

## Zanna Van Dijk Kilimanjaro- Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

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### About Zanna's Kilimanjaro Climb:

There are a number of added extras Zanna is offering with her climb. They are all optional, but we would love you to partake in them all.

- Training Day and Weekend:** Zanna will be hosting two pre-departure training events. 1 day in January near Brighton and a weekend event in Snowdonia in May. You will also meet an expedition leader, expedition doctor and your fellow adventurers! On the training weekend an experienced expedition leader will be giving a full expedition brief, leading two training hikes and offering expert advice on all aspects of the expedition including training, equipment, weather etc. You will need to register for the events once you have booked your place via the Earth's Edge booking portal. Training days are included within the price of the trip, food and accommodation required for the training events are not included.
- Sculpt Guide:** To help you get started with your training, you will receive Zanna's 12-week fitness programme, the Sculpt Guide. This will be a great start to develop your cardio-vascular fitness, in preparation for the big climb.
- Adventurers Facebook Group:** Zanna would like to invite you to a closed group where you can meet each other, share pics, share advice, update on progress and get excited for your ultimate adventure to Kilimanjaro.
- Equipment for the Porters:** We are asking you to bring any second hand clothing that you no longer need for the hard-working porters that will help us climb Kilimanjaro. For more information about the porters and the items we are trying to collect please skip ahead to the section [About Our Local Guides and Porters](#).
- Tree planting:** We are planting three native trees on your behalf in December 2020 in an effort to reduce your carbon footprint. If you would like to plant more, please contact [info@earths-edge.com](mailto:info@earths-edge.com). Each extra tree costs £1.
- Mountain Cleanup:** We are bringing three litter pickers on the mountain with us. While walking you will have the option to help us gather rubbish which we will dispose of responsibly after the climb.
- Vegan & Vegetarian food.** Only vegetarian food will be served while climbing Kilimanjaro. Zanna is going to climb the mountain on an entirely vegan diet. You are welcome to do the same if you wish. When completing your medical declaration form on your Earth's Edge account please declare any dietary requests.

When signing up for the adventure you agree to share your contact information with both Earth's Edge and Zanna van Dijk so that you can be sent appropriate information about the trip and be invited to participate in the above activities.

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**Fitness & Training:**

We have classified Kilimanjaro as a level 5 expedition, for more information about our levels system [click here](#). We expect participants to have a very good level of fitness. Although this is not a technical climb, it is very steep in places and you will be gaining height very quickly. For many people it will be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. As a guide to how fit you should be to attempt this trek we have decided to give you some measurable training goals. With an 8kg rucksack you should be able to complete the following routes from start to finish in the following time frame. Don't worry if you cannot complete the walks in the suggested time at first, your fitness will improve rapidly by undertaking cardiovascular exercise 3 to 4 times per week.

Walk	Route	Time
Ben Nevis	Mountain Track	8 hrs
Snowdon	Llanberis Path	6 hrs
Scafell Pike	Wasdale side	3 hrs

Please do not attempt these walks alone. You or someone in your party should have walking experience and the necessary navigational skills. If you would like to hire a guide to take you on one of these walks please contact us to be put in touch with a qualified mountain leader.

Although hillwalking is best, please remember any type of cardiovascular training will help you prepare for this expedition. Focus your training on building endurance fitness by completing long, slow and low intensity training sessions rather than fast and short sessions. Build the distance and duration of your training sessions slowly as over training often leads to injury. In the three months prior to departure, try to include two long training days in a row to replicate walking for continuous days on the expedition.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area. If you have low muscle mass in your legs we suggest that you add strength training to your schedule. Muscle mass protects our joints and this is very important especially on long descents.

If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing!


The itinerary has been designed with correct acclimatisation in mind, with no big jumps in elevation. While on the expedition you will be encouraged to take it easy, eat well and stay very hydrated. Very hydrated means drinking between three and five litres of water per day depending on how much you sweat. Drinking three or more litres in a day is much harder than it sounds. We would recommend people practice drinking a large amount of water. Try drinking from a 500ml water bottle and see how many times you can refill it in a day. In our experience, it is those who cannot stay well hydrated that run into problems at altitude.

It is not uncommon for people to encounter stomach problems on expeditions. This is due to a number of reasons such as, poor hygiene, change in diet, a low immune system and poorly prepared food. We do everything we can to make sure food and water is safe for you to consume. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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**Equipment:**

You are responsible for having the necessary personal equipment you need for this trek.

EQUIPMENT CHECKLIST	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	

Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Lightweight liner socks (for summit night).	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below).	
Lightweight trousers x 1.	
Synthetic/wool/silk long johns (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layers x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (silk, wool, or synthetic).	
Mid-weight fleece x 2.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
Waterproof poncho.	
A fleece hat to wear in the mornings and evenings.	
A balaclava/a buff.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of down mitts.	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.	
Dry bags (If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags).	
Water bottles (2 x 1 litre nalgenes) & water bladder (2 litre). You must have the capacity to carry at least three litres of water while walking. <i>*Please note that disposable plastic water bottles are illegal on the mountain.</i>	
A warm sleeping bag (comfort rating of -15°C or lower).	
Sun cream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries. N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
<p>Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following:</p> <ul style="list-style-type: none"> <li>• Rehydration salts</li> <li>• Plasters</li> <li>• Compeed</li> <li>• Paracetamol</li> <li>• Ibuprofen</li> <li>• Buscopan</li> <li>• Throat lozenges</li> <li>• Nasal spray</li> <li>• Decongestant such as sudafed</li> <li>• Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i></li> </ul>	
<p>Personal medication.</p> <ul style="list-style-type: none"> <li>• Malarial Prophylaxis (consult with your own GP or the <a href="#">Travel Health Clinic</a>)</li> </ul> <p>Please carry any medication you are currently taking on a regular basis such as:</p>	

<ul style="list-style-type: none"> <li>• Asthma inhalers</li> <li>• Nutritional supplements</li> <li>• Blood pressure tablets</li> </ul> <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> <li>• Canesten</li> <li>• Zovirax</li> <li>• Anusol</li> <li>• Hydrocortisone 1%</li> </ul>	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Your vaccination booklet.	
<b>OPTIONAL ITEMS</b>	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
Swimming togs for the pool at the lodge after the trek.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Thermarest (roll mat will be provided).	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

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### Flights:

You need to book your own international flights to Kilimanjaro International Airport. We are recommending you book flights with Ethiopian Airlines because they allow two checked bags of 23kg per person in economy class. This is extremely useful if you are planning on bringing extra clothing to donate to the porters on Kilimanjaro. These are our recommended flights.

Flight	Date	Route	Dep	Arr	Flight Time	Stopover Time
ET701	22/07/20	London (LHR) – Addis Ababa	21:00	06:45+1	7 hrs 45 mins	3 hrs 30 min
ET815	23/07/20	Addis Ababa – Kilimanjaro	10:15	12:50	2 hrs 35 mins	-
ET814	01/08/20	Kilimanjaro – Addis Ababa	17:35	20:05	2 hrs 30 mins	4 hrs 40 min
ET712	02/08/20	Addis Ababa – London (LHR)	00:45	07:00	8 hrs 15 mins	-

### Notes

1. If you are arriving and departing on these flights, transfers between the airport and our hotel in Arusha are included in the package costs. If you book alternative flights that depart and arrive at different times, we will contact you four weeks prior to departure to arrange your airport transfers.
2. Once you have booked your flights please log onto your Earth's Edge account and submit your flight details.

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**Description & Detailed Itinerary:**

Kilimanjaro (5,896m) is not only Africa's highest point, it is the highest free standing mountain in the world. Kilimanjaro is actually a huge crater known as Kibo over 2km wide with several distinct cones the highest being Uhuru Peak. The name Kilimanjaro is believed to come from Swahili, Kilima meaning 'hill or little mountain' and Njaro meaning 'white or shining'. Towering over 4,500m above the rift valley and the surrounding landscape it makes for an impressive sight.

This 10 day itinerary includes seven days of trekking on the Machame Trail, the most scenic route to the summit. Kilimanjaro is often underestimated with many climbers ascending too fast and then failing due to altitude sickness. Seven days on the mountain allows for greater acclimatisation and maximises chances of a successful summit attempt. The route leads us along rough terrain but provides spectacular scenery and a wide variety of landscape. We start with scrublands thick with African wildlife and then move into lush forests followed by flowering alpine tundra. Above 4,500m we encounter more snow and rock as we approach the summit.

Unlike most companies who spend their last night before summiting Kilimanjaro in Barafu camp we stay in Kosovo camp. Kosovo camp is not nearly as busy as Barafu camp and 120 metres higher on the mountain which takes an hour off our summit day. This trek is suitable for people with a good level of fitness who enjoy a challenge. The sense of achievement and view from the roof of Africa make all the hard work and effort well worth it!

**Day 1: Arrive in Tanzania.**

Arrive in Kilimanjaro International Airport in the afternoon. Transfer to our hotel in Arusha and then relax for the rest of the day. Have an expedition brief before dinner. Overnight hotel.

**Day 2: Drive Arusha to Machame Gate and trek to Machame Camp, 7 hrs.**

After breakfast and meeting the local guides, we drive for just over an hour to Machame Gate (1,828m). At the gate we register with the National Park and then meet our team of porters. Once we start walking it's not long before we enter the tropical rain forest. Depending on how much rain there has been the trail can be quite muddy. After some time we stop for lunch and then continue to Machame Camp in the afternoon. By the time we reach the campsite the porters will already have set up your tent and the cook will be preparing dinner. Most people are quite tired after the first day's walk so we advise an early night. Overnight camp. Altitude 2,980m.

**Day 3: Trek Machame Camp to Shira Camp, 6 hrs.**

After breakfast we leave Machame Camp and follow a steep trail all the way to the Shira Plateau. We stop for plenty of rests and photos throughout the day. We are rewarded with great views of the western breach with its stunning glaciers. We set up camp in the early afternoon and relax for the rest of the day. Overnight camp. Altitude 3,840m.

**Day 4: Trek Shira Camp to Barranco Camp, 7 hrs.**

We leave Shira Camp and walk east towards Lava Tower, a huge rocky outcrop. After five hours of walking along a rocky trail we have lunch just before Lava Tower, allowing us extra time at this higher altitude. By walking to Lava Tower we reach 4,630m before walking back down to Barranco Camp. This jump in elevation greatly helps us with acclimatisation and is key to a successful summit attempt. After lunch we descend 680 metres over two hours to set up camp below the Barranco Wall. Today's route has stunning views throughout. Overnight camp. Altitude 3,950m.

**Day 5: Trek Barranco Camp to Karanga Camp, 5 hrs.**

The day starts by walking up and over the Barranco Wall which is not quite as hard as it looks! Upon reaching the top we are rewarded with great views of Kilimanjaro, the Heim Glacier and the surrounding landscape. The trail then enters the Karanga Valley with many short ascents and descents as we cross many small streams. We set up camp just after the Karanga River. Spend the afternoon relaxing, chatting to fellow trekker, guides and porters. Overnight camp. Altitude 4,000m.

**Day 6: Trek Karanga Camp to Kosovo Camp, 5 hrs.**

After breakfast we walk along a ridge towards Barafu Camp. We set an easy pace to ensure good acclimatisation. As we gain altitude the landscape becomes completely barren and free of vegetation, a quite inhospitable environment. After about three and half hours we reach Barafu camp where we need to register with the park rangers. After a short rest we continue on a steep trail to reach the much quieter Kosovo Camp. Because of the elevation this campsite is colder than previous camps but the views are amazing. We spend the afternoon resting, eating and preparing for tomorrow's summit day. Your expedition leader will give you a full summit brief in the afternoon. Go to bed very early in preparation for the big day! Overnight camp. Altitude 4,800m.



**Day 7: Trek Kosovo Camp to Uhuru Peak to Millennium Camp, 14 hrs.**

We rise very early usually around 12:00a.m, have some tea and snacks and start walking. We keep a steady pace as we walk on steep scree to reach Stella Point (5,685m). For many trekkers, this six-hour walk is the toughest section of the day. We take a short rest at Stella Point to enjoy the sunrise. From Stella Point it is a further two hours on an often snow-covered route to reach Mt Kilimanjaro (5,896m)! All the effort is well worth it as the feeling of being on the roof of Africa is second to none! After a short stay at the summit we start the descent to Millennium Camp. After three hours we reach Kosovo Camp and enjoy a rest and some food. We then walk for a further four hours to reach Millennium Camp. Overnight camp. Altitude 3,832m.

**Day 8: Trek Millennium Camp to Mweka Gate and drive to Arusha, 6 hrs.**

After a hot breakfast we walk downhill for six hours and finish our trek at Mweka Gate. From the gate we drive back to Arusha and enjoy a well earned hot shower. The rest of the day is spent resting tired bodies by the pool. In the evening enjoy a celebratory meal and some drinks at the hotel. Overnight hotel.

**Day 9: Free Day in Arusha.**

Free day to relax by the pool, explore Arusha or go on safari. Overnight hotel.

**Day 10: Depart Tanzania**

In the afternoon transfer to Kilimanjaro International Airport for your flight home. Expedition ends.

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**Expedition Costs:**

£399 non-refundable deposit at the time of booking & £3,100 balance payment at least two months prior to departure - Total £3,499. We have no hidden costs, 'what you see is what you get'.

\*If you wish to pay for your trek in instalments, contact us for more information.

\*Prices were set on November 12<sup>th</sup>, 2019.

**Expedition Costs Include:**

- Experienced Irish/UK expedition leader.
- Experienced Irish/UK expedition doctor.
- Earth's Edge Training Day.
- Earth's Edge Training weekend.
- Local guides, porters and support staff.
- All accommodation based on twin sharing in hotels and camping for the duration of the itinerary.
- All meals and drinking water are included except in Arusha where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- Airport transfers if you arrive and depart on our suggested flights.
- National Park fees & local VAT.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

**Expedition Costs Exclude:**

- International flights.
- Airport transfers if you do not arrive and depart on our suggested flights.
- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as; bad weather, landslides, road conditions and any other circumstances beyond our control.

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**Spending Money & Tips:**

We recommend that you carry USD\$350 dollars with you to Tanzania in mixed notes. There are some ATMs where you can withdraw cash using a credit card. Please try to bring dollars broken up into small notes. The reasons being that it is hard to find a place that will give you change for \$100 and also it is easier for the guides to divide the tips equally if they

have lots of small notes. Also, try to bring dollars that were printed after 2004 if possible as these get a better rate of exchange in Tanzania.

Earth's Edge are a proud partner of [KPAP](#) (Kilimanjaro Porters Assistance Project). KPAP keep us up-to-date on best practice when it comes to tipping and porter welfare. They have advised us that at least \$170 per client is required for all local staff to receive an adequate tip. Please give your tip to the Expedition Leader and he/she will distribute the tip among all local staff. The recommended spending amount above includes the tip for the local staff.

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#### **Weather:**

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -20 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: [www.mountain-forecast.com](http://www.mountain-forecast.com)

Norwegian Meteorological Institute: [www.yr.no](http://www.yr.no)

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#### **Altitude Considerations:**

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants especially those who have had AMS in the past to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to the expedition to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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#### **Your Medical History:**

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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**Your Dietary Requirements:**

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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**Vaccinations & Prophylaxis:**

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic ([www.travelhealth.ie](http://www.travelhealth.ie)) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account. When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking.

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**Tourist Visa:**

All EU citizens are required to have a visa to enter Tanzania. You must have at least two free pages in your passport and ensure that your passport is valid for at least six months after you return home. At the time of writing this document, EU passport holders could obtain a tourist visa upon arrival in Tanzania. The visa fee is US\$50, payable in cash.

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**Travel Insurance:**

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness b) trekking up to 5,900 metres (c) helicopter evacuation in an emergency situation, and d) repatriation to country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book that will cover you for unforeseeable circumstances, such as illness or injury that might result in you not being able to take part in your expedition. We recommend Campbell Irvine for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Campbell Irvine go to [www.campbellirvinedirect.com/earthsedge](http://www.campbellirvinedirect.com/earthsedge).

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**Safety Standards:**

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All of our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. We use local guides, cooks, drivers and support staff of the highest standard. We employ local staff based on their qualifications, experience and references. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Tanzania. Up to date travel advice can be found on the FCO website: <https://www.gov.uk/foreign-travel-advice/tanzania>.

Poor personal hygiene is the most common causes of illness on expeditions. Remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water.

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**About Tanzania:**

Area:	947,303 sq km
Population:	56,255,755
Official Languages:	Swahili & English

*'A few words of Swahili will prove very impressive!'*

Hello:	Jambo.
Goodbye:	Kwa heri.

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Earth's Edge is a fully licensed and bonded company (T.A: 0711 – CRO: 435435)

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Thank you very much:	Asante sana.
My name is:	Jina langu ni.
No worries:	Hakuna matata.
Slowly/take it easy:	Pole-pole.
How are you?	Habari?
Crazy cool like a banana!	Poa kichizi kama ndizi.
Religion:	Christianity (30%), Islam (35%) & Others (35%).
Local Time:	GMT +3.00.
Local Currency:	Tanzanian Shilling (TZS).
Currency for Exchange:	US Dollars.
Where to Exchange:	In banks found in all major towns.
ATMs:	ATMs are limited but can be found in larger towns. It is best to carry cash in US Dollars to Tanzania.
Credit Cards:	Are generally not accepted

Up-to-date information concerning global exchange rates can be obtained at [www.xe.com](http://www.xe.com).

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### About Our Local Guides and Porters:

Your local team will be made up of the head guide, assistant guides, porters and cooks. The guides and many of the porters will speak English very well. However, some of the porters may be trainees and therefore will have limited English. Please be patient and respectful towards all staff. The porters on Kilimanjaro are notoriously friendly and extremely hard working people and will go out of their way to assist you in reaching the summit. At Earth's Edge we take the treatment of our porters very seriously.

In December 2015 Earth's Edge became Ireland's first and only partner of the Kilimanjaro Porter Assistance Programme (KPAP) – [www.kiliporters.org](http://www.kiliporters.org). KPAP is an American run Tanzanian based NGO, who are campaigning for porter welfare on Kilimanjaro. As you will understand when climbing Kilimanjaro we are all so reliant on the hard work of the porters who carry loads on the mountain. They are the unsung heroes of all climbing teams and without their help we would not be able to experience this wonderful mountain. The reality is the porters are often impoverished Tanzanians who are dependent on this labour-intensive work to feed their families.

Unfortunately, the porters have very few working rights and are often exploited. All too often they are underpaid, poorly fed, overloaded and don't have adequate clothing for the mountain. This is where KPAP come in. KPAP send one of their staff on each of our Kilimanjaro climbs to independently audit how we are treating our porters. The four areas they focus on are as follows:

- That we provide our porters with three meals per day.
- That porters have adequate clothing for the mountain.
- That porters carry a maximum of 20kg on the mountain. This is typically made up of a 15kg load plus 5 kg of their own clothing.
- That the porters are paid properly and that we have a fair and transparent tipping process in place.

At Earth's Edge it is important to us that all of our clients and staff are clear on how the tip is divided on the mountain. We follow the instructions given to us by KPAP on how best to divide the tip.

Here is an example of how we divide the tip to give you an idea of what share of the tip each person gets on the mountain. Our average group size is 12 climbers plus our guide and doctor = 14 people. We recommend everyone tips USD 170. If everyone tips that will give us a total tip amount of USD 2,380 (12 x USD 170 + USD 340 as we tip on behalf of our guide and doctor). With a group that size our local team will be made up as follows and receive roughly the following share of tips.

Head Guide: 1 person	USD 150	x 1	=	USD	150
Assistant Guides: 6 people	USD 110	x 6	=	USD	660
Cooks: 2 people	USD 110	x 2	=	USD	220
Porters: 38 people	USD 36	x 38	=	USD	1,350
<b>Total:</b>					<b>USD 2,380</b>

Please note the above figures are a guideline based on an average of 12 clients. We ask our clients not to tip any local staff directly as it's important that all of the team get their fair share of the tips.

The single most important thing one can do as a climber on Kilimanjaro is to book your climb with a KPAP partner company. Unfortunately, porters are still all too often mistreated on Kilimanjaro. When you book with the KPAP partner company you can be sure the porters on your climb are treated fairly and your visit to Tanzania has a positive impact on the local people and economy.

If you have any questions about tipping or porter welfare, please contact James ([jam@earths-edge.com](mailto:jam@earths-edge.com)) in the Earth's Edge office. [Back to Top](#)

### **Wildlife Safari:**

Seeing as you are already going to be in Tanzania it makes sense to do a wildlife safari. Tanzania has some of the best stocked parks in the world and our wildlife safaris get great reviews. At Earth's Edge you have two options for wildlife safari;

**1.** It is possible to fit in a one-day safari without extending your stay in Tanzania. As per the itinerary you have a free day in Arusha after the trek to spend as you wish. On this day many people choose to go on safari in Tarangire National Park which is very well stocked with game. This one-day safari costs £250 and includes transfers to and from the park, a safari guide, a packed lunch, bottled water and entrance fees. The safari must be booked and paid for in advance of departure. You can book the one-day safari on the add-on section of your account.

**2.** The second option is to do our three-day safari extension. This safari includes Tarangire National Park, Lake Manyara and the Ngorongoro Crater. The package includes accommodation in safari lodges, all meals, park fees, game drives, a safari guide and all transfers. This package costs £1,299 per person based on twin sharing, and £1,859 based on single occupancy. Please contact us for more information about us.

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### **Why Choose Earth's Edge:**

We are the only company in the world who send an international guide and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader from Ireland or the UK lead each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor from Ireland or the UK accompany each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.
- We have a strict responsible travel policy which focuses on our staff, community and the environment. Our projects include;

A scholarship to train porters to become guides on Kilimanjaro.

Our office staff volunteer their time to take students from an inner-city Dublin school into the outdoors for an immersive learning experience.

A guide exchange programme for our local guides throughout the world.

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Commission of Aviation Regulation in Dublin, our licence number is 0711.
- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our team in Dublin provide 24/7 phone support to each expedition.



- We run training weekends two months prior to each expedition, which include a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- We post daily updates of each expedition on our Facebook page so family and friends can monitor your progress.

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**Expedition FAQ:**

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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