetazolamide and nifedipine.

Don't ignore signs of altitude sickness. People can die of this if they don't recognize the signs or if they don't believe their illness is caused by the high altitude. When you have signs of altitude sickness, don't go higher until you feel better and your symptoms have gone away completely.

**Hypothermia:**

Hypothermia is a condition where the body becomes dangerously cold. It can be caused by brief exposure to extreme cold, or by prolonged exposure to mild cold. Hypothermia occurs when a person's deep-core body temperature drops below 35 degrees celsius (95 degrees fahrenheit). It is the lowered temperature of the organs inside the body that is important - an ordinary thermometer cannot measure this. The person may not actually feel cold but if they stay in a cold environment and do little or nothing to keep warm, then they may run the risk of becoming hypothermic or becoming ill with bronchitis or pneumonia. Both are cold-related illnesses.

Danger signs to watch out for:

Drowsiness,

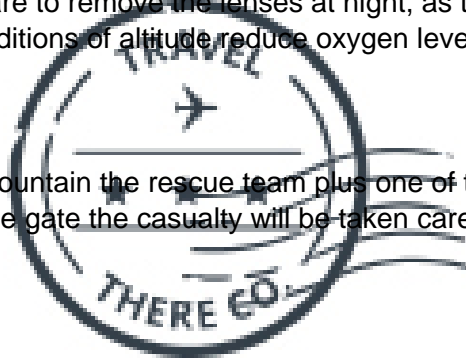
Very cold skin on parts of the body normally covered, for example, stomach or armpits, Slurred speech, Absence of complaint about feeling cold, even in a bitterly cold environment.

**Eye Issues:**

All contact lens wearers should take care to remove the lenses at night, as the eye needs to absorb oxygen from the atmosphere. The rarefied conditions of altitude reduce oxygen levels and in extreme cases a Corneal Oedema can develop.

**Emergency Evacuation:**

In the event of an emergency on the mountain the rescue team plus one of the assistant guides will descend with the casualty to the park gate. At the gate the casualty will be taken care and the necessary arrangements will be done.



## **Safety and Security**

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

**Protests and Demonstrations-** Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only

participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

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## Trip Specific Safety

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## Medical Form

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## A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

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## A Word of Warning

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## Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

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## Local Dress

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## Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next Travel There Co trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

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## Minimum Age

You must be 18 to travel unaccompanied on a Travel There Co tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

Last updated: Thu 30 Jan '25

