



KILIMANJARO PREPARATION GUIDE



PACK THIS IN YOUR CARRY-ON!



KILIMANJARO PLANNING CHECKLIST

Use this checklist to guide you through a few essential steps that **MUST** be completed before going on your adventure. Please note that the first four items need to be completed **NOW**.

ACT NOW

- Complete required booking forms & documents (page 6)
- Book international flights (page 10)
- Purchase travel insurance (page 12)
- Confirm passport validity (page 14)

90 DAYS

- Make final payment (page 8)
- Obtain Tanzania entry visa* (page 14)
- Make travel clinic appointment (page 18)
- Begin training for your trek (page 22)
- Review hygiene, water, & food information (page 32–41)
* 40–50 days for Canadians

60 DAYS

- Review your trek & safari packing needs & weigh gear (page 42)
- Request rental equipment (page 50)

30 DAYS

- Budget for your trek & safari (page 58)
- Review technology & communication options (page 62)

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FREQUENTLY ASKED QUESTIONS



KILIMANJARO FAQs

How many bags can I bring on the trek?

During your trek, you are allowed to bring two bags. One bag will be a large, soft-sided duffel bag (no wheels, no hard frames), which will be carried by a camp porter. This bag **cannot exceed 33 lb**; if your duffel exceeds the weight limit, park regulations require you to hire an additional personal porter to carry the overage. Your second bag will be your daypack, which you will carry with you during each day's hike. This daypack will contain your water and trail essentials, and typically weighs 15-20 lb. (*refer to page 43*)

Does the weight of my rental gear count towards the 33 lb allowance?

Yes. Any gear carried by the camp porter will count towards the weight limit for your duffel bag. The weight of each rental item is listed on page 52, so that you can take this into account as you pack your bag at home.

Check out this blog post for more packing instructions:

www.thomsontreks.com/blog/kilimanjaro-packing-tips-amy

When do I receive my rental gear? What if an item doesn't fit?

Pre-arranged rental gear will be distributed at the trek briefing in Tanzania. It is imperative that you **try on and test each rented item** to ensure proper fit and good condition. A small supply of extras will be on hand, should you need a different size or want to rent any additional items. The trek briefing will be your **last opportunity** to exchange or add rental gear. (*refer to page 50*)

Will I be able to store bags while on my trek?

Yes. As a courtesy, every guest may leave an additional duffel* at the Arusha office while climbing. Before continuing on your safari you will also have the opportunity to reorganize your baggage and leave your trekking gear at the Arusha office. **Remember to keep money, electronics, and valuables with you at all times.**

*Internal flights allow one 33 lb checked bag and one small carry-on bag.

Will I be able to do laundry at any point?

There will not be an opportunity to have laundry done during your trek. We recommend that those continuing onto safari simply pack the additional clothing needed in a separate duffel that will be stored during the trek. Please do not leave valuables in your stored bag.

Are there any required vaccinations for entry into Tanzania?

There are currently **no immunization requirements** if you are traveling to Tanzania directly from North America via Europe. However, if you are entering Tanzania via Kenya, or other yellow fever endemic zones, you are required to show proof of Yellow Fever Vaccination.

Your doctor is the best resource for medication and vaccination choices while traveling to Tanzania.

Make an appointment with a travel doctor to discuss vaccinations and health concerns. (*refer to page 19*)

How much should I budget for my trip?

This is a personal decision based on your needs. You will need to budget for tips, bar beverages, souvenirs, and emergency funds. Please note that ATMs are not readily available. When available, they dispense money in Tanzanian Shillings, which cannot be changed back to dollars. (*refer to page 59*)

What is the difference between a camp porter and a personal porter?

Camp porters carry the entire camp! One camp porter per trekker is already included in your trek package to carry your duffle bag with gear that you will not have access to while on the trail (e.g., sleeping bag, camp shoes, toiletries, etc.).

A personal porter is intended to carry your daypack (up to 33 lb) allowing you to carry nothing at all while on trail. Your personal porter will trek with you at your pace, providing the items you need from your daypack throughout the day. Consider “splitting” the additional weight allowance with a friend or family member that you intend to trek with each day!



Do I really need four one-liter water bottles on my trek?

Yes, water is not accessible while you are out on the trail. Each day the camp porters will trek to the nearest water source to retrieve enough water for the needs of your trekking group. Four liters of purified water is the recommended amount to keep you properly hydrated each day.

Am I responsible for keeping my gear dry?

Yes. While the camp porters carry guest duffles inside a water resistant bag, heavy rain can still be a concern. Guests should always take responsibility for ensuring that their personal gear is properly waterproofed to remain dry in any weather. A simple solution is to use garbage bags, dry sacks, or large Ziploc bags to store gear within your duffle.

Will I have access to email and phones?

Some cell phones work in Tanzania and on Kilimanjaro. Check with your cell phone provider and also consider renting a satellite phone, as it's the most reliable means of communication. Before and after the climb, most hotels have internet access and phones, but usage is expensive and limited. (*refer to page 63*)

How do I charge my camera batteries on the trek?

There is no electricity on Kilimanjaro, so make sure to bring a few extra batteries and keep them in your sleeping bag at night to conserve energy. On safari, you will be able to charge batteries in the vehicle using the provided power inverters (which look and function like US wall outlets). (*refer to page 63*)


Do you accept credit cards for final payment?

No. We require final payment by personal check, money order, or wire transfer. Our prices are based on payment by these means. (*refer to page 9*)



REQUIRED BOOKING **FORMS & DOCUMENTS**





In order to participate in a Thomson Safaris trip, all travelers are required to complete the following booking forms:

- **Traveler Information Form**
- **Booking Conditions**
- **Assumption of Risk**
- **Trip Expectations Forms**

Along with these forms, **please send a photocopy of your passport issuing page** for each traveler.

We will send a final information packet about three weeks prior to your trip.

The information provided as you prepare for your trip is intended to help you get the most from your experience in Tanzania, and includes recommendations based on feedback from our past guests. Please do take some time to read these documents, and if you have any questions or concerns contact the Thomson Safaris team for advice.

FINAL PAYMENT DETAILS



FINAL INVOICE

You will receive your final invoice once all flights, extensions, balloon safaris, transfers, and additional services have been arranged. Please review the invoice and ensure that any additional services you have requested are included and correct. If a service or rental item does not appear on your final invoice, it may not be provided.

FINAL PAYMENT

Final payment is due at 90 days prior to departure by personal check, money order, or wire transfer. Credit cards are not accepted. If full payment has not been received at 90 days, the reservation will be treated as canceled.

SINGLE ACCOMMODATIONS

Single travelers, whether by default or request, will be **charged for single accommodations**. Please inform us if you are willing to share accommodations with another single traveler of the same gender. If we are able to arrange this, we will refund the single supplement at the time of travel. No changes are allowed after 60 days prior to departure.

CANCELLATIONS

We must receive all cancellations in writing via registered mail, fax, or email. Cancellations via phone or voice message are not accepted. The cancellation date is the date we receive the written cancellation request, at which point the cancellation policy applies. Please refer to the full cancellation policy on your Booking Conditions Form. **All deposits are non-refundable and non-transferable.**

INTERNATIONAL TRAVEL



INTERNATIONAL FLIGHTS

As a courtesy to our guests, Thomson Safaris can help arrange business class flights from most major US cities to Tanzania (via Amsterdam). Please email your predeparture consultant for a quote.

Roundtrip flights become available **11 months prior to your return flight date**. Thomson Safaris cannot arrange or upgrade flights using frequent flyer miles. Accrual of miles is subject to airline program rules at time of ticketing.

BOOKING FLIGHTS ON YOUR OWN

Please book your international flights into Kilimanjaro International Airport, code "JRO." We suggest Delta/KLM, as these two airlines offer direct and reliable routing from North America to Tanzania via Amsterdam.

Check with us before you purchase a ticket so we can confirm that your arrival and departure dates and times coordinate exactly with your trip. Once booked, immediately send us your confirmed flight itinerary with flight numbers and details.

You may have to pay for a private transfer to your lodge if you do not arrive at JRO along with the scheduled Thomson Safaris group.

To view available seat options and your frequent flyer information, use the confirmation number on your ticketed itinerary and visit the *My Trips* section of the Delta or KLM websites. You may choose your preferred seat for each leg of your itinerary and also update frequent flyer and other personal information here.

Sign-up for flight alerts online and reconfirm departing flight times by accessing your booking online 72 hours prior to departure or by calling the airline directly. You can also confirm departure times and seat assignments, as well as carry-on regulations.

Check in for your international flight 2–3 hours prior to departure. Your baggage should be checked all the way to your final destination, unless you have an overnight stopover en route or you have separate tickets to your final destination.

THOMSON TIP

Pack one complete change of clothes, necessary trekking gear, medications, essential toiletries, and a camera in your carry-on so your trek can begin as scheduled even if your checked baggage is delayed.
(refer to the Carry-On Checklist on page 47).

TRAVEL INSURANCE

Thomson Safaris strongly recommends that all travelers **obtain travel insurance**; we recommend Travel Guard.

You are encouraged to purchase at least basic coverage for missed connections, baggage delays, and on-the-ground medical expenses.

If you have a preexisting condition that could impact your potential to travel or to complete your trek, you must book travel insurance within two weeks of placing your deposit and request preexisting condition coverage.

Flight cancellations, delays, or an early descent from the mountain due to illness or injury can result in extra overnights and transfer services not included in your itinerary. These costs are your responsibility, but may be covered by a travel insurance policy.

Contact Travel Guard directly at 877.458.7308 to obtain insurance and policy information.



FLIGHT DELAYS OR CANCELLATIONS

Go to your airline's ticketing counter for assistance if your flights are delayed or canceled. Due to airline regulations, we are not able to make changes to your flights if they are canceled or delayed. Your best resource is airline staff.

Get on the next available flight. The first preference should be to fly into Kilimanjaro International Airport (JRO) as soon as possible, but depending on your airline's routing and availability, alternate routes may become necessary via Dar es Salaam (DAR) or Nairobi (NBO).

Alert Thomson Safaris at the US or Tanzania office as soon as you are able to confirm your new flight and arrival time. This is crucial so that we can arrange for a guide to meet you at the airport. If you leave a voice message, please speak clearly and give all the flight details.

You will receive emergency contact and flight delay phone numbers in your final packet, which will be mailed about three weeks prior to departure.



PASSPORT INFORMATION

You will need a passport with a **minimum of six months validity from your return date**. This is required to board the plane to Tanzania and enter the country.

If necessary, obtain or renew your passport immediately.

You can contact the US State Department (travel.state.gov/passport) or your local post office (usps.com) for more information on obtaining or renewing passports. Canadians should inquire with Passport Canada (passport.gc.ca).

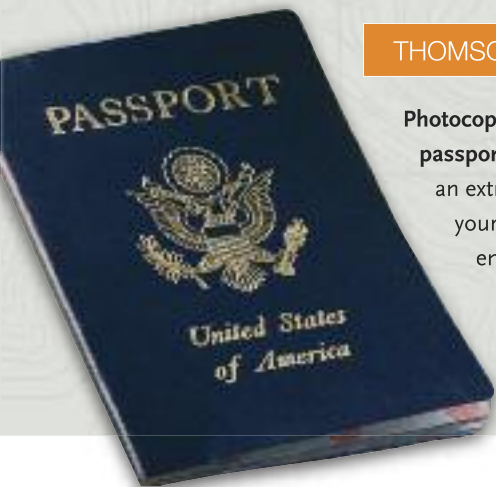
TANZANIA ENTRY VISA

No earlier than 90 days prior to departure, obtain a Tanzania Entry Visa from the Embassy of Tanzania in the United States, or no earlier than 45 days prior from the High Commission of Tanzania in Canada.

A Tanzania visa application, visa information form, and a letter from Thomson Safaris addressed to the applicable government office are enclosed in your welcome packet.

How to Obtain a Visa:

1. Make sure your passport will still be valid for six or more months after the date you RETURN to North America.
2. At 90 days prior to departure (45 days for Canadians), apply for your visa. You will need:
 - One completed and signed application along with two passport photos per person
 - Our letter of introduction addressed to the embassy
 - Your passport, which needs to be included so that it can be stamped
 - Copies of your flight and trip itineraries
 - For Americans, \$100 payment via money order, payable to the Embassy of Tanzania
 - For Canadians, \$80 (in Canadian dollars) payment via money order, payable to the High Commission of Tanzania
 - A prepaid return label and envelope from a traceable service (FedEx, UPS)



THOMSON TIP

Photocopy the information page of your passport. Put the copy in an envelope with an extra passport photo and bring it on your trip. If you lose your passport, your embassy may accept the photocopy as identification to issue a new one.

3. Send all these items to the Embassy/High Commission of Tanzania (addresses below) via a delivery service with prepaid traceable return (FedEx, UPS).

United States

Embassy of the
United Republic of Tanzania
1232 22nd Street
Washington D.C 20037
Phone: 202-884-1080 or 202-939-6125
Web: www.tanzaniaembassy-us.org

Canada

High Commission of Tanzania
50 Range Road
Ottawa, ON
Phone: 613-232-1509
Web: www.tzrepottawa.ca

4. After sending in your application and accompanying materials, processing at the embassy takes **a minimum of five business days** before your passport with stamped visa will be sent back to you.

If you are spending time in Kenya, please consult the Kenya Embassy website (kenyaembassy.com, or kenyahighcommission.ca for Canadians) for current fees and downloadable applications. You will need a transit visa if you are making flight connections in Nairobi.

ARRIVAL IN TANZANIA

First go through immigration and customs, then retrieve your luggage.

Keep your luggage with you until you meet your guide. You may be approached by a porter who, expecting a tip, will ask to carry your luggage or load it onto a cart. Kindly say, “No thank you.” Or say in Swahili, “Hapana, sitaki,” meaning “No, I don’t want (help).” After you pass through customs meet your guides, they can carry your luggage for you.

Look for a placard with the Thomson Safaris logo in the arrivals area to identify your guide.

Wait patiently while all of the travelers in your group arrive. Your guide will check off the names of travelers as they arrive. Please do not leave the terminal. Once everyone is gathered, the guide will lead you to the vehicles nearby. (Note that this guide will not be your guide for climbing Kilimanjaro.)

Set your watch to Tanzanian time to get adjusted. From early March to October, Tanzania is 7 hours ahead of the United States (EST). From November to early March, Tanzania is 8 hours ahead (EST). It is best to set your watch while on the plane, or just ask your guide the time on the ride to your lodge.

Enjoy your first night of rest once you are at your lodge! You will have a full trek briefing the next day, and then the true adventure begins.



HEALTH



TRAVEL MEDICINE

Make an appointment with a travel doctor 90 days prior to departure to obtain the most up-to-date and pertinent information. If you have special health concerns, make an appointment with your regular physician as well.

There are currently **no immunization requirements** if you are traveling to Tanzania directly from North America via Europe. However, if you are arriving in Tanzania from Kenya or extending your trip to Rwanda, or other yellow fever endemic zones, you are required to show proof of having received a Yellow Fever Vaccination.

Your travel doctor will be the absolute best resource for health and wellness choices while traveling. Please consult your doctor with all health-related questions.

Discuss the following with your travel doctor:

- Anti-malarial medication*
- Yellow fever vaccination
- Hepatitis A vaccination
- Altitude Sickness Medication**

Other considerations:

- Tetanus booster
- Measles, Mumps, and Rubella (MMR) and polio updates
- Typhoid fever vaccination
- Hepatitis B vaccination

*** Anti-Malarial Medication**

There are several anti-malarial medication options to discuss with your doctor, including Malarone and Doxycycline.

**** Altitude Illness Medication**

Acetazolamide (Diamox), Dexamethasone, and Nifedipine are prescription medications that the CDC recommends for the prevention or treatment of altitude illness to include AMS, HACE, and HAPE. Dosage for treatment of symptoms should be discussed with your travel doctor.

THOMSON TIP

Notify your guides if you are not feeling well during the trek.

Speak up! We cannot stress this enough. You must keep track of how you are feeling, and if anything does not feel right, you must tell the guide. He can assess whether what you're feeling is normal or cause for concern.



SYMPTOMS OF ALTITUDE SICKNESS

At high altitude, it is typical for trekkers to feel some physical effects such as loss of appetite, fatigue, or headache. Symptoms become more severe if you experience acute altitude sickness. Symptoms of acute altitude sickness can include troubled breathing while resting, severe coughing, confusion, impairment of motor skills, and irrational behavior.

Notify your guide immediately if you believe you are experiencing any of these symptoms. As a highly-trained professional, your guide makes your safety his top priority. If he determines that you are suffering from an acute form of altitude sickness, you will need to descend immediately to a lower altitude with a support guide.

MORE HEALTH INFORMATION

Contact the Centers for Disease Control (CDC) at 1-888-232-4636 or online at www.cdc.gov/travel. You can access up-to-date information about travel in Tanzania or locate a travel clinic near you. Note that CDC information applies to all visitors to Tanzania, including long-term aid workers and others who have more health concerns than average tourists.

FIRST AID ON KILIMANJARO

All of your Kilimanjaro guides are trained and certified Wilderness First Responders (SOI). They have extensive training in evacuation procedures, altitude sickness, and trekking leadership skills. Your safety is their number one priority; each trek includes first aid equipment that meets internationally recognized guidelines.

First Aid Equipment on Your Trek:

- Oxygen (for emergencies only)
- Hyperbaric chamber (Gamow bag)
- Automated External Defibrillator (A.E.D.; for heart emergencies)
- Diagnostic acclimatization pulse-oximeter
- Mobile phones, VHF 2-way radios, and satellite phones
- Stretcher
- Comprehensive medical / first aid kits

You should also pack your own personal first aid kit for minor pains, cuts, bruises, blisters, altitude sickness, etc. (*See page 46*)

A close-up, low-angle shot of a person's legs from the knees down, walking on a rocky, uneven trail. The person is wearing dark grey athletic shorts, black socks, and grey and black trail running shoes with prominent tread patterns on the soles. The ground is composed of loose, light-colored rocks and dirt. The text "TRAINING & FITNESS" is overlaid in the upper center of the image in a bold, white, sans-serif font.

TRAINING &
FITNESS

GENERAL PREPARATION GUIDELINES

Training for your Mount Kilimanjaro trek requires both physical and mental preparation.

You do not need technical climbing skills or mountaineering training, but **do not underestimate the demands of the climb.**

You WILL need to be fit. Endurance, good cardiovascular health, and a healthy desire to reach the summit are important.

We suggest that you begin focused training at 60–90 days before your departure, more rigorous training at 15–60 days, and then taper off in the final two weeks. You should consult your physician if you are significantly altering your physical routine for training.

YOUR TRAINING & TREKKING PLAN

Develop a three-month exercise plan that is right for you. Develop a plan that can be incorporated into your current exercise regimen. Keep in mind that our guidelines have been gathered from personal experience and guest feedback, and are intended as suggestions.

Thomson has led trekkers ranging in age from 12 to 81 to the summit. We are able to *help* you summit, but ultimately each trekker will have his or her own specific methods and levels of training.

You cannot train for altitude. Training at high altitude is not needed or recommended. There is no target distance, no magical heart rate, indeed, no definitive factor to indicate how your body will perform at high altitude.

It is typical for trekkers to feel some physical effects of high altitude. Loss of appetite, fatigue, and headache are common effects. Discuss altitude sickness medication with your doctor, but keep the focus on your physical and mental preparation.

Consider working with a personal trainer. Working with a trained professional is the best way to physically prepare, as you can develop a program tailored

THOMSON TIP

For specialized training and step-by-step instruction, contact Fit for Trips (www.fitfortrips.com). This online fitness service, staffed by licensed personal trainers, has developed a program specifically for Thomson Safaris' routes, and offers Thomson guests an exclusive discounted rate.

to your strengths and weaknesses, and learn the proper form to avoid injury and to maximize workouts.

AEROBIC EXERCISE

Aim for 40–60 minute aerobic workouts 4–5 times per week. Begin at 70–90 days before departure and gradually increase intensity at 60 days.

Stretch for 15–20 minutes after every workout. It is critical to stay flexible for your climb, as it will reduce muscle soreness and chances of injury.

Hiking offers the best form of training. Go on several day hikes that include hilly terrain and forested paths to mimic your Kilimanjaro experience. It is important to walk over uneven footing, build your leg muscles, and get used to the nuances of your hiking boots.

Bring your daypack with you! Trekkers carry a 15–20 lb daypack on the mountain, unless a personal porter is reserved. Hike with your daypack and hiking boots on, carrying roughly 10–30 lb, depending on your comfort level. This will get your back and legs used to carrying additional weight and maintaining balance.

Use alternatives to hills and hiking trails as necessary. Climbing stairs and walking hills on the treadmill (in your hiking boots!) provide a great alternative. Intense hills on the treadmill can help to prepare you for steep ascents.

Choose aerobic exercises that work for you. Any number of cardio-focused activities—like running, swimming, biking, rowing, stair climbing, or working



out on elliptical machines—will elevate your heart rate for the recommended 40–60 minutes. Do not feel that you need to become an excellent runner prior to Kili; your pre-hike training should simply focus on activities that elevate your heart rate and build aerobic endurance.

Ease into your aerobic training. If you are new to cardiovascular exercise, start with 20–30 minute sessions, and as you feel your fitness increase, build to longer workouts with increased intensity. Interval training can be a great way to stay focused during a longer workout.

From 15–60 days before departure, go on one 3–6 hour hike every two weeks. This will simulate the long trekking days on Kilimanjaro and prepare you mentally.

Keep a slow, steady pace and focus on breathing. Once you're on the mountain, you'll hear "pole, pole" from your guides time and time again. It means "go slowly" in Swahili. Those who go too fast on Kilimanjaro often fail to summit. It's all about pacing and taking deep, measured breaths through your nose.

Taper down aerobic workouts in the final two weeks before departure. Focus on low intensity shorter workouts and stretching.

STRENGTH TRAINING

Strength train for 15–40 minutes, 2–3 times per week. This can be incorporated into your aerobic workouts as necessary. If done on its own, strength training should also be followed by 15–20 minutes of stretching.

Seek professional instruction for strength training. Incorrect form can cause injury.



Use low weights and high repetitions to focus on muscle efficiency. At high altitude, bulky muscle will feel heavier. It's best to use high repetitions with low weights and full movement. You should be able to effectively perform a particular repetition 10–20 times with a chosen weight for three sets. Otherwise, the weight is too heavy!

Aim to train specific muscles you'll be using on the trail. These include the quadriceps, hamstrings, calves, and the gluteal muscles. Machines such as the leg press, leg extension, and leg curl (prone, as opposed to seated) are great options.

Use alternatives to weights to vary resistance training. Such exercises include walking lunges, weighted lunges, squats, single leg squats, calf raises, abdominal crunches, push-ups, and balance work using a wobble board or step.

Taper down strength training in the final two weeks before departure. Focus on form and high reps, using 25% of the weight you normally would use. At one week prior to departure, continue to move and break a sweat, but focus more on eating well and resting your body so that you can arrive in Africa rested, refreshed, healthy, and ready to climb!

MENTAL PREPARATION WHILE TRAINING

Do not underestimate the importance of mental preparation. Days can be long, weather can change instantly, you will get dirty, and you will get tired. It is important to understand all these things while training for the trek.

Consistency is the key to success. Even if you miss a workout, keep at it. If it is a struggle at first, gradually work up to five days a week.

Vary your training schedule and mix up your workout routine. This will help strengthen your entire body while not overworking specific muscles.

Do not overtrain. Trekkers often feel anxious as the trek approaches, asking themselves, "Have I trained hard enough to make it to the top?" They sometimes make the mistake of intensifying their workouts too close to departure, which can lead to injury and exhaustion, thus decreasing chances of summiting.

Do not give in to negative thoughts and fears. Thomson has sent thousands of trekkers to the summit safely. If you are reasonably fit and have the determination to trek to the "Roof of Africa," the summit is well within your reach. Above all, prepare to enjoy this rewarding journey. It's the adventure of a lifetime!



MOUNTAIN EXPECTATIONS



THE KILIMANJARO CAMPING EXPERIENCE

Thomson uses Mountain Hardwear Trango 3.1 tents. These four-season dome tents accommodate single or double occupancy. The dimensions are 92 x 82 x 52 inches, with a small vestibule on each end. Expanded height tents equipped with a cot and solar lighting are included on the Grand Traverse.

If you are a single traveler willing to share accommodations, bear in mind that **sharing a tent can be close quarters**, especially given different personal hygiene and sleeping habits. Sharing lodge rooms (or expanded height tents on the Grand Traverse) is a different experience with considerably more personal space. Please contact us about single accommodation and sharing options.

Tents are customized with a rain fly and fitted ground sheets, as well as closed-cell foam mats for added dryness and warmth.

Solar-lit dining tents are custom designed to withstand intense weather conditions, keep you warm during meals, and provide your group with a sheltered and inviting place to eat.

The toilet tent is also custom designed and built for privacy and comfort.

Showers are not available on scheduled departures due to conservation and comfort concerns; for most people it is far too cold to shower at higher elevations, and high quantities of waste and runoff can negatively affect the environment.

There is no heating, air conditioning, electricity, or running water on Kilimanjaro, but Thomson will make sure you are as comfortable as possible. Prepare to do without some of the conveniences of home, set realistic expectations, and **enjoy your time in the wild!**

WEATHER

Prepare for all weather conditions. It may be rainy, muddy, snowy, cold, or damp; it could also be warm and sunny. By following our packing guidelines exactly, and by remembering that you are undertaking a true mountain adventure, you will have all you need to “weather” any situation.

It will be freezing at the summit. You will not spend a very long time on the summit, as conditions are cold and windy. Even in the middle of summer, you should expect freezing temperatures.

DURING YOUR TREK

Keep your eyes on the prize. As with every challenge, a reward awaits at the end of the trail. The view from the “Roof of Africa,” not to mention the sense of achievement, is *intensely* satisfying. Remember this during every step of your trek.

Find motivation in camaraderie with your guides and fellow trekkers. Many trekkers meet new friends on the journey; the bonds you create with your fellow trekkers and guides will stay with you for a very long time, and will keep your spirits up during the trek.

Listen to and trust in your guides. Having summited Kilimanjaro hundreds of times, your guides are fully prepared for any scenario. Additionally, it is essential for you to know that they are 100% committed to making sure you are safe every step of the way.

Communicate openly with your guide about everything. It is absolutely essential that you tell your guide if you are not feeling well, if you have a problem with your tent or rental gear, if you need special assistance, or if you have any questions or concerns at all. His job and first priority is to make sure you are safe and comfortable. He often has the skills and tools to fix whatever might be troubling you.

Aim for the top, but be prepared to turn back. You must understand that your highly skilled, professional Wilderness First Responder guides have the authority to send you back down the mountain (with a support guide) if they deem it unsafe for you to continue. They are trained to make such decisions and do so with significant professional consideration. Ultimately, they will do everything in their power to see you safely reach the summit.

Don't forget to pack your spirit of adventure! Tanzania is a magnificent land rich in culture, wildlife, natural habitats, and potential. It is also one of the world's least-developed countries, and even seasoned travelers are met with a few surprises. Things do not always happen as they do at home. Thus, staying flexible and keeping an open mind from the moment you land will make your trek up Kilimanjaro all the more rewarding.



HYGIENE



THE BASICS

Personal hygiene is critical for your comfort, health, and overall performance on the mountain.

Following Leave No Trace principles will help preserve Kilimanjaro's environment. Bring only biodegradable soaps, shampoos, and conditioners.

Remember that you will be camping outside without showers, heating, air conditioning, hair dryers, etc. Be prepared to do without the conveniences of home.

Washing your hands before every meal and using hand sanitizer while trekking are the absolute best ways to avoid transferring germs that could make you ill on the mountain.

Showers are not offered on Kilimanjaro due to conservation concerns. Instead, you will be provided with a basin of warm water at your tent in the mornings and afternoons, as well as upon request.

Warm soapy water will be provided outside the dining tent before each meal.

Use moist towelettes and hand sanitizer while trekking as alternatives to water, but make sure you pack out all trash in self-provided plastic bags. Throw these away in the trash at camp for proper disposal.

USING THE LATRINES

Thomson uses custom-designed toilet tents that house eco-friendly, portable, pump-flush toilets. These are available at designated campsites and are for the exclusive use of Thomson guests. Toilet paper and hand sanitizer is provided. PETT technology is utilized for toilets at Crater Camp in order to adhere to Leave No Trace principles.

HUMAN WASTE

There is a growing health, aesthetic, and environmental problem associated with the disposal of human waste on Kilimanjaro's climbing routes. Your mountain staff does its utmost to remove waste and trash on the mountain. All trash and solid waste is transported from campsites and disposed of properly. Porters are even paid bonuses to remove trash left by negligent companies.

Here are a few simple **Leave No Trace** rules you can follow to help preserve Kilimanjaro's environment and set an example:

- Use the toilet tents at camp as much as possible, including at night and just before leaving camp in the morning.
- When you need to go while on the trail, please make sure that you are 200 feet away from all water sources, campsites, and trails.
- All toilet paper must be packed out in plastic bags for disposal. Bring it with you to camp, and dispose of it properly in the provided receptacles.
- For solid waste, you must dig a hole at least 6 inches deep, and make sure you cover it up completely and pack it down tightly. This is critical as waste on Kilimanjaro is becoming a serious environmental issue.





WATER



STAYING HYDRATED

Drink at least 4 liters of water per day to keep yourself hydrated. Staying hydrated at high altitudes is one of the most important factors for a successful trek. This is especially critical on the first few days of the climb, while your body is adjusting to altitude.

The air will be extremely dry above 12,000 feet. Breathe through your nose to avoid panting, and minimize sweating by removing layers of clothing when it gets warmer.

Sip fluids frequently and monitor your urine, which should be copious and clear in color. Consider bringing decaffeinated coffee, your favorite herbal tea, or powdered drink mix to flavor purified water. (Caffeinated coffee/tea is provided.)

DRINKING WATER

Bottled water will be available from your driver upon arrival in Tanzania. Please take as much bottled water from the vehicle as you require for the evening and following morning, as hotels will charge you for bottled water.

Purified drinking water will be provided for you during your trek. Boiled water for hot beverages during mealtimes and before bed will also be provided.

Your mountain crew will purify and filter water that is collected from various sources on the mountain. The purified water will be available to you in the dining tent at the beginning of each day, at which point you will be able to fill your personal water containers.

Nalgene, Siggs, or bladder systems like CamelBak are all appropriate, but we prefer the wide-mouth Nalgene.

Please note that especially with bladder systems, you will need to take precautions against freezing (such as fully clearing the tube before bed, as that will freeze first).

THOMSON TIP

Use only purified water for drinking and brushing your teeth.

In lodges, place bottled water in the sink as a reminder not to use the tap for brushing in the morning. Bottled water will be provided for you until the first day of your trek.

GOURMET MOUNTAIN FOOD



FOOD IS FUEL

All meals are devised by a professional nutritionist, and prepared by specially-trained chefs to be **nutritious**, **calorific**, and **delicious**.

Custom-designed food transport methods and mountain resupplies keep food **perfectly fresh**, and allow us to change the menu each day.

Meals are served in a solar-lit, custom-built dining tent as you relax in comfortable chairs with backs and armrests.

SAMPLE MENU

BREAKFAST

Eggs Made to Order
Sausages
Toast
Hash Browned Potatoes
Banana Bread/Muffins
Oatmeal
Fresh Fruit
Hot Coffee, Tea, Cocoa

LUNCH

Hearty Leek & Potato Soup
Homemade Falafel
Pasta Salad
Crudités, Salami, Fresh Fruit

AFTERNOON TEA

Cookies, Popcorn, Roasted Nuts
Hot Coffee, Tea, Cocoa

DINNER

Savory Pumpkin Soup
Italian-Style Lasagna
Green Bean Salad
Pineapple Cake

TRAIL SNACKS

Mixed Nuts or Fresh-Roasted Peanuts (only if no one is allergic)
Mixed Dried Organic Fruits, Fresh Locally-Grown Fruit
Homemade Cookies, Candy Bars, Popcorn

Vegetarian, vegan, dairy-free, gluten-free, and other special dietary needs can be accommodated with advance notice. Please notify your predeparture specialist if you have any special dietary needs.

THOMSON TIP**Bring a very small supply of your favorite snacks.**

This is not meant to supplement the amount of food we provide, as there will be plenty! Bringing a snack (no more than one per day) that you find particularly delicious may help stimulate your desire to eat if you lose your appetite at altitude.

EATING AT ALTITUDE

Keep your body fueled and hydrated at all times. Loss of appetite often occurs at altitude, which is a function of decreased oxygen and the body's overall resistance to undertaking the task of digestion. It is crucial to continue to eat and drink, even when you don't feel like it.

You must increase your daily caloric intake while trekking. The menu is designed to be calorific in order to give your body the fuel it needs.

DiETING is NOT an option on Kilimanjaro. If you are pursuing any weight loss regimens before your trek, speak to your doctor, as you will need to break and return to your regimen after the trek. It is crucial to eat and drink as much as possible on the mountain. Your metabolism speeds up at high elevations, and often causes you to lose weight even if you consume much more food than you do normally.

Make sure to stay fueled during your climb with the snacks we provide (trail mix, dried fruit, nuts, cookies, etc.); if you have a high metabolism or enjoy specific snacks, bring one additional snack per day to enjoy on the trail.



Thomas Holden

PACKING YOUR BAGS



LUGGAGE LIMITATIONS

Only soft-sided duffel bags are acceptable for your trek and safari. Suitcases, rigid-frame backpacks, and bags with hard frames or wheels are not allowed.

There is a 33 lb total weight limit for your soft-sided duffel bag, which will be carried by your camp porters.

Bring a daypack that you will carry during the trek and to serve as your carry-on bag for internal flights. Pack a selection of mountain essentials inside. *(see page 47 for details)*

Wear some of your Kilimanjaro clothing on the plane, such as your hiking boots, convertible pants, fleece, etc. If your bag is delayed, this will allow you to continue with the trek.

You will be required to hire an extra porter or carry the extra weight in your daypack if your trekking duffel bag weighs more than 33 lb.

If you are traveling on any internal flights (or to Nairobi), your checked luggage may not exceed 33 lb. This limit is set by the airlines; international flight baggage limits are less stringent.

EXCESS BAGGAGE

As a courtesy, you may store excess baggage at the Arusha office at your own risk, it will be returned to you when you come back down the mountain. Similarly, you can store Kilimanjaro gear while on safari.

Remember to keep money, electronics, and valuables with you at all times.

ORGANIZING YOUR BAGS

Be sure to use the Thomson Safaris luggage tags we will provide for you. Additionally, put your address on a piece of paper inside your bags, in case the luggage tag gets torn off.

Any liquid items like toiletries should also be sealed in bags. Make sure that important items like camera gear and documents are safely sealed in waterproof/dustproof bags like Ziplocs.

PACKING CHECKLIST



Many of the items on the packing list below can be found at the online Kilimanjaro Store (treks.newheadings.com). Proceeds from every purchase are donated to the International Mountain Explorers Connection (IMEC), an organization that supports porters and a better environment on Kilimanjaro. *If you are continuing on a safari extension, refer to the packing list on page 71 for additional items.*

Luggage:

- Soft-sided duffle bag

140-155 liters in size, typically L-XXL, no wheels and no hard frames permitted.

A camp porter will carry this bag, so the 33 lb weight allowance will be strictly enforced.

Add a second soft-sided duffle bag if you will trek with a personal porter or would like to leave a bag at the Arusha office. Medium or large size bags are appropriate for personal porters.

- Daypack

Approximately 30-40 liters will accommodate all the essentials you will need while on the trail. Packs with hip straps are recommended; external frame packs are not appropriate.

Layering:

Each layer has a specific function. *The base layer* (against your skin) manages moisture; *the middle layer* (insulation layer) protects you from the cold; *the outer layer* (shell layer) shields you from wind and rain. You simply add or subtract layers based on your needs on the mountain.

Base Layers:

*Moisture-management fabrics such as quick-dry wicking synthetics and merino wool help regulate body temperature by moving perspiration away from skin. **Cotton is NOT acceptable for trekking.***

- Briefs (1 per day)
- Sports bras (per your preference)
- Long underwear tops (1 medium weight, 1 heavy/expedition weight)
- Long underwear bottoms (1 medium weight, 1 heavy/expedition weight)
- Light weight synthetic short-sleeve shirt (2)
- Light weight synthetic long-sleeve shirt (2)
- Loose-fitting hiking pants (convertible/zip-off recommended; 1)
- Hiking shorts (1 for warmer climate zones)

Middle Layers:

Insulating fabrics like fleece and synthetic down help to maintain an optimal core temperature by trapping air close to your body.

- Fleece sweater, light weight* (e.g., Thinsulate or Thermal Pro Polyester; 1)
- Climbing jacket, heavy weight* (e.g., wind-resistant fleece or synthetic down jacket; 1)
- Climbing pant, heavy weight* (e.g., wind-resistant fleece or down pants; 1)

Middle Layers (continued):

- Gloves* and/or mittens (heavy weight; 1 pair)
- Fleece or wool hat* (heavy weight, must cover ears; 1)
- Balaclava* or neck gaiter/Buff (1)

Outer Layers:

Waterproof, breathable membrane technology—such as Gore-Tex® and eVent—are appropriate options for shell layers, and are intended to protect you from wind, rain, and snow. Durable Water Resistant (DWR) technology is NOT sufficient for heavy rain.

- Down parka* (550 fill or higher recommended for use in camps; 1)
- Shell jacket with hood (Gore-Tex® or equivalent technology; 1)
- Shell pants* (Gore-Tex® or equivalent technology; 1)
- Rain poncho (for warmer climate zones; 1)
- Shell mittens* (Gore-Tex® or equivalent technology; 1)

Footwear:

Please refer to page 48 for more information on hiking boots.

- Hiking boots (waterproof, with ankle support; 1 pair)
- Camp shoes (such as sneakers with a tread; 1)
- Hiking/trekking socks (1 pair per day, at least 2 of which are heavy weight)
- Gaiters* (for keeping mud, dirt, and snow out of boots; 1 pair)

Mountain Essentials:

- Sleeping bag* (rated 0°F or colder, synthetic down, mummy-style; 1)
- Synthetic sleeping bag liner (1)
- Inflatable sleeping pad* (R-value 3.0 or higher; 1)
- Telescopic trekking poles* (1 pair)
- Headlamp with extra batteries (1)
- Stuff sacks/Ziploc bags (various sizes, sealable, preferably waterproof)
- Waterproof daypack cover (even if only a garbage bag; 2)
- One-liter plastic water bottles (Nalgene is preferred; 4)
- Polarized sunglasses (100% UV protection; 1)
- Sun hat (1)
- Sunblock (SPF 45+)
- Lip balm (zinc oxide or SPF 45+)
- Insect repellent with DEET (30% DEET or less)
- Bandanas (these have many uses; 1-3)
- Money belt or neck pouch (keep valuables and travel documents with you; 1)
- Personal first aid kit (suggested contents outlined on the following page)

* **Rentable item.** For complete rental gear list, see page 52.

Personal Hygiene:

- Toilet paper (1 roll, for use while on trail)
- Moist towelettes (1-3 per day)
- Toiletry kit (toothbrush and paste; moisturizing lotion; nail clippers and nail brush; shaving gear; facial wipes; feminine products, avoid plastic applicators)
- Camp or pack towel (quick-dry, size small; 1)
- Anti-bacterial hand sanitizer (2 oz bottle)
- Biodegradable shampoo and conditioner (optional)

Recommended Extras:

- Herbal tea or flavored drink mix (caffeinated tea and coffee are provided)
- Favorite nutritional snack (small, one portion per day)
- Earplugs
- Wristwatch or travel alarm clock
- Emergency whistle
- Personal urination receptacle (for nighttime use; e.g., GoGirl or Nalgene bottle)
- Glove liners (1 pair)
- Inflatable travel pillow (or pillowcase to stuff with clothes)

Technology:

There is NO electricity on the mountain and solar panels can be unreliable in mountain weather; please pack extra batteries and memory cards for your trek.

- Camera/video camera
- Memory cards (extras for camera)
- Batteries (extras for camera and headlamp)
- International plug adapter/power converter (optional, for use in lodges)
- GPS tracking device (optional, such as SPOT or inReach)

Personal First Aid Kit:

While your guides carry emergency first aid kits (refer to page 21), trekkers' personal first aid kits should be utilized for minor cuts and ailments.

- Sterile eye drops
- Spare eyeglasses and eyeglass straps (contact wearers should bring solution and eyeglasses for use in dusty conditions)
- Personal EpiPen (include in your first aid kit)
- Antibiotic ointment (e.g., Neosporin)
- Hydrocortisone
- Bandages, blister prevention (e.g., Moleskin, athletic tape)
- Elasticized support bandage (e.g., Ace bandage)
- Hand and foot warmers
- Antacids

- Ibuprofen, aspirin, acetaminophen
- Mild laxative
- Anti-diarrheal (e.g., Imodium)
- Cold remedies
- Safety pins
- Scissors (travel size) and tweezers

Medications:

Consult a physician regarding the following drugs and combining them with any personal prescriptions you are currently taking. Please bring an ample supply of any other personal prescription medications in their original containers.

Do NOT take sleeping pills at high elevations.

- Altitude sickness medication
- Anti-malarial prophylaxis
- Anti-allergy
- Antibiotics
- Anti-emetics
- Anti-motion sickness

HOW TO PACK YOUR CARRY-ON

It is essential to be prepared for your mountain adventure, and that starts with your flight to Tanzania. If your baggage is delayed, it will be crucial that the following items from your packing list are in your carry-on. (Please note that you can wear many of these items on the plane.)

- Shell jacket with hood (Gore-Tex®)
- Briefs (enough for all trekking days)
- Socks (enough for all trekking days)
- Long underwear top and bottom (1 pair)
- Synthetic short-sleeve shirt (2)
- Synthetic long-sleeve shirt (1)
- Loose-fitting hiking pants (convertible/zip-off)
- Hiking boots
- One-liter plastic water bottle (minimum 1, empty)
- Polarized sunglasses
- Toiletry kit
- Headlamp
- Money belt or neck pouch
- Prescription medications
- Camera
- Plastic bags of varying sizes



Consider replacing the factory soles with foot beds, like Superfeet®, for a more comfortable fit.

Hiking boots are your most important piece of equipment.

When making your choice, consider proper fit, comfort, warmth, weather protection, and support.

Buying Boots

- Look for “hiking” or “backpacking” boots with either leather or synthetic uppers. Full- or mid-height boots are recommended for ankle support.
- Boots with a Gore-Tex® membrane give added weather protection and breathability. You will be trekking through mud, rain, and snow.
- New boots should be tested in a store that has a ramp to simulate both uphill and downhill terrain. Your toes should not touch the tips of your boots.
- When trying on boots, wear the same socks that you intend to wear while trekking.
- Try on at least three different pairs of boots to find the best fit for your foot. We recommend boots at least one half-size larger than your foot for trekking.

Break in your boots!

- It is imperative that new boots are broken in to reduce the risk of blisters.
- If you are not able to wear them on a hiking trail before your trip, wear them to the gym, walking to work, or even around the house. **Wear them on your international flight to Tanzania!**



RENTAL EQUIPMENT



RENTING GEAR

You must arrange rental gear at least 45 days before departure.

Rental items will be added to your invoice, which must be paid in full before departing for Tanzania. Check your invoice to ensure that all of your requested rental equipment is listed.

All rental equipment is clean and high quality. Sizes S–XL are typically available. Please see the following page for a complete list of rental options available for your trek.

The 33 lb weight limit applies to everything packed in your duffle bag, including rental gear.

No refunds will be given for any pre-arranged rental gear not taken at the trek briefing or used on the mountain. Thomson Safaris has the right to charge for any lost or damaged gear.

You MUST test rental equipment once it is received.

Pre-arranged rental gear will be distributed at the trek briefing. It is imperative that you try on or test each rented item to ensure everything fits and is in good working order.

If you need a different size or want to rent any additional items, the briefing will be your **LAST OPPORTUNITY.**

RENTAL ITEMS

ITEM	WEIGHT
Base & Middle Layers	
Medium weight long underwear top	.8oz
Light weight fleece sweater	8.8oz
Climbing jacket (polyester fleece, full front-zip)	1lb 11oz
Climbing pants (polyester fleece)	1lb
Heavy weight fleece gloves	6.4oz
Heavy weight fleece hat	4oz
Balaclava	4oz

Outer Layers

Down parka (without a hood)	1lb 3oz
Shell pants (Gore-Tex®)	1lb 2oz
Shell mittens (insulated, Gore-Tex®)	11oz

Footwear & Mountain Essentials

Gaiters (pair)	8.8oz
Telescoping trekking poles (pair)	12.3oz
Sleeping bag & fleece liner (fits a person 6'2" or shorter)	5lb 8oz
Inflatable sleeping pad (full length)	2lb 12oz

Personal Porter (to carry a maximum of 33 lb)

Those who prefer not to carry their daypack (15–20 lb when loaded with water, rain gear, extra layers, etc.) can hire a personal porter to carry it. If your duffle bag weighs more than the weight allowance, you or a hired personal porter must carry the extra weight.



Michelle Botin

EXCLUSIVE TRICKS OF THE TRADE



The following are exclusive tips from Thomson staff. Found nowhere else, these “tricks of the trade” are based on more than thirty years of high-altitude experience and thousands of Kilimanjaro summits.

FOOD, WATER, & HYGIENE

For variety, consider bringing powdered drink mix with electrolytes to stay hydrated, or bouillon cubes or soup mix for a savory fix. (We'll provide hot water, tea, and coffee at mealtimes.)

In freezing temperatures, turn your tightly sealed water bottle upside down. As the water freezes, you will still be able to drink from the bottle.

Keep a snack by your sleeping bag at night; if you're feeling cold, eating a little chocolate or some nuts will help warm you up.

Be sure that your toe nails are cut closely. When you descend the mountain, you'll be very glad you did!

If you need to go to the bathroom at night, don't resist! Holding it will not only distract you from getting back to sleep, it will make you feel colder, as your body works hard to keep your bladder warm. Get up, relieve yourself, and enjoy a quiet moment alone under the blanket of stars.

THE TREK

It takes time to get used to breathing efficiently at altitude. Remember to use controlled, steady breaths, and breathe through your nose for as long as possible during the trek.

Measuring out even steps or using the steady beat of your trekking poles can help to create a comfortable rhythm to your breathing.

Pressure breathing is a mountaineering technique that can be used at higher elevations to maximize the efficiency of your oxygen intake. It entails breathing in deeply through the nose and exhaling forcefully through the mouth. When done properly, you'll make a “whoosh” noise as you exhale. Just remember NOT to practice this at sea-level as it could cause you to hyperventilate.

The rest step is an extremely important mountaineering technique for conserving energy. It entails straightening your knee with each step in order to place the burden of your weight not on the muscles, but on the skeletal structure. This should be executed in a smooth, slightly robotic motion that you can practice on any incline or on stairs. If done properly, it will spare your muscles an extraordinary amount of energy, even though each rest only takes a second.

Always speak up! Don't be shy about asking your guide for assistance, he is there to help. Whether you don't feel well, you lost something, something is broken, or you just have a question, talk to your guide. Chances are he will have the tools in his arsenal to fix whatever's bothering you.

CLOTHING & GEAR

Change into the next day's fresh clothes as soon as you get into camp and sleep in them. You can even wrap boots in plastic bags and store them in your sleeping bag overnight to keep them warm. Mornings can be very chilly, this makes an early morning start much more pleasant and efficient.

Bring a small pillowcase and stuff it with clothing, such as a fleece.

Duct tape is every hiker's best friend for quick fixes that range from blister care, to mending small rips, to fixing gear. It's not feasible to bring a heavy roll, so wrap a few strips of duct tape around your water bottle.

Safety pins are great for small fixes, like sunglasses or clothing, but they're also great for hanging up laundry if you take advantage of a sunny day to hand-wash small items.



Your body will cool down very quickly when at rest, so don't hesitate to throw on an additional layer of clothing for warmth during short hiking breaks. When you arrive at camp, change into dry layers and your down parka!

Wear your hiking boots on the plane! You will not be able to hike without them, and this will also save space in your bags.

Use your Nalgene bottle as a hot water bottle at night. Simply request hot water after dinner and place the tightly sealed bottle near your femoral artery (lower thighs) to warm the blood as you drift to sleep. (Never place it directly against bare skin!)

Pack small items inside your empty water bottles during international travel to save space and better organize your bags.

Bring a watch with an alarm and a lighted face to tell time at night in your tent.

Cold weather diminishes battery life. Keep your camera and batteries in your pockets during the day and in your sleeping bag overnight to extend energy life.

Layering is key to your comfort. Do not skimp on the packing list. Any time of year will likely have some cold and wet weather, and you will need to be prepared. *(Please refer to page 44 for more information)*



MONEY, VALUABLES & **TIPPING**



GENERAL CONSIDERATIONS

You will need to budget for bar beverages, tips, souvenirs, and other optional expenses. Your trip already includes all meals, accommodations, park fees, and internal flights.

Keep money and valuables with you at all times. For peace of mind and security, do not keep them in stored luggage or leave them in your tent.

Bring cash in US dollars. Low denominations (\$1s, \$5s, \$10s) are best for some tips, beverages, and small souvenirs. Bring higher denominations (mainly \$20s and some \$50s) for large souvenirs and tipping your guides.

Make sure US dollars are no more than 5 years old and that they are not torn, ripped, or marred in any way. Please note that US coins are not accepted in Tanzania.

Travelers' checks are not recommended as they are not widely accepted.

Canadian citizens should exchange Canadian dollars for US dollars before departure.

Those traveling to Zanzibar will need to obtain Tanzanian Shillings. US Dollars are the preferred currency for mainland Tanzania.

Credit cards are not universally accepted and they may incur surcharges as high as 6–15%.

Please do not plan on using ATMs in Tanzania, as they are hard to find and are only compatible with specific bank cards.

We suggest carrying a credit card and at least \$150 in US dollars as emergency funds for this international trip.

Small souvenirs, such as carved crafts, beaded jewelry, T-shirts, and Maasai cloths, can all be purchased for less than \$20. Larger pieces of artwork can range significantly, starting around \$20 and going up to hundreds or even thousands of dollars.

TIPPING CONSIDERATIONS & GUIDELINES

Tips for lodge staff are included in the cost of your trek. If you feel that you have received exceptional service, feel free to tip more at your discretion.

If you join a safari extension, cash bars at camps or lodges charge the following estimated rates: \$1–\$2 for a bottle of soda, \$2–\$5 for a bottle of beer, and \$15–\$40 for a bottle of wine. (Diet sodas are generally not available.)

A finalized trek and safari tipping guideline will be sent to you in your Final Packet approximately three weeks prior to your departure. It is based on your specific trip staffing needs. You will receive a convenient, easy-to-use suggested tipping breakdown and tipping envelopes. *Guidelines will vary based on group size.*

If you have a personal porter, please tip him directly. Do not include his tips with the camp porters' tips. *Please see page 4 for the difference between a camp porter and a personal porter.*

Tipping can be awkward. While it is customary to tip for good service, you are not obligated to tip. By using the tipping envelopes we will provide in your final packet, you can tip as much or as little as you feel is appropriate. It's up to you!

Guests recommend filling tipping envelopes before departure. Then you don't need to think about it during your trip, and you can always add or remove money as you see fit.

WHY WE TIP

Tipping is not in lieu of adequate wages; it is meant to acknowledge good service. Thomson Safaris is a leading member of the Kilimanjaro Porters Assistance Project (KPAP), a nonprofit organization supporting porters, and your porters receive one of the largest compensation packages on the mountain.

So why tip? As in many cultures, tipping is a custom in Tanzania, and is seen as proof of a “job well done” for Kilimanjaro’s hard-working guides and porters. Anything you’re billed for in the U.S. legally has to be taxed before it’s sent to Tanzania (meaning that your guides and porters would receive almost **30% less** than what you intended if we included tips in trip costs). By tipping your guides and porters directly while you’re on the mountain, you can ensure that they will enjoy the full amount.

Finally, while we acknowledge that these tipping customs can be confusing, the process was developed by porters with KPAP to ensure transparency and to reflect their cultural preferences. Tipping is at your discretion, but we can promise you will be in awe of how hard the guides and porters work!



Matt Gundersen

TECHNOLOGY & COMMUNICATIONS



COMMUNICATIONS

You can rent a satellite phone through our satellite rental partner (www.allroadsat.com). Some cell phones have sporadic coverage; please speak with your provider to find out if it offers international service in Tanzania. Keep in mind that your coverage will not be consistent.

Your guides will have two-way radios, cell phones, and satellite phones for guiding and emergency use only.

CHARGING BATTERIES

It is best to charge your batteries before your departure. If necessary, you can also charge them at the lodges or in the vehicles before your trek. There is no electricity on Kilimanjaro.

If you are going on safari, each vehicle is equipped with cigarette-lighter sockets and power inverters (which look and function like US wall outlets). You will not need additional equipment to use these inverters. This is the easiest way to charge batteries on safari. All charging must be done while the vehicles are in use.

Consider buying UK and European outlet adapters if you would like to charge batteries at lodges. At hotels, lodges, and some permanent tented camps, you will find 120–220-volt AC, 50-cycle current. Most modern electronic appliances can operate on this current.

Travelers extending to Zanzibar, Ruaha, the Selous, Mahale, or other destinations may want to consider purchasing UK or European-style adaptors for in-lodge use. Adapters can be found at your local electronics store.

Pack extra batteries, film, and/or memory cards, bringing at least 2–3 battery packs.

Extra lithium batteries must be packed in carry-on luggage for international flights.

While on the mountain, keep batteries in your sleeping bag at night to extend their energy life at altitude.

THOMSON TIP

Ask before taking photos of Tanzanians as a simple courtesy. Never photograph police, government buildings, military areas, or military personnel. If you are unsure whether taking a photo would be appropriate, just ask your guide.



GREEN, SOCIALLY
RESPONSIBLE
TRAVEL

Simply by reading this booklet and learning about Tanzania, you have taken the first step toward being a responsible and ethical traveler. Trying out just a few Swahili phrases works wonders in making an effort to truly connect with Tanzanians, but there's more you can do to be a responsible traveler:

Follow the "take only photographs, leave only footprints" rule; do not litter, disturb plant life, or take anything from the wild.

Please ensure that *no* trash is left in the campsites or on trails. Bring a variety of small and large sealable plastic bags or small trash bags to aid you in this process.

All toilet paper used on the trail must be packed out in plastic bags. Our staff will collect your trash each day and bring it to the base for proper disposal.

Be aware of the fragility of your surroundings. The mountain wilderness is a fragile ecosystem, especially above the treeline. A carelessly discarded piece of trash or toilet paper above 12,000 feet will be there for many years, and a step into the vegetation off the trail can undo a century's worth of growth.

Set the example. If you see trash on the trail from another trekker, pick it up! In an effort to help clean up Kilimanjaro, porters on your trek are paid for each kilogram of other companies' trash they bring down off the mountain.

Remove any unneeded packaging from items you are bringing on your trek before you leave home. You can recycle packaging such as cardboard or plastic in your home country; you cannot do so in Tanzania.

Keep any used batteries until you return home. Tanzania does not yet have recycling programs that will handle hazardous materials such as rechargeable batteries. There are many resources for properly disposing of old batteries in North America.

Bring only biodegradable soaps, shampoos, and conditioners.

Set realistic expectations! Tanzania is a developing nation, and certain small luxuries that we take for granted are not always available. For example, diet soda, ice cubes, certain foods (like cold cuts or cheeses), hairdryers, etc. are not readily available. But these little things don't amount to much when you put them into perspective. Relax. Enjoy the trekking experience!

Communicate openly with your guide if you feel conflicted. You may experience culture shock, but there is no need to feel uncomfortable during your trek or safari. Your guide understands that you are far from home, and he welcomes your questions. You will more thoroughly enjoy your trip if you voice your questions and clear up any social or cultural misunderstandings.

Look beyond the surface. Thomson Safaris continues to be a leader in ethical, community-based travel. Keep in mind that just because someone is wearing second-hand clothes or living in a house without electricity, that does not mean he or she does not lead a rich and fulfilling life. You will be hard-pressed to meet many people in the world as hospitable and joyful as Tanzanians.



Support porters' rights and be aware of Thomson Safaris' porter ethics.

Thomson Safaris has the highest standards in supporting your hard-working porters. Your Kilimanjaro porters receive one of the largest compensation packages on the mountain, heavy-duty all-weather uniforms, cold-weather sleeping pads, sleeping accommodations, guaranteed salaries, medical treatment, and free transportation to and from all treks. For information on how you can support porters' rights, see Giving Back on page 72.

Know that tourism is a valuable resource in Tanzania. While no one could ever claim that travel is the sole solution for Tanzania's financial challenges, fair and sustainable tourism plays an important role in Tanzania's economy. By traveling with Thomson Safaris, you can feel confident in your contribution to responsible and culturally sensitive practices. We are committed to empowering Tanzanians as colleagues, friends, and compatriots.



KILIMANJARO ROUTE MAP



SAFARI EXTENSIONS



SAFARI ACCOMMODATIONS

NYUMBAS: The Nyumba is a spacious, walk-in, custom-designed canvas tent. Beds have proper mattresses, fine linens, and cozy blankets. Bug-proof, fine-mesh screens allow air to circulate, but can be covered for privacy.

HYGIENE: There is no fixed plumbing at the Nyumba camps due to eco-logical concerns. Each Nyumba has an en suite bathroom with an ingenious self-contained, portable, pump-flush toilet and safari-style shower. Hot showers are always available. Wash basins, water pitchers, clean water, hand towels, and bath towels are provided.

During wildlife viewing drives, you may need to make bush stops, so hand sanitizer and a small amount of toilet paper are recommended.

LAUNDRY: Even though laundry service is available for a fee when you are in camp for two consecutive nights, we recommend packing your safari duffel with the right amount of clean clothing.

MEALS & WATER: Meals are taken in a group dining tent and include a wide variety of options. A cash bar (beer, wine, and soft drinks) is also available. Bottled water will be provided for you daily at camp and in the safari vehicles.

ELECTRICITY: There is solar-powered lighting at most Nyumbas, but please bring a headlamp, especially for late-night reading. There are no power outlets in the Nyumba. Batteries and cameras can be recharged in safari vehicles using one of several lighter-socket inverters, which function just like US wall outlets. These are for smaller items like batteries, NOT laptops.

PACKING CHECKLIST

Consider packing the following items for your safari in addition to the essential items on the trek packing list on page 44:

Luggage:

- 40-50 L duffel bag (max. 33 lb)
- Daypack

Safari Clothing & Essentials:

- Short-sleeved shirts (5)
- Long-sleeved shirts (2) *(for evening warmth and sun/mosquito protection)*
- Convertible, zip-off pants (1-2 pair)
- Khaki pants (1 pair) *(for evenings)*
- Shorts and/or skirt (1)
- Fleece sweater *(for evenings)*
- Water/windproof shell *(or rain poncho)*
- Underwear (1 per day)
- Sports bras *(per your preference)*
- Light weight sleepwear *(personal preference)*
- Sun hat or cap
- Bathing suit *(for lodges with pools)*
- Video camera *(optional)*
- Binoculars *(optional, 8x40/42 center focus models are excellent choices)*

Footwear

- Running or walking shoes, or light hiking boots
- Flip-flops/Teva-type sandals *(recommended for use in showers)*
- Socks (5-7 pair)

Ngorongoro Camp Clothing:

If you are overnighing at Ngorongoro Crater camp, we recommend bringing the following:

- Wind-resistant fleece top and light weight fleece pant
- Synthetic down or down vest
- Long underwear
- Fleece hat
- Gloves or mittens

GIVING BACK

A group of African children are smiling and giving thumbs up. The text 'GIVING BACK' is overlaid at the top. One child in the foreground wears a blue jacket with 'WEST' on it. The background shows more children and a person with a tool belt.

Thomson Safaris offers you numerous opportunities to support communities, education, and a better environment in Tanzania.

CONTRIBUTE TO KILIMANJARO PORTERS ASSISTANCE PROJECT

We support the Kilimanjaro Porters Assistance Project (KPAP), a non-profit branch of the International Mountain Explorer's Connection (IMEC) that is committed to improving working conditions for porters.

In addition to being one of the lead members of KPAP, Thomson Safaris embodies KPAP's principles on porter ethics. Profits are donated from every purchase you make at the Kilimanjaro Store to KPAP/IMEC. Simply look for the Kili Store on ThomsonTreks.com.

You can also donate directly to the project and Thomson Safaris will match \$20 of your pledge. For more information, contact Thomson Safaris.

CONTRIBUTE TO FOCUS ON TANZANIAN COMMUNITIES

Thomson Safaris has a strong relationship with Focus on Tanzanian Communities (FoTZC), which was started by Judi Wineland (co-founder of Thomson Safaris) and several former Thomson travelers in 1996. FoTZC is a 501(c)3 nonprofit organization that collaborates with Tanzanian communities to overcome economic and social challenges. FoTZC directs resources towards sustainable projects, with special focus on proposals that support education, healthcare, and women's empowerment. Several of these project sites can be visited on our safari itineraries. For more information, or if you wish to make a tax-deductible contribution, please visit www.fotzc.org, or contact FoTZC at:

Focus on Tanzanian Communities
c/o Thomson Safaris
14 Mount Auburn Street
Watertown, MA 02472
info@fotzc.org

SWAHILI LESSONS



Learning a few simple phrases will make your experience all the more rewarding. Consider purchasing a phrasebook, and read the following section to begin learning the basics:

SWAHILI PHRASE	PRONUNCIATION	TRANSLATION
Hujambo?	(hu-JAHM-boh)	How are you?
Sijambo	(see-JAHM-boh)	I am fine
Mambo?	(MAHM-boh)	How are things?
Poa	(POH-ah)	Real cool
Jina lako ni nani?	(JEE-nah LAH-koh NEE NAH-nee)	What is your name?
Jina langu ni ____	(JEE-nah LAHN-gu NEE)	My name is ____
Unatoka wapi?	(uu-na-TOH-kah WAH-pee)	Where do you come from?
Ninatoka ____	(nee-nah-TOH-kah)	I come from ____
Karibu	(kah-REE-boo)	Welcome
Asante sana	(ah-SAHN-tay SAH-nah)	Thank you very much
Ndiyo	(nn-DEE-oh)	Yes
Hapana	(hah-PAH-nah)	No
Ninataka	(nee-nah-TAH-kah)	I want
Sitaki	(See-TAH-kee)	I don't want
Ninaomba ____*	(nee-nah-OHM-bah)	I would like ____
* The polite way to ask for anything at a lodge, camp, restaurant, etc.		
Nimeshiba*	(nee-may-SHEE-bah)	I'm full
*Essential for when you are full. Also a sign of gratitude to servers or cooks.		
Kwaheri	(kwah-HAIR-ee)	Goodbye

NOTE ON PRONUNCIATION

Regular Vowel Sounds

a - ah
 e - eh
 i - ee
 o - oh
 u - oo (as in rule)

Select Consonant Sounds

dh - "th" as in this
 ch - as in church
 j - as in jump
 g - as in get (hard "g")
 y - as in yes

PHRASES FOR THE MOUNTAIN

SWAHILI PHRASE	PRONUNCIATION	TRANSLATION
Habari?	(hah-BAR-ee)	What's the news?
Nzuri	(nn-ZUR-ee)	Good, fine, nice
Mbaya	(mm-BY-ah)	Bad
Pole, Pole	(POH-lay, POH-lay)	Go Slowly
Taratibu	(tah-rah-TEE-boo)	Careful
Twende	(twen-DAY)	Let's go
Tupumzike	(too-poom-ZEEK-kay)	Let's rest
Nasikia vibaya	(nah-see-KEE-ah vee-BUY-ah)	I'm not feeling well
Tafadhali	(tah-fah-THAL-ee)	Please
Nisaidie	(nee-SAH-ee-DEE-ay)	Help me
Samahani	(sah-mah-HAHN-ee)	Excuse me
Sielewi	(see-ay-LAY-wee)	I don't understand

THE KILIMANJARO SONG

SWAHILI

Kilimanjaro! Kilimanjaro,
Kilimanjarooo!

Kilimanjaroooo mlima mrefu
sanaaa.

Na Mawenzi! Na Mawenzi na
Mawenziiii!

Na Mawenzi mlima mrefu sana.

Ewe nyoka! Ewe nyoka, ewe
nyokaaaaa!

Ewe nyoka. Mbona wanizunguka?

Wanizunguka! Wanizunguka,
wanizungukaaa!

Wanizunguka. Watakakunila nyama.

ENGLISH

Kilimanjaro! Kilimanjaro,
Kilimanjaro!

Kilimanjaro such a high mountain.

Also Mawenzi, also Mawenzi, also
Mawenzi!

Also Mawenzi such a high
mountain.

Like a snake! Like a snake, like a
snake!

Like a snake you wrap around me.

Wrap around me! Wrap around me.
Wrap around me!

You wrap around me. You try to eat
me like meat.

BASIC VOCABULARY

People

Men	Wanaume
Women	Wanawake
Sir/Mister	Bwana
Ma'am/Mrs./	
Mother	Mama
Father	Baba
Grandfather	Babu
Grandmother	Bibi
Brother	Kaka
Sister	Dada
Child	Mtoto
Youth (teenager)	Kijana
Friend/comrade	Rafiki
Guest	Mgeni
Wife	Mke
Husband	Mume
African	Mwafrika
Caucasian person/ foreigner	Mzungu

For Trekking

Mountain	Mlima
Peak/summit	Kilele
To climb	Kupanda
To descend	Kuteremka
Guide	Kiongozi
Porter	Mgumu/Wagumu
Climber	Mpandaji
Luggage	Mizigo
Camp	Kambi
Tent	Hema
Rocks	Mawe
Ice	Barafu
Snow	Theluji
Rain	Mvua
Wind	Upepo
Sky	Mbingu
Sun	Jua
Top, up	Juu
Trees	Miti
Plants	Mimea
Mud	Matope
Trail	Njia

Places

Home/house	Nyumba
Hotel	Hoteli
Bathroom	Choo
Campsite	Kambi
Wildlife reserve	Mbuga za wanyama
Airport	Uwanja wa ndege
Restaurant	Mgahawa
City	Mji
Village	Kijiji
Farm	Shamba
Hill	Kilima
River	Mto
Coast	Pwani
Ocean	Bahari
Lake	Ziwa
Forest	Msitu
Grass	Majani

Food and Drink

Water	Maji
Coffee	Kahawa
Tea	Chai
Milk	Maziwa
Beer	Bia or Pombe
Cold	Baridi
Hot	Moto
Food	Chakula
Vegetables	Mboga
Fruit	Matunda
Bread	Mkate
Meat	Nyama
Chicken	Kuku
Eggs	Mayai
Nuts	Karanga
Sauce	Mchuzi
Soup	Supu
Salt	Chumvi
Pepper	Pilipili
Sugar	Sukari
Thirst	Kiu
Hunger	Njaa



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