



OAG Overseas Kilimanjaro Expedition



IN PARTNERSHIP WITH **INTREPID TRAVEL**

@outdooradventuregirlsuk

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Kilimanjaro - Machame Route 9 days/ 8 nights

About Your Trip

Start Location

Moshi, Tanzania

Finish Location

Moshi, Tanzania

Accommodation

3 nights Resort

5 nights Mountain Camps

Rooming Requirements

Twin Share / Single

Included Meals

Breakfast (8)

Lunch (7)

Dinner (8)

Transport

Shuttle for the transfers to/from Kilimanjaro Airport, to/from the hotel, and Shuttle transfer from Moshi Hotel to the Start point of Kilimanjaro Climb.

Leader/Guide

English Speaking Mountain Guides,
Cook and Driver

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
included on a group basis

Support

24-hour support from our local
office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we operate trips in any destination, our itineraries undergo a comprehensive risk assessment and audit.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Group Leader

Group Leader:

KILIMANJARO CLIMB:

This trip is led by experienced guides, with a minimum of 1 guide to every 2 climbers. Sufficient porters are employed to carry the group's equipment.

Important Information

Is this trip right for you?

A good level of fitness is required to join this trip. While the distances covered are not far, the effects of altitude will make it much harder than the usual uphill hike.

To allow for your body to adjust to the altitude the going will be slow. The speed of the hiking may be much slower than you are use too. However, we have found that this slow speed allows your body's reserve levels to remain higher plus also allows for your body to adjust to the altitude as you walk.

Tried and tested all-purpose hiking equipment is required. Night-time temperatures can get very cold above 3500m so warm clothing and sleeping bag is essential. Hiring of equipment/sleeping bag is also possible.

Parts of your trip go above 2800 meters / 9200 feet, where it is common for travellers to experience some adverse health effects due to the altitude.

Your safety comes first. All our guides and trek leaders have been trained by independent, UK-based medical specialists and are proficient in first aid. They also carry oxygen cylinders on all treks for emergency use.

Be prepared for dusty and therefore dirty conditions. It can be tough going hiking for continuous days without a shower. A dust mask, wet wipes and face washer may become your best friends.

Physical rating - 5/5 HIGH

5 out of 5 = Our highest physical rating. Get ready for a heart-pumping adventure with plenty of challenges and some extreme conditions. You'll be required to be seriously fit for this trip as difficult activities are included.

Although no mountaineering experience is required a good level of physical fitness is necessary. You must be comfortable walking 6-8 hours uphill a day. This is certainly a strenuous climb so the better prepared you are, the more you should enjoy it.

Plenty of time is available each day to get between the huts on the mountain so you do not need to rush and you are in fact far better off going slowly and enjoying the changing scenery and views. That way you acclimatize better and are in better shape for the final trek from Kibo Hut to Gillman's Point, or Barafu to Stella Point on the Machame route, and then around to Uhuru Peak.

We recommend that in the months leading up to your climb you increase your physical fitness with aerobic exercise. Walking, running and stair-climbing will all strengthen your legs and improve your stamina.

Kilimanjaro - Machame Route Itinerary.

Day 1: 27 June 2026

Destination: Moshi

Meals included: Dinner

Jambo! Welcome to Tanzania. Your hiking adventure begins in the foothills of Mount Kilimanjaro in Moshi. You'll have a welcome meeting at 6 pm tonight for a full briefing and kit inspection by an experienced Kilimanjaro climber. If you arrive early, the hotel is just a short walk from the village's bustling market and some excellent coffee shops, so you can head out and explore at your own pace. After the meeting, fuel up on a hearty dinner with your fellow trekkers and get a good night's rest, ready to start your climb tomorrow!

Arrival Transfer

- Included
- Welcome Dinner

Included Activities

- Mount Kilimanjaro - Trek Briefing
- Mount Kilimanjaro - Complimentary equipment hire (sleeping bag and walking poles) - **if you wish to hire these, this must be requested at time of booking.**

Accommodation

Chanya Lodge or similar www.chanyalodge.co.tz/

Day 2: 28 June 2026

Destination: Machame Camp

Meals included: Breakfast, Lunch, Dinner

Meet your guides and porters after breakfast this morning, then take the opportunity to organise your gear before setting off to the Machame Gate – the south-western entrance to the Mt Kilimanjaro National Park. On the way, stop into one of the clothes lending offices of Kilimanjaro Porters Assistance Projects and learn how their program, supported by the Intrepid Foundation, is assisting porters. Begin your hike around lunch time, starting with a stroll through the rainforest, looking out for some of the many brightly coloured birds here. Set up camp at Machame in the mid-afternoon, ready for your first night on Kilimanjaro! The huts fell into disrepair some years ago, so with the help of the porters, you'll be setting up tents for the night. Tonight, enjoy a meal prepared by the porters and savour the first night of sleeping outdoors.

Included Activities

- Fully catered trek including National Park entrance fees, climbing fee, tented camps & rescue services
- Mount Kilimanjaro - Porterage of 1 bag (9kg/20lb max)
- Mount Kilimanjaro - Return transfers from hotel to park gate
- Mount Kilimanjaro - Emergency oxygen and comprehensive first aid kits
- Moshi - Kilimanjaro Porters Assistance Project

Accommodation

Overnight at Machame Camp or similar

Day 3: 29 June 2026**Destination: Machame camp – Shira Camp****Meals included: Breakfast, Lunch, Dinner**

Your second day on the mountain takes you out of the rainforest and up a steep ridge into moor land. Watch as the vegetation grows sparser as you ascend along the path to the Shira Plateau – soon, several distinct species, including the giant groundsel and lobelia, will be the only plants dominating the harsh landscape. Spend the night camping on the edge of the plateau and be treated to a golden sunset over the snow-dusted peaks of Kibo.

Accommodation

Overnight at Shira Camp or similar

Day 4: 30 June 2026**Destination: Shira Camp – Barranco Camp****Meals included: Breakfast, Lunch, Dinner**

After breakfast today, enjoy a fantastic walk as you continue through the rolling landscape and deep river valleys, stopping for a packed lunch along the way. The undulating land here offers a great chance to acclimatise and as you ascend to the more rugged areas of the mountain, there are great views of the Kibo Massif and its scenic surroundings. Tonight, you'll sleep at Barranco Camp.

Accommodation

Overnight at Barranco Camp or similar

Day 5: 1 July 2026**Destination: Barranco Camp – Barafu Camp****Meals included: Breakfast, Lunch, Dinner**

Have breakfast together at Barranco Camp this morning, then begin today's hike. From Karanga, head up to the intersection of the South Circuit and the Mweka route where you'll start climbing up a ridge to Barafu Hut. Barafu is Swahili for 'ice' – as the name suggests, it can be very cold here at night! You should arrive at Barafu around lunchtime, allowing plenty of time to rest before the final summit attempt very early tomorrow morning.

Accommodation

Overnight at Barafu Camp or similar

Day 6: 2 July 2026**Destination: Barafu Camp – Millenium Camp****Meals included: Breakfast, Lunch, Dinner**

At around midnight, you'll be woken by the guides with some hot tea and biscuits to give you energy before the long, difficult ascent up scree, and sometimes snow, to Stella Point (5780 m). Pass the giant Rebmann Glacier on the way, and hopefully arrive at Stella Point in time for sunrise and superb views of the crater and the glacier glistening in the morning sun. From Stella, it's a further 1-hour hike along the rim of the crater to Uhuru Peak (5896 m) – the highest point in Africa! From the summit, take in unforgettable views of the crater, the ice fields and the vast East African plains below. After some photos and well deserved pats on the back, you'll begin your descent. Back at Barafu Camp, enjoy a well-earned lunch and much thicker air. After, continue to Mweka Camp for the night for a well-deserved rest.

Accommodation

Overnight at Millenium Camp or similar

Day 7: 3 July 2026**Destination: Millenium Camp - Moshi****Meals included: Breakfast, Lunch, Dinner**

Today, you'll continue to descend the mountain, traversing alpine meadows and rainforest to the Mweka park gate. When you arrive, have some lunch after checking out of the park and then transport back to the hotel for a relaxing shower – a real treat after the physical exertions of the last few days! Tonight, gather with your trekking companions for dinner, sharing your experiences of the past six days on the mountain.

AccommodationChanya Lodge or similar www.chanyalodge.co.tz/

Day 8: 4 July 2026**Destination: Moshi – Arusha - Moshi****Meals included: Breakfast, Lunch, Dinner**

Begin your day with a private morning yoga session a wonderful opportunity to stretch, relax, and rejuvenate your body after the Kilimanjaro climb. Surrounded by peaceful natural surroundings, this gentle session will help ease any tension and support your physical recovery, while also offering a moment of calm reflection.

After yoga, take a drive to the nearby town of Kisongo, where you will enjoy a meaningful cultural experience with local “Mamas” skilled female artisans of Tanzania.

Your visit starts with a hands-on cooking class, where the Mamas will teach you how to prepare a traditional Swahili dish for lunch. After enjoying your meal together, you'll gain a deeper insight into their lives. With the help of a translator, the women will guide you in small groups through their village. You'll visit their homes, explore a traditional boma (a small hut made of mud and cow dung), meet their families, and learn more about Maasai culture and customs.

After this enriching day, return to Moshi for your final overnight stay and gather for a special farewell dinner the perfect ending to an unforgettable journey.

Arrival Transfer

- Morning Private yoga session.
- Kisongo - Cooking class, crafts & village walk
- Farewell Dinner.

Accommodation

Chanya Lodge or similar www.chanyalodge.co.tz/

Day 9: 5 July 2026**Destination: Moshi – Kilimanjaro Airport - Depart****Meals included: Breakfast**

Today is the last day of your adventure and after breakfast, there are no further activities planned. If you would like to extend your stay, just speak to your booking agent ahead of time.

Departure Transfer

- Included

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We recommend that in the months leading up to your climb you increase your physical fitness with aerobic exercise. Walking, running and stair-climbing will all strengthen your legs and improve your stamina.

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader or local representative may not be able to resolve a situation to your satisfaction - if this is the case, please ask the group leader or local representative to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <https://www.intrepidtravel.com/contact-us>

In case of a genuine crisis or emergency, you can reach our local office on the numbers below:

Intrepid's Local Operator: +254 758 555 550 or +254 758 555 551

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

INFORMATION FOR VISA APPLICATIONS:

If you require an address for Visa Applications in Tanzania, please use:

Kibo Palace Hotel
PO Box 2523
Old Moshi Road
Arusha - Tanzania
Phone: +255 272544472

If you require a contact number for Visa Applications in Tanzania, please use:

Intrepid Tanzania: +254 758 555 550 or +254 758 555 551

If you require host contact information for Visa Applications in Tanzania, please use:

Host name/ Company Name: Intrepid Travel Tanzania Ltd
Company Registration no: 77032
Physical address: P.O. Box 6101, Arusha
Email: opseastafrica@intrepidtravel.com
Phone Number: +255 754 474 792

LETTER OF INVITATION

TANZANIA:

If you require a letter of invitation or list of hotel confirmations for your application, please contact your booking agent, and we will issue one tailored to your specific tour and departure.

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

WARNING - HIGH ALTITUDE TRIPS (sleeping over 3500m):

This trip includes one or more overnight stays over 3500 metres/11500ft, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life-threatening. We would expect the majority of a group to notice the effects of being at high altitude, and while most will only feel discomfort, it is not uncommon for a small number of people to need extra care which will be provided by our leaders and local staff. All our trips that spend time at High Altitude follow our standard altitude safety measures.

A number of medical conditions or medications can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), or unsure of your physical ability, you must seek medical advice prior to booking. You may also wish to discuss medication such as Diamox that may help aid acclimatisation.

Please note that while we endeavour to assist all our clients in achieving their goals, there may be times your leader makes the decision to either delay or stop your ascent based on your medical conditions and AMS symptoms.

On some days this trip may ascend faster than commonly published recommended ascent rates at altitude. However, based upon an assessment by our external safety and medical advisors, and in conjunction with our own risk assessments we consider that the ascent rate is acceptable due to the additional safety measures that are in place for our customers. If you have concerns about this, please speak to your booking representative.

Please read the following document carefully and, during your trip, utilise the table on the back daily to record your own perspective of your general health and any symptoms you may experience:

<https://www.intrepidtravel.com//altitude-sickness>

YELLOW FEVER:

A valid international certificate of vaccination against Yellow Fever is required in many countries if you are arriving from a country with risk of yellow fever (eg. Kenya). You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

MALARIA & DENGUE

Malaria and Dengue are mosquito-borne diseases commonly found in many parts of Africa. Before you travel, discuss your itinerary with a doctor and monitor your government foreign travel advice for up-to-date information on risk levels in particular areas. To reduce your risk of mosquito bites, protect yourself by using insect repellent and wearing long, loose, light-coloured clothing.

Malaria symptoms typically appear 7–30 days after infection and may include fever, chills, headache, and fatigue. Doctors can prescribe medication to help prevent Malaria, so it's important to consult your healthcare provider before travelling.

Dengue symptoms generally emerge 4–10 days after being bitten. These may include high fever, severe headache, joint and muscle pain, nausea, and rash. As there is no specific medication for Dengue prevention, avoiding mosquito bites is key.

If you develop symptoms of Malaria or Dengue while travelling or after returning home, seek medical attention straight away.

DRINKING WATER:

As a rule we recommend you don't drink tap water, even in hotels, as it may contain much higher levels of different minerals than the water you are used to at home. For local people this is not a problem as their bodies are used to this and can cope, but for visitors drinking the tap water can result in illness. Generally this isn't serious, an upset stomach being the only symptom, but it's enough to spoil a day or two of your holiday. Bottled water is widely available and your leader can recommend safe alternatives when available. Water consumption should be about three litres a day. Rehydration salts, motion sickness tablets, and diarrhoea blockers are available from many pharmacies. While on the trek your guides will boil and cool 3 litres of water for you per day. This will ensure the water is safe to drink and you stay hydrated on the trek.

MPOX

Mpox is a rare infectious disease mostly found in tropical rainforest areas of Central and West Africa. There are currently no local or worldwide travel restrictions related to Mpox and the risk to travellers remains low. Some countries may have Mpox screening measures in place, including body temperature checks, at points of entry.

Travellers in countries where Mpox has been detected are advised to take precautions such as minimising potential of skin to skin contact in crowded areas, washing hands thoroughly and frequently, and maintaining good personal hygiene.

Food and dietary requirements

By travelling on an Overland trip you have chosen a participation camping tour. This means that you will be helping your cook prepare meals for the group. You may also get the chance to help with the shopping.

Your cook will come up with meal ideas and quantities needed for large groups. Participating in the camp is usually done on a duty roster system with group of 5 or 6 people (depending on group size) having a different camp job each day.

If you have any dietary requirements please tell us at the time of booking, and also remind your crew at your welcome meeting.

A typical camp breakfast might be toast with spreads, cereal, something hot such as eggs or pancakes, as well as tea and coffee. Lunch is almost always a sandwich with healthy salad and assorted fillings, sometimes with fruit to follow. On occasion there will be the opportunity to buy your lunch to allow you try the local cuisine or provide some variety to sandwiches. Dinner might be a BBQ, rice dish or pasta dish and there is always the chance to try some African food such as ugali and stew.

Clean drinking water is provided on your overland truck and can be accessed at all times. Your crew will use this to cook and provide cordial at meal times. Please do not hesitate to use this water to minimise the consumption of plastic water bottles. Soft drinks and alcoholic beverages are not part of included meals.

One thing is sure - you definitely won't go hungry or lose weight on your safari! When you aren't camping you will have the freedom to decide where, what and with whom you eat.

SNACKS:

While all meals are provided while on the mountain you may want to bring some extra snacks from home. Perhaps some nutritional muesli or protein bars, or your favourite chocolate snack to keep the energy levels up on the harder sections of your trek.

Accommodation

On the mountain you'll be camping out under the stars with a full-service camping experience. You can bring your own sleeping bag or hire one through us (please advise your booking agent), while mattresses are provided. Our two-person tents are ideal for expedition trips and feature a flysheet made from ripstop nylon, anti-mosquito netting, reflective guy ropes and a 3000mm waterhead, ensuring you stay warm and dry even in difficult conditions.

Money matters

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

CREDIT CARDS, ATMS AND EXCHANGING MONEY

ATMs are available in most major towns and cities and even some campsites. Withdrawal limits vary between countries, sometimes as low as USD 100 per day, and will differ from your withdrawal limit at home. Smaller shops and restaurants only accept cash. Foreign currency is easily changed at exchange bureaus, who generally offer the best rates. If you are bringing USD cash we strongly recommend large bills in good condition, 2013 series onwards only. Any old or damaged notes may not be accepted.

Credit cards are generally accepted in tourist shops and some restaurants across Africa. Visa and Mastercard are preferred.

If you're on a multi-country trip, your leader will be able to give you an approximate idea of how much money you may need in each country.

MT KILIMANJARO NATIONAL PARK

There are limited opportunities to access banks and ATMs around Mount Kilimanjaro National Park. You won't need large amounts of cash while trekking, but we recommend withdrawing what you need in Arusha.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

TIPPING FOR MT KILIMANJARO TREK

You may like to tip the crew who accompany you during your trek. Please remember that there are no opportunities to obtain cash while trekking. Small bills will be the most useful so that you can split and adjust amounts as you feel is appropriate.

At the end of the trek, your leader will provide three envelopes for your group's tips – one for the leader and guides, one for the porters and one for the cooks. Your tips will be shared among the entire crew. We recommend you budget approximately USD 110 – 160 per traveller for the duration of the trek.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including

but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the reliability of universal travellers, however, local currency may be needed once in the country to cover these costs.

Packing

PACKING FOR TREKKING MT KILIMANJARO:

Although a guide will always accompany you on the trail you are unlikely to see your porter (as they are very fast!) except at the huts or the camps. Therefore it is important you carefully pack the smaller day pack you carry yourself. Anything you need during the course of the day should be in your day pack including, most importantly, something warm and something waterproof.

Your maximum gear allowance is 9kg / 20lb. At the welcome meeting you will be provided with a duffel/kit bag to transfer your hiking luggage into. This waterproof bag, with liner, minimises the weight your porter needs to carry and allows you to store excess luggage at the hotel. Each porters load is weighed by the Park and cannot exceed 20 kg - their bags will be weighed at the hotel before the group sets off.

Light clothing is generally sufficient until you reach the 3-4000 metre/12-14,000 feet altitude range provided you always have something warm and waterproof in your daypack. Beyond these altitudes, even if the mornings are glorious, you must always be ready for dramatic changes in the weather, including snow storms. You must have clothing with you in your daypack adequate to the conditions. Please ensure your day pack is large enough to carry these clothes, your lunch box, 3 litres of water and any other items such as camera equipment.

It is for the final ascent that all your warm clothing is important. The ascents are done at night and this is when the coldest temperatures are experienced. You must be prepared for temperatures of minus 25 degrees celsius/minus 13 Fahrenheit. As a rule you should wear 2 pairs of socks, 3 layers on the legs, 4-5 layers on top. A balaclava or ski mask is necessary to keep the head warm and you should have a hood to protect your head from wind. Mittens, ski gloves and dark glasses are also needed.

Note: the bag the porter carries for you should not exceed 9 kg/20 lbs. If bags are too heavy items may have to be removed or you may choose to hire an additional porter.

PACKING LIST:

- Anorak/parka with hood (waterproof) x 1
- Down jacket x 1
- Sweater/fleece x 1
- Thermal top x 2
- T-shirts x 3, long sleeve shirts x 2-3
- Waterproof trousers or ski pants x 1
- Warm trousers x 2
- Hiking shorts/trousers x 1
- Long thermal pants x 1
- Thermal underwear
- Socks thin and thick x 6
- Hiking boots
- Gaiters
- Comfortable closed shoes (for around camp)
- Mittens and ski gloves
- Balaclava and woollen hat
- Sunglasses
- Scarf
- Sun hat

- Day pack, approximately 30 litres
- Refillable water bottles - 3 x 1 litre (disposable plastic containers are not allowed on the mountain)
- Good quality, super-warm 4-season sleeping bag (these can be borrowed from our local operator in Tanzania but this service is on a request basis only - please book your bag at time of booking)
- Small first aid kit
- Headache tablets
- Imodium (loperamide)
- Climbers may like to consult their physicians about acetazolamide (Diamox), a drug that many find mitigates the ill effects of altitude, headache, diarrhoea & vomiting.
- Hand towel
- Wet wipes
- Toiletries
- Head torch and flashlight with spare batteries (needed for summit night)
- Sunblock and high SPF lip balm
- Camera, film, extra batteries - you will not be able to recharge on the mountain but can at the hotel before and after the climb.

EQUIPMENT HIRE:

Additional hiking equipment can be hired in Marangu. However, on a trek such as this, tried and tested equipment purchased from home may be more reliable, comfortable and of a better fit. If you do require any gear, please speak to your leader at the welcome meeting on day 1. Below is a list of some of the equipment available and the rough rental costs.

- Sleeping bag - FREE (must be requested through your booking agent prior to departure)
- Additional Thermarest/trekking roll mat - \$20 (not required on Marangu route)
- Trekking poles – FOC but must be requested at time of booking
- Waterproof trekking boots - \$30
- Gaiters - \$10
- 30 litre day pack - \$20
- Ski sunglasses/Sun goggles - \$10
- Waterproof jackets/hooded parkas - \$15
- Warm fleece sweater - \$10
- Light hiking trousers and shorts - \$10 each
- Warm hiking trousers - \$15
- Trekking t-shirts/long-sleeved shirts - \$10 each
- Mittens/ski gloves/scarf/sun hat - \$10 each
- Balaclava/ski mask- \$5

PLASTIC BAG BANS ACROSS AFRICA

While Namibia holds people liable to a fine of N\$500 or imprisonment for entering Game Parks with a plastic bag, Botswana has announced a countrywide ban on plastic bags to come into effect on 1 November 2018. The ban will make the importing, trading and commercial use of plastic bags a criminal offence. Exceptions will be made for plastics that are essential for health and hygiene. With these announcements, Botswana and Namibia join other African countries such as Tanzania, Kenya, Ethiopia, Uganda, Tunisia, Morocco, Rwanda, Uganda, Somalia and Eritrea that have banned plastic bags. South Africa imposed a levy on plastic bags in 2004 but they have not yet been banned.

Many countries are strictly enforcing this and have been searching luggage at border points. Camping stores are good for obtaining waterproof reusable bags, for dirty laundry etc, prior to departure.

Group Leader

KILIMANJARO CLIMB:

This trip is led by experienced guides, with a minimum of 1 guide to every 2 climbers. Sufficient porters are employed to carry the group's equipment.

Safety

FREE TIME & OPTIONAL ACTIVITIES

Your group leader or local representative will accompany you on all included activities; however, during your trip, you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader or local representative will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Please also note that your group leader or local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

INTREPID SAFETY STANDARDS

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/safety-guidelines>

CLIMBING KILIMANJARO WITH INTREPID - SAFETY FAQs

Climbing Kilimanjaro is a pretty tall order – in fact for most people it's the hardest physical challenge they will ever undertake. It can also be a dangerous environment if the right precautions aren't taken – and that's why our number one priority is your safety.

Of course – we still want you to have a great time, and we'd love you to reach the summit of Africa's highest mountain! So – rest assured that not only are you travelling with an operator that puts safety first, but also that around 95% of clients that climb with Intrepid make it to Uhuru Peak!

The following are some FAQs on safety on the mountain.

Q: Who is your local operator in Tanzania?

A: All Intrepid Kilimanjaro climbs are operated by Intrepid Guerba Tanzania Limited, which is a fully owned Intrepid company based in northern Tanzania.

Q: How many mountain guides will I have for my climb?

A: It depends on the number of passengers in your group. We operate with a strict minimum of one mountain guide for every two clients. Meaning that there will be plenty of mountain guides on your trip to ensure that you are looked after, encouraged, and informed about Kilimanjaro.

Q: Do your mountain guides carry first aid kits?

A: Yes. We carry multiple, comprehensive first aid kits and our mountain guides are fully trained on their use. All of our mountain guides are first-aid qualified.

Q: Are your mountain guides trained to recognise symptoms of Acute Mountain Sickness?

A: Absolutely! Intrepid have invested in the highest standards of training of any operator on Kilimanjaro. This includes advanced altitude training delivered by a UK doctor and altitude research specialist. One of the key elements of this is training on the Lake Louise altitude assessment system, which allows our mountain guides to effectively monitor clients constantly whilst on Kilimanjaro and assess if they are suffering from AMS and, if so, how severe that AMS is. We also train them on how to respond in the case of a moderate or severe case of altitude sickness – which will always mean organising for the affected client to descend immediately. During your briefing on the first evening of your trip, your mountain guide will talk to you about symptoms of AMS and how to recognise them.

Q: Do you carry medicines for altitude?

A: Yes – there are two key, potentially life-saving drugs that our teams carry on the Mountain. These are Dexamethasone and Nifedipine and they used to treat cerebral and pulmonary oedema, which are the two potentially life-threatening complications of severe AMS. Our mountain guides are fully trained on the use of these drugs for altitude related illnesses.

Q: What about Diamox?

A: We don't carry Diamox on Kilimanjaro. The reason for this is that, although medical research suggests that Diamox can be very effective in aiding acclimatisation to altitude, it has been proven to be far less effective at treating severe AMS. You may wish to talk to your doctor prior to travelling about being prescribed Diamox to assist acclimatisation while you climb Kilimanjaro.

Q: Will oxygen be available?

A: We carry medical oxygen – and when a group has four passengers or more, this will mean multiple cylinders will be distributed amongst the team of mountain guides to ensure that oxygen is always quickly available in the case of an emergency. The oxygen that we carry is strictly for emergency use only – and cannot be used by clients to assist in climbing or summiting.

Q: Do you carry Gammow Bags or PACs?

A: No. Gammow Bags and PACs are two types of portable hyperbaric chambers, which are sometimes used for sufferers of severe AMS. What makes Kilimanjaro relatively unique is that it is a “rapid ascent mountain” – meaning altitude gain happens extremely quickly. Logically, therefore, Kilimanjaro is also a “rapid descent mountain” and our policy is that in the case of severe AMS, our mountain guides will immediately evacuate the sufferer down the mountain, usually with the assistance of porters to carry the person affected. Often, a descent of just a few hundred metres will be enough to make a difference. Gammow bags and PACs are more effective in other parts of the world where rapid descent on foot is not possible. Also, a Gammow Bag takes a little while to inflate – which on Kilimanjaro is valuable time lost during which an evacuation down the mountain could already have commenced.

Q: How do your mountain guides communicate on Kilimanjaro?

A: Cell phone coverage on the mountain is improving – but is still patchy in many areas. For this reason, Intrepid mountain guides carry short wave radios to allow for communication in the case of an emergency.

LGBTQIA+ TRAVELLERS IN TANZANIA

Same-sex relationships are illegal in Tanzania (including Zanzibar) and are not tolerated in Tanzania's conservative society. Same-sex public displays of affection, like holding hands or kissing in public, could lead to arrest and up to 30 years' imprisonment. LGBTQIA+ travellers should carefully consider the risks of travelling to Tanzania, and refer to your government's official travel advisories for the most up-to-date advice before you travel.

Community guidelines

Intrepid won't tolerate any kind of violence, harassment (whether physical, verbal or sexual), or disrespect toward fellow travellers, our teams or local communities.

To ensure the wellbeing of everyone on the trip, decisions made by your group leader are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

Any behaviour that prevents your leader from continuing the itinerary as planned, breaks local laws or opposes any of these guidelines may result in Intrepid denying your booking or removing you from the trip.

If something concerns you during your travels, please speak to your group leader immediately. Alternatively, you can contact us on the emergency contact number detailed in the Problems and Emergency Contact Information section of this Essential Trip Information.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those

where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

On our trips, rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender, as per the gender marker on each of their passports.

We also offer an optional single supplement on most trips for travellers who prefer to have their own room. This only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will always be on a single-room basis.

On a small selection of trips some accommodation will be open-gender and multishare, such as a felucca in Egypt or an overnight train in Vietnam. Please review the Accommodation section of the Essential Trip Information for details about your trip.

LGBTQIA+ TRAVELLERS

We strive to create a safe and inclusive environment for everyone. If your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that, at a minimum, you are covered for medical expenses, including emergency repatriation. If you are travelling within your home country or region, please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance, your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number, rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or the USA, the requirement to purchase travel insurance cannot be compulsory. However, the purchase of travel insurance is still highly recommended, and each country you visit may have its own specific entry requirements. For example, some mandate travel health insurance for all foreign travellers, regardless of their nationality. Travellers from the European Union, Switzerland or the USA who decline travel insurance when travelling outside their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:
<https://www.intrepidtravel.com/responsible-travel>

The Intrepid Foundation

Our non-profit, The Intrepid Foundation, gives travellers more opportunities to make a positive impact in the places they visit.

We have over 50 Intrepid Foundation partners across the globe addressing four key focus areas: protecting the environment, taking a stand for wildlife, addressing inequality and empowering communities.

Intrepid matches all post-trip donations dollar for dollar and takes care of the admin fees – this doubles your impact and ensures every cent goes to our partners on the ground.

Visit our website for more info: <http://www.theintrepidfoundation.org/>

This trip supports the Kilimanjaro Porters Assistance Project (KPAP), who provide education, support and advocacy to ensure the fair and ethical treatment of Kilimanjaro Porters. The Porters who guide and support trekkers are often overworked and underpaid; donations support KPAP's Partner for Responsible Travel Program which recognises and monitors tour operators committed to the fair treatment of mountain crew during a Kilimanjaro climb. Intrepid will double your impact by dollar-matching post-trip donations made to The Intrepid Foundation. To find out more or make a donation, visit: <http://www.theintrepidfoundation.org/t/kilimanjaro-porters-assistance-project-2019>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.