

# THE EPIC CHALLENGE SERIES

#SHINE  
ALIGHT



Vodafone  
Foundation

## Mount Kilimanjaro Trek

6<sup>th</sup> - 16<sup>th</sup> February 2020

### Event Information Guide

## What is the Kilimanjaro Trek in Tanzania ?

### The Trek

The trek takes the Lemosho Route, which starts on the Western side of Mount Kilimanjaro and takes 7 days, giving more time for acclimatisation. The route covers approximately 70km. You will reach Uhuru Peak at 5,895 metres on the 6th day of trekking.

Day	Date	Action
Thursday	6th February	Depart UK
Friday	7th February	Arrive in Kilimanjaro
Saturday	8th February	Start trek
Sunday	9th February	Trek
Monday	10th February	Trek
Tuesday	11th February	Trek
Wednesday	12th February	Trek
Thursday	13th February	Summit, commence descent
Friday	14th February	Continue descent, return to base
Saturday	15th February	Fly to UK
Sunday	16th February	Arrive back in UK

### What's Included?

- Airport transfers within Tanzania
- All meals in Tanzania where shown in the itinerary
- Accommodation – please note, this will be camping with one other in a 3-person tent, apart from the nights pre and post event which will be in a local tourist hotel
- Team Vodafone kit: 1 x hoodie, 1 x neck buff, 1 x beanie Entry Fee

## Entry fee

The entry fee is £600 to be paid in one payment on registration. This entry fee is not refundable.

## Travel information

### Arrival

All participants must arrive at the group hotel no later than **14:30 on 7th February** to attend a **compulsory briefing** and equipment check. There is one scheduled team transfer in Tanzania to and from the airport, but you will need to pay for your own flights to Tanzania. The transfer will be departing Kilimanjaro international airport at 11.30am on Friday 7<sup>th</sup> February 2020. Please ensure you arrive into the airport before this time so that you do not miss the team transfer.

If for any reason this transfer time is unsuitable, you will need to organise a taxi at your own cost. We recommend pre-ordering taxis through a reputable operator or hotel. Transfer time is approximately 1 hour. Please contact us ([epicchallengeseries@thresholdsports.co.uk](mailto:epicchallengeseries@thresholdsports.co.uk)) if you would like assistance with this.

There are many combinations of flights, but the most common routes to Kilimanjaro airport are via Jomo Kenyatta airport (Nairobi), Doha and Amsterdam.

Vodafone employees may not book their travel to/from the Epic Challenges through CWT (Carlson Wagonlit Travel).

### Visa info

UK passport holders will need a tourist visa to enter Tanzania. Your passport must have at least 6 months validity and 2 blank pages.

If you are not a UK passport holder, please seek the specific advice for your own country. Guidance from the Tanzanian Consulate can be found here: <https://www.tanzaniaconsul.com/visa.html>

Each participant is responsible for arranging their own visa.

### Insurance

Vodafone employees sign up as to Epic Challenges as private individuals supporting The Vodafone Foundation, not as Vodafone employees.

You are therefore required to arrange your **own insurance**. Travel insurance is compulsory and so we advise taking out cover as soon as your registration is confirmed. Please ensure you have the correct cover for this type of challenge. Cover should include trekking up to 6000m in Tanzania.

We will need a copy of your insurance documents for Health and Safety reasons in case something were to happen to you. Therefore, send a copy of these documents to [epicchallengeseries@thresholdsports.co.uk](mailto:epicchallengeseries@thresholdsports.co.uk) by 6<sup>th</sup> January 2020. It is really important that we have these so please send them as soon as possible.

## Extending the trip

You are welcome to extend your trip. Please ensure you notify Threshold Sports [epicchallengeseries@thresholdsports.co.uk](mailto:epicchallengeseries@thresholdsports.co.uk) if you intend to do this and therefore do not require the internal transfers.

## Key timings

### A day on the mountain

06:00	Wake up
06:30	Breakfast
07:20	Team warm up so you're ready to go
07:30	Start trekking
12:00	Hot lunch
15:00	Arrive at camp
18:00	Team briefing
19:00	Dinner

## Accommodation, food and drink

### Accommodation

The accommodation is camping. There will be designated camping areas and good quality 3-person tents provided on a twin occupancy basis.

There is the option to purchase a single supplement for the duration of the trek so you will not be sharing a tent for £100. To upgrade to single supplement, please contact us on [epicchallengeseries@thresholdsports.co.uk](mailto:epicchallengeseries@thresholdsports.co.uk).

### Facilities on the Trek

Alongside sleeping tents there will be a kitchen tent, dining mess tent for mealtimes and private toilet tents at each evening camp.

There will be no showers once on the mountain. For washing you will be provided each morning and evening with a bowl of warm water.

### Food and drink

You will have three freshly prepared nutritious meals each day and access to an unlimited supply of treated water while trekking.

A typical breakfast consists of hot drinks, fresh fruit, toast, porridge and eggs. Lunch and dinner consist of meat or other protein and carbohydrates for energy in the form of rice, pasta, potatoes and other vegetables.

When it comes to nibbles, although there will be plenty to keep you going, we'd recommend you bring some of your favourite dry and packaged snacks e.g. cereal bars, nuts or biscuits.

## Dietary requirements

We can accommodate most dietary requirements so please advise us in good time if you have any specific considerations. There is a section on the registration form for you to provide dietary details, but if you have any specific requests and would like to talk about this specifically please get in touch on [epicchallengeseries@thresholdsports.co.uk](mailto:epicchallengeseries@thresholdsports.co.uk).

Please be aware that if you have specific dietary requirements, there may not be as much variety as you would have access to at home. If there are many foods you cannot eat, we would recommend bringing some extra snacks just in case.

## An itinerary of the trip

Day	Location	Description
Day 1	Kilimanjaro – Shira 1	From Arusha we set out in vehicles to Londorosi gate to sign into the park and then transfer up to Murram barrier to start hiking at around 3,400 m. Lunch is taken either at the gate or at Murram and then the trek heads to camp crossing 2 seasonal steams. You arrive into camp in mid afternoon. Overnight is spent at Shira 1 Camp - Alt 3,560m/11,680ft - full board.
Day 2	Kilimanjaro – Shira 2	After a relatively long hike and significant altitude gain, today is a short day and you arrive in Shira 2 camp in time for lunch. This is a good day for acclimatisation with the option of an afternoon walk with your guides. Overnight is spent at Shira 2 Camp (Alt 3,850m/12,631ft - full board).
Day 3	Kilimanjaro – Barranco	Today is a 'walk high sleep low' day. You ascend into alpine desert and for those that are feeling strong you can even head up to Lava Tower before descending to Barranco camp. Lunch is taken as a picnic lunch on route. This is long day but pays dividends later on – it's a great acclimatisation day! The night is spent at Barranco Camp (Alt 3,910m/12,828ft - full board).
Day 4	Kilimanjaro – Karanga	From Barranco camp, famous for it's giant groundsels (Senecio species), you will ascend the Barranco wall and hike glacial valleys to Karanga camp (Alt 4,100m/13,451ft). Today is a relatively short day of hiking and lunch is taken at Karanga camp. In the afternoon a walk can be taken with your guides for great views of the southern walls of Kibo and deep glacial valleys. Overnight is spent at Karanga Camp (full board).
Day 5	Kilimanjaro – Barafu	Today is another half day ascending to Barafu camp (Alt 4,600m/15,092ft). Once again lunch is taken in camp allowing plenty of time to relax before the summit bid. Desolate alpine desert and at times strong winds rip over this camp and yet in the evening splendid views of Mawenzi peak are the norm. A relatively early dinner is taken before heading to rest for the evening at Barafu Camp (full board).
Day 6	Kilimanjaro – Summit / Mweka	Most people depart just before midnight for the final summit bid. Patience and persistence is the name of game to reach the summit (Uhuru peak 5,895m/19341ft) and by dawn as the first rays of light start to appear, most arrive near the rim. Ascending via Stella Point (Alt

		5,750m/18,865ft) affords a relatively short final section to Uhuru peak, the Roof of Africa! What goes up must come down and your goal today is to reach Mweka camp before dusk. Overnight is at Mweka Camp (Alt 3,100m/10,171ft - full board).
Day 7	Arusha	After breakfast you descend once again through mountain forest and around midday, after saying farewell to your crew, you are picked up and transferred back to your lodge for a well-deserved shower and celebration dinner!

## What to bring

### Kit

Please head to the Event Hub (<http://www.thresholdsports.co.uk/vodafone-kili-hub/>) to view your detailed kit list. We do not recommend bringing any valuables (e.g. jewellery, gadgets etc.).

Your #TeamVodafone kit will be available for collection when you arrive at the event so you will have it to wear during your challenge. Remember to leave space for it in your bag.

Please note you will need to bring your own sleeping bag. Sleeping bag hire is available locally. A Mountain Hardware lamina -30c long size is £49 and payable in advance. It will be available for collection on arrival. To book this please email [epicchallengeseries@thresholdsports.co.uk](mailto:epicchallengeseries@thresholdsports.co.uk) and we will take the payment and book this for you.

You will not have to carry your overnight bag, however you will have to carry your small day rucksack during the trek.

### Baggage allowance

Two bags are allowed on the trip:

- 1 large overnight bag (100L – 120L approx.) – This will contain your overnight kit and will be carried by porters from camp to camp each day. Therefore these must be soft duffle bags or rucksacks only, no hard cases, suitcases or wheels.
- 1 day bag (30-35L approx.) – A smaller rucksack which you will carry as you trek and will typically contain anything you need access to during the day between camps.

Your overnight bag will be restricted to 14kg whilst on Kilimanjaro. You will have the option to leave some items in the hotel whilst you are on the trek, which you will not have access to during the climb.

## Training and Difficulty

The trek is designed to be a challenge and it is vital you train sufficiently for it; it shouldn't be underestimated.

The trek will invariably involve steep ascents/descents, extremes of weather and high-altitude trekking. In order to be best prepared for the altitude you should endeavour to have a good base level of fitness and arrive well rested and well hydrated before stepping foot on the mountain.

There is a 24-week training plan to following which start on 19<sup>th</sup> August. Head to the Event Hub (<http://www.thresholdsports.co.uk/vodafone-kili-hub/>) to view this plan.

## Other Difficulties

**Facilities:** You will be camping and the facilities will be basic. The toilets will be canopy style portaloos. There will be no shower facilities.

**Weather:** The weather and climate can be challenging at times. Please come prepared for ALL weathers, right through from rain, warm and humid rainforest, to circa -20C with wind chill and snow/ice. There are four obvious climatic zones on Kilimanjaro and you could experience all of them on your trek.

**Altitude sickness:** Climbing Kilimanjaro involves high-altitude trekking. For more information and advice on altitude, see the Health section below.

**Early starts:** The average time you will get up on the trip is 6:00am. Each day will involve between 4 to 7 hours of trekking.

## Health and Safety

You're in safe hands during your journey. On the mountain you'll be accompanied by our Trip Leader, as well as our UK medic.

This is in addition to a large and expert local team comprised of guides, assistant guides, camp staff, cooking staff and porters.

Please note the number of crew looking after you will depend on the group size.

### Emergency Support

Guides will have a 2-way radio communication and satellite phones to communicate with the team on the ground in Tanzania as well as our 24-hour contact in the UK if needed.

There are National Park rescue vehicles on standby to help exit the mountain if required. Should you for any reason need to leave the group early, the most appropriate member of the team for the situation will accompany you.

### Mobile phone use

There is intermittent phone signal on the mountain so please tell your loved ones that contact will be infrequent.

You will not be able to charge your phone during the trek, so in order to save battery it is best to text friends and family at home, not call them. We would recommend bringing a power pack with you to charge your phone if needed.

You will be given an emergency contact list to share with your friends and family before you leave the UK.

### Vaccinations & Medication

Some vaccinations might be needed for Tanzania. It is best to consult a medical professional for advice on the latest recommended vaccination requirements for Tanzania. A good reference point is the NHS website, Fit for

Travel (<https://www.fitfortravel.nhs.uk/destinations/africa/ united-republic-of-tanzania>):

Your GP will be able to advise on the most appropriate course of immunisations, and so you should visit your doctor well in advance of travelling. Here is some advice:

- Highly recommended vaccinations: Diphtheria, Tetanus, Hepatitis A, Typhoid Fever
- Vaccinations to be considered: Yellow Fever, Hepatitis B, Rabies, Meningococcal Meningitis (ACWY), Cholera, Tuberculosis (TB)

Malaria tablets are typically recommended for your time on the ground before and after the trek. Tanzania is a high-risk malaria zone.

All travellers should avoid mosquito bites day and night, and pregnant women should seek further advice from their GP.

## Altitude Sickness

In order to best prepare for the altitude, you should endeavour to have a good base level of fitness and arrive well rested and well hydrated.

It is important to follow the advice of the crew on the journey with you who will help you tackle the altitude in a safe and sustainable way.

Acetazolamide (sold under the trade name Diamox) is a medication that has been shown to aid the acclimatisation process and reduce the symptoms of altitude sickness. It is recommend that you discuss the suitability of this medication with your medical practitioner.

## Section 8: Further Information

### Fundraising

The fundraising target is £4,000 which has to be raised by one month after the event: 16<sup>th</sup> March 2020. 50% of the target must be reached by at least 6 weeks before the event: 26<sup>th</sup> December 2019.

All funds raised by Vodafone employees that choose to #ShineALight for girls by taking part in an Epic Challenge will go to Vodafone Foundation's specially created Girl Fund – to support programmes that improve the lives of vulnerable girls.

Vodafone Foundation's Girl Fund is a restricted fund dedicated to supporting charitable programmes that use technology to improve girls' access to education, informal learning and health services in countries where Vodafone operates.

Money raised into Girl Fund will be allocated at the discretion of Vodafone Foundation Board of Trustees to existing and new partners. To find out more about the #ShineALight campaign, please visit Sharepoint.

For top tips and ideas for fundraising, please read the fundraising guide on the Event Hub (<http://www.thresholdsports.co.uk/vodafone-kili-hub/>).

## **Cancellation terms**

If you can no longer take part in the trek, you must tell us at Vodafone Foundation as soon as possible by emailing [connectingforgood@vodafone.com](mailto:connectingforgood@vodafone.com). Please note your registration fee is non-refundable.

## **Local customs**

There are no strict dress codes but you should consider dressing conservatively when in the towns. Women should wear loose clothes, covering arms and legs. Men travelling shouldn't wear shorts or tops that show shoulders. This is not an issue during trekking days though.

Homosexuality is illegal in Tanzania and is not tolerated in Tanzania's conservative society. Public displays of homosexuality like holding hands or kissing in public places could lead to arrest and imprisonment.

For more information on the customs in Tanzania, please look at the Foreign Commonwealth Office (<https://www.gov.uk/foreign-travel-advice/tanzania>).

It is customary for a tour group of this size to offer the mountain crew a cash gratuity at the end of the trip. This will be covered by Vodafone Foundation.