

# KILIMANJARO CLIMB (10 days) Machame route - Family Adventure



**COUNTRIES VISITED: TANZANIA**

## INCLUDES

- Airport transfers from Kilimanjaro airport and all road transportation from start to finish of the trip
- 3 night's accommodation at Honey Badger Lodge, Moshi (Half board)
- 7 day Machame Route Kilimanjaro climb (including meals & drinking water, camping accommodation, services of guide, porters and cook)
- All National Park fees

## EXCLUDES

- Visas
- Personal hiking equipment, oxygen supply
- Optional Excursions as listed in the Pre-Departure Information
- Any internet charges
- Airport Taxes

- Travel Insurance
- Flights
- Drinks
- Tips

## TRIP ITINERARY

### DAYS 1 MOSHI

At **5896m Mount Kilimanjaro** is the highest point in Africa and the tallest free-standing mountain in the world. Few mountains can claim the grandeur of Kilimanjaro, with its breathtaking views of Amboseli National Park in Kenya, the Rift Valley and the Maasai Steppe. Unlike many of the world's other high peaks, no climbing is actually required and even first-time enthusiasts can hike to the top.

Your Kilimanjaro adventure begins with you being met at Kilimanjaro airport and transferred to the tour hotel. Feel free to make use of the **swimming pool** or explore the friendly town of **Moshi** before your trek briefing at the hotel with our mountain guide in the late afternoon.

### DAYS 2 MOSHI TO MACHAME CAMP

After an early breakfast we will leave Moshi at 9am and drive for approximately 45 minutes to Kilimanjaro's **Machame Gate**, on the southwestern side of the mountain. Your guide will handle your registration before we begin the hike around 10:30am.

Once we start our ascent we immediately enter the **rain forest**. The trail ahead is often very muddy and slippery, due to heavy rains on this side of the mountain, so good grip footwear, trekking poles and gaiters are recommended even at this early stage! Our cooks will have a welcome lunch ready for us at the halfway point, then we continue through the rain forest and we should reach camp at around 4-5pm. Camp is set up for us ahead of our arrival, giving us time to unpack, relax and socialize around the campfire.

#### Machame Gate to Machame Camp

- Elevation: 1640m to 2850m
- Distance: 11 km
- Hiking Time: 5-7 hours
- Habitat: Montane Forest

### DAYS 3 MACHAME CAMP TO SHIRA CAMP

After an early breakfast, we climb to the top of the rain forest and follow a gentle gradient through the **moorlands**. After lunch we follow a rocky ridge, and as **Shira plateau** comes into sight, we are welcomed with some spectacular views of the **Western Breach** with its stunning glaciers. The path leads us to Shira camp, which is located on moorland meadows next to a cold mountain stream. We should arrive at camp around 2-3pm, and have the rest of the afternoon and early evening to explore the plateau. Please note that this camp is exposed to the elements and at night temperatures can drop to below freezing.

#### Machame Camp - Shira Camp

- Elevation: 2850m to 3810m
- Distance: 5 km
- Hiking Time: 4-6 hours
- Habitat: Moorland

## DAYS 4 SHIRA CAMP TO LAVA TOWER TO BARRANCO

Today's hike will take us past the **Lava Tower at 4600m** before descending down to **Barranco Hut** at an altitude of 3900m. Today is extremely important for acclimatization, and will be the toughest so far. The terrain will change from moorland into semi desert and rocky landscape, which surrounds the Lava Tower. Barranco Camp is in a valley below the Breach and Great Barranco Wall, and we should arrive at camp around 4pm, giving us time to rest and find a prime position for what is sure to be a memorable sunset.

Today be careful to notice any signs of altitude sickness and be sure to make our guides aware of how your feeling, so that they can plan accordingly and make recommendations for the following days hike.

### Shira Camp to Lava Tower to Barranco

- Elevation: 3810m to 4630m
- Distance: 7 km
- Hiking Time: 4-5 hours
- Habitat: Semi desert

## DAYS 5 BARRANCO CAMP TO KARANGA CAMP

Over breakfast we take in the enormity which is the great **Barranco Breach Wall** and consider our next task of climbing it! The climb itself is not as hard as you may anticipate and brings us just below the **Heim Glacier**. We now head down into the **Karanga Valley**, where our path entwines with the Umbwe route. We plan to arrive at Karanga camp by mid-day, giving us time to unpack, relax and socialize before dinner.

### Barranco Camp to Karanga Camp

- Elevation: 3976m to 4200m
- Distance: 5 km
- Hiking Time: 4-5 hours
- Habitat: Semi desert

## DAYS 6 KARANGA CAMP TO BARAFU CAMP

Leaving Karanga camp we have another shortish day but with some steep valleys to negotiate. We have some hard hiking today, especially as your body may well be struggling with the altitude. Our destination is Barafu Camp (Barafu meaning 'ice' in Kiswahili) from where we make our **final ascent** at midnight. Once at the camp we will have time to walk around the rocky ridge for some **spectacular views of Mawenzi peak** and Kibo, weather permitting!

We will have the afternoon to prepare our equipment for our final ascent and then an early dinner and early to bed to get some much needed pre-climb rest and sleep.

### Karanga Camp to Barafu Camp

- Elevation: 4200m to 4673m
- Distance: 4 km
- Hiking Time: 4-5 hours
- Habitat: Alpine desert

## DAYS 7 SUMMIT DAY - BARAFU CAMP TO UHURU PEAK TO MWEKA HUTS

Today is our **ascent day**! We'll wake at 23:30, have a light breakfast and prepare for our journey under a star lit sky. It will be a very cold and steep hike, but everyone's spirits will be high! We have around a 6-8 hour hike to the top of Africa. Once at **Uhuru Peak**, we will have reached the **highest point on Mount Kilimanjaro** and the continent of Africa. You would have to travel more than 3,000 miles toward the Himalayas to find a higher peak! Faster hikers will see an incredible sunrise from the summit, others from Stella Point, just below on the craters edge, but both are sure to be a memorable and breath-taking

experience. Once we have all reached the summit, had time for some 'champion' photos, we need to head straight down. We head for Mweka Huts, which will take around 5 hours, after dinner we get some well-deserved sleep!

Please note that we will be doing the beginning of this climb in the dark with headlamps or flashlights. It will be very cold until you start descending, so you will need all of your warm layers. This is, by far, the most difficult part of the trek. Slowly, slowly and in Kiswahili "pole, pole," an optimistic attitude will get you there!

### **Summit Day - Barafu Camp to Uhuru Peak to Mweka Huts**

- Elevation: 4673m to 5895m to 3068m
- Distance: 4 km up, 11 km down
- Hiking Time: 13-16 hours
- Habitat: Stone scree/ice capped summit

### **DAYS 8 MWEKA CAMP TO MWEKA GATE**

After a hearty and well-deserved breakfast, we make our way down to **Mweka Gate**. We will reach the gate around 2-3pm, and at this point we will receive our Summit Certificates, and say goodbye to our guides, cooks, and porters. We'll transfer to your hotel in Moshi, where it is definitely time for celebrations!!!

#### **Mweka Camp to Mweka Gate**

- Elevation: 3068m to 1640m
- Distance: 10 km
- Hiking Time: 3-4 hours

### **DAYS 9 MOSHI**

Free day for you to relax after you have achieved this extraordinary feat, for those wishing to explore Moshi township, you have time to do so today, or if you wish you can take an Optional Chaga Village tour. On this tour you will learn about the people of Kilimanjaro - The Chaga tribe, you will have a guided tour and learn about their history and culture as well as visiting the local Chaga museum.

### **DAYS 10 MOSHI**

Transfer to Kilimanjaro International Airport for outbound departure.

## **ESSENTIAL INFORMATION ABOUT YOUR TRIP**

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### **ARRIVAL & ACCOMMODATION**

**Trip Joining Point:** Springlands Hotel, Moshi

**Start Time Day 1:** 17:00 (or 08.00am Day 2 for private bookings)

**Address:** Tembo Road, Pasua Area, Moshi, Tanzania

**Telephone:** +255 784 451 000

All prices listed are approximate and subject to limited availability.

<b>Room Type</b>	<b>Price</b>	<b>Description</b>
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Single en-suite	On request	Per Room
Double/Twin en-suite	On request	Per Room
Triple en-suite	On request	Per Room

Situated in a rural community, this comfortable hotel offers good value en-suite rooms with showers, mosquito netting and fans. There are pleasant gardens with indoor and outdoor bars and a large swimming pool.

### **PRE-TRIP ACCOMMODATION:**

We provide a free service for booking pre-trip accommodation and airport transfers. Just contact us to request the accommodation / transfer required. We will require your flight number, arrival time, and arrival date so please ensure this information is forwarded to us as soon as you have booked your flight. Please book this service as soon as you have booked your flight and no later than 6 weeks prior to departure, after which a late booking fee will apply. If you have booked through a travel agent, please contact your agent to request pre-trip accommodation and airport transfers.

If you are arriving early in the morning and you would like to check in immediately, you may have to reserve your room for the previous night to ensure direct check in, otherwise you may have to wait until normal check in times (usually 1pm to 2pm).

### **AIRPORT TRANSFERS:**

**Airport Transfers are not included** between Kilimanjaro International airport and Moshi but can be added to your booking on request provided you request these via the UK office at least four weeks before your departure).

If you book an airport transfer, then on arrival at Kilimanjaro airport, you will be met by a representative holding an Oasis Overland sign or with your name displayed. The representative will be waiting for you in the arrivals hall and then transfer you to the hotel.

### **PRE-DEPARTURE MEETING**

Day 1 of your trip is an arrivals day, there will be a pre-departure meeting in the starting hotel this afternoon / evening. There will be a notice in reception advising the exact time and here you will be briefed on the day to day running of your climb. You will need to have a photocopy of your **passport information page, insurance policy details** with policy number and confirmation that the duration will cover you for the entire trip and a **24-hour emergency assistance** telephone number. It is essential that you attend this meeting - please let the UK office or your tour leader know if you are unable to do so.

### **POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS**

Post-trip accommodation & airport transfers can be arranged by emailing your departure flight details to our office at [africa@oasisoverland.co.uk](mailto:africa@oasisoverland.co.uk) or with your tour leader at your tour briefing on Day 1.

### **FLIGHT INFORMATION**

Day 1 in your departure city, is an arrivals day. For your convenience we would advise that you arrive at the latest, on the afternoon of this day. You may wish to allow some extra time to explore your arrival and departure cities.

We recommend allowing an extra day post trip before booking a return flight, just in case of any unexpected delays.

There are many online flight search engines such as [www.skyscanner.net](http://www.skyscanner.net) or [www.ebookers.co.uk](http://www.ebookers.co.uk), flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details through your online account, as airport transfers can be arranged for various trips.

**One way ticket:** If you intend to travel on a one way ticket to meet up with one of our trips, without possessing an onward flight ticket - we recommend that you have a copy of your payment confirmation/receipt (that you will be sent at time of your balance payment) available at immigration to assist easy entry.

## PASSPORTS

Your passport must be valid for at least 6 months AFTER your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

## VISAS

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements. It is **your responsibility** to ensure you have all the relevant visas you require.

Visas must be paid for in **USD cash ONLY**.

For more information on other nationalities & visas checkout [www.projectvisa.com](http://www.projectvisa.com)

### Tanzania

Passport Holders from UK, Ireland, Australia, New Zealand, Canada and most EU countries will require a visa to enter Tanzania. The current cost is \$50 USD with the visa available on arrival at the border. Passport holders from the USA also need a visa and can obtain it on arrival, but the cost is \$100 USD. Alternatively visas are available in advance via the [Tanzanian government's e-visa website](http://www.tanzania.go.ke). South African passport holders are Free of charge.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate, and whether you need to obtain the visa in advance.

For those travelling on the Grand Adventurer, Apes & Lakes and Gorillas, Gameparks & Zanzibar trip, the Tanzanian visa is a Single entry visa and also covers you for Zanzibar.

## VACCINATIONS AND HEALTH

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements, so please use the information below as a guide only. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti-malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk). Alternatively you can check out the [fit for travel website](#) for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

**Yellow Fever** - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory in nearly all the countries we visit in Africa, especially at certain borders and are needed if you are entering from an infected country. You can view a list of countries requiring a certificate through the World Health organisation [http://www.who.int/ith/ITH\\_country\\_list.pdf](http://www.who.int/ith/ITH_country_list.pdf)

**Rabies** - Vaccinations are regularly advised for all countries that we travel through in Africa - especially if time and money are not a deterrent.

**Malaria** - In some of the areas we visit there is a risk of contracting Malaria. You must be aware that whatever malaria prophylactics you are taking, they only offer partial protection. They must be coupled with your own physical efforts against being bitten - which is the best prevention. Malaria-carrying

mosquitoes come out at sunset so from this time you should wear long sleeves and trousers. Exposed skin, especially ankles, should have insect repellent containing 'Deet' applied to them. Your crew will advise on where the worst affected areas are on the trip. There are a number of prophylactic malaria treatments on the market & requirements change. It is also wise to take a sample of whichever prophylactic you choose, a few weeks before you leave. This way you may determine early on if you have any adverse reactions so you can change the regimen if necessary. Please consult a reputable travel clinic or GP for advice. For more information visit [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk) or [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

**Altitude sickness** - This is caused by thin air (due to lack of oxygen) and can affect anyone arriving at high altitude (above 3000mtrs). The symptoms are headaches, dizziness, shortage of breath and possibly nausea. To avoid this or alleviate the symptoms make a point to acclimatize by arriving into a high altitude destination a few days early and make sure you do not over exert yourself, rest for a few hours, avoid drinking alcohol, smoking, large meals and drink plenty of water.

As we are travelling mostly by land (as opposed to flying into a high altitude location) we should acclimatise gradually, and so avoid 'soroche', mountain sickness.

**Dengue** - Unlike the malaria mosquito, which bites at night, the dengue carrying mosquito bites during the day. Some areas we travel to do have occasional outbreaks & it is therefore advised that you take care not to be bitten during the day as well as at night. There is no vaccine available.

**Health** - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto [www.nathnac.org/travel/](http://www.nathnac.org/travel/)

## TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip & at the very least are insured for all necessary medical & repatriation costs incurred.

You will be asked to provide the following details in [My Oasis Account](#) if you have not already done so: travel insurance name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies.

We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.

For further information on the insurance we offer, the activities covered and costs, check out the [Travel Insurance](#) section of our website. You can purchase our insurance by logging into [My Oasis Account](#) and click 'Buy Insurance' or through the following [link](#).

## MONEY, BUDGETS AND LP

### Spending Money

From past trips and travellers feedback £20 to £30 per day per person whilst not climbing, should cover costs such as meals not included, soft drinks and beers, email & communications, souvenirs and other



general spending. Personal spending habits & budgets differ greatly from person to person, so it is difficult to give a specific amount. Budget separately for optional activities (see optional excursions page).

### How to bring your currency?

Past Oasis travellers have fed back that they have felt, as a general rule it is best to bring your money as **US\$ Dollars/Euros or English Pounds Sterling cash** (exchange rates in Tanzania are normally better than in the UK).

Please remember that visas need to be paid for in US\$ CASH ONLY!

**Make sure that all your notes are in good condition. Old, torn or marked notes are often refused by the banks and shops. Please ensure your notes are dated post 2006 and do not have a serial number starting with CB.** Scottish pounds are also not accepted.

### Changing money

Change your money only at banks or forex bureaus. It is illegal to change money on the street, as these people will normally be opportunistic thieves or undercover police.

### Credit & Debit Cards

If you are intending using your credit or debit card, we suggest taking more than one card with you as you may find that your card is not accepted in the first ATM you try. Visa and Maestro cards are best. **We do not recommend using MasterCard based cards in Africa as they have very limited access through large parts of Africa.** Please note that usually you will be given local currency and NOT US\$ or £GB. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked. Please see the optional excursions page for activities that can be paid for using a Credit or Debit Card. Commission rates vary between 2-8%.

### Pre-Paid Travel Currency Cards

These cards are similar to normal Credit and Debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip, but again do not rely on these as your sole means of funds on a trip - (please refer to the ATM section). Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision. When using these cards abroad you will use them to withdraw the local currency from an ATM and not the currency that you loaded onto the card.

### ATMs

These are available in Kilimanjaro airport and Moshi which allow you to withdraw local currency only. We discourage you from relying on your ATM card as a primary source of funds in case it is lost/stolen/ swallowed, or the machine isn't working. Besides memorising your PIN, it is also important to be aware of your daily withdrawal limit and bank withdrawal costs.

### Tipping

Is often expected and relied upon. It is often more than a reward for services well done, but, as wages are extremely low, it is an accepted means of supplementing an income. If you would like to leave a tip for any activity/individual, you could organize this as a group and give a tip at the end. A recommended amount for restaurants is usually 10% of your total bill and similar for activities. Some countries also add an extra Government tax on restaurant bills.

Tipping your guides, porters and cooks for your climb is highly recommended! As a guideline we suggest: \$5 USD per porter per day; \$8-\$10 USD per cook per day; \$15 USD per assistant guide per day; \$20-\$25 USD per head guide per day.



## CLIMATE

In East Africa (Kenya, Uganda, Tanzania) the year is loosely divided into the 'short' rains (November) and the 'long' rains (March to May). The 'rains' usually last for one or two hours each day followed by hot sunny weather. Nights can be surprisingly cold at higher altitude in the Ngorongoro Crater & The Rift Valley.

Mt. Kilimanjaro can be trekked at all times of the year, but it is worth taking into consideration the seasonal rains and varying weather patterns on the mountain. It is commonly suggested that some of the best months for trekking Kili are:

January, February, early March & September, which are the warmest months and relatively clear of cloud with the occasional brief shower. August and September are the driest months, while October and November also enjoy mild weather and little rain.

Mid March, April and May are the main rainy seasons in Tanzania and it can be quite wet at lower elevations, with the chance of heavy rain below and snow on top. Temperatures are still quite high but this is the time there may be large cloud formations which can block the views.

## WHAT TO TAKE

You will undoubtedly pack and unpack your bags at least 3 or 4 times before finally feeling satisfied that you've included what you need for this adventure of a life time! Your preparation for your climb needs to be well thought out and executed wisely, which is why we'd like to give you a helping hand with a comprehensive packing list.

Remember that you are packing for a period of 7 days or more, and will have no facilities or time for washing or drying clothes on your climb. So having plenty of the essential clothing packed away in separate bundles and in water proof bags (plastic/zip lock bags) is highly advisable. You will never believe how thankful you will be on the mountain when you come across a clean and dry pair of socks!

### **Equipment**

- Sleeping Bag - 4 season bag & sleep liner
- Foam sleeping mat or thermarest & repair kit
- Small waterproof day-pack or rucksack approx 35 litres
- Water proof soft rucksack or holdall (to be carried by porter)
- Insulated water bottle/bladder/camel pack, flexi flask
- Travel pillow
- Trekking poles (optional)

### **Personal Effects & Toiletries**

- Camera with protective case, spare batteries, film/memory card
- Torch & spare batteries (head torch is best)
- Travel adaptor plug/charger (for cameras & mobile phone batteries)
- Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser
- Sun block 35 + after sun, hat & sun glasses or goggles polarized
- Towel &/or sarong

### **Clothes**

### **Clothes**

- Comfortable waterproof hiking boots plus light walking shoes (for wearing at the huts)
- Waterproof, breathable and windproof trousers & jacket
- Several sets of Underwear
- Several pairs of thick socks
- Thermal underwear
- T shirts/shirts
- Hiking shorts, and pants
- Long sleeve thermal
- Fleece/sweat shirt/jumper
- Water proof gloves/mittons
- Glove liners for added warmth
- Balaclava
- Woollen hat

### **Recommended Medical Kit List**

- Antiseptic ointment/
- Antihistamine cream & tablets
- Nurofen or equivalent pain-killer
- Appropriate pain killer for children-eg calpol
- Eye-drops/bath
- Anti-diarrhoea treatment
- A couple of bandages (elasticated & triangular)
- Medication for personal allergies/ asthma etc
- Insect repellent containing Deet
- Rehydration sachets
- Assorted plasters
- 1 Course of malaria treatment per traveller
- Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery
- Malaria Tablets - see Vaccinations & Health section

We advise you to bring a small personal medical kit as some local operators may not have medical kits to hand.

## **PHOTOGRAPHY AND ELECTRICAL EQUIPMENT**

**Cameras (incl. Digital & Video Cameras)** - An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/ internet sites - but don't rely on it.

**Photography** - Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

**Drones** - As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

**Electrical charging & power supply** - It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto [www.whatplug.net](http://www.whatplug.net) for information regarding the different electrical plugs and voltage used in each country.

## **CONTACTING HOME**

The internet and WiFi are available in many towns / cities you will visit. Do bear in mind that the

connections can be unreliable and will not always be as fast as you are used to at home. If a lot of people try to use the internet at the same time the speed will be slower still, especially if trying to make Skype calls or upload photos / videos. During periods of the trip where we are wild camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy local SIM cards in each country, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

**Online Diaries** - A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos, collecting messages as well as keeping a record for yourself.

## RESPONSIBLE TRAVEL

### Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- Water-to-Go: Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. Click [here](#) and enter the code OASIS15 to purchase your **Water-to-Go** products at 15% discount. Water-to-Go will then donate a further 15% to Oasis Overland Charity projects.

### While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way-much more environmentally friendly and saves you money.
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.

- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: [www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)

**Community Projects** - Oasis are active in raising awareness and providing support to a number of projects and local schools where we believe we can make a positive difference. More information on the [projects we support](#).

## SECURITY

The UK Foreign and Commonwealth Office (FCO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCO website, or the equivalent in their home country, to familiarise themselves with local conditions and issues in the countries they plan to visit before committing to a trip with us. You can view their website [here](#).

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

**In cities** - All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

Oasis does not take responsibility for clients' personal items and we advise you to not take items of value that are not essential for the journey.

## ADDITIONAL INFORMATION

Africa is a fascinating continent to visit with your family. However, it must be remembered that Tanzania is a developing country that employs different health and safety standards or travel / accommodation standards than you may be used to in your home country. Please read the Family Information below carefully, in order to help you thoroughly enjoy your trip in a safe manner. For the majority of your trip you will be camping and some of the points below relate to hotel accommodation. They will not be so relevant if you are spending the night under canvas!

**Balconies:** Balcony heights and the distance between the rungs may vary considerably across accommodations, and may differ to UK safety standards. Take care around balconies and never let children go unattended on high balconies. If you are unhappy about a balcony height you should request an alternative room.

**Swimming Pools:** Almost all swimming pools **WILL NOT** have life guards, depth markings, fences, or non-slip services around them. Make sure you familiarize yourself with the layout and depth of each pool. Check for any hidden / submerged objects. Do not dive / allow children to dive or jump in unless you have checked that the pool is deep enough. You must watch children carefully at all times.

**Sun Safety:** The East African sun can be fiercely hot so please make sure you, and especially your children, are well protected with clothing, a wide-brimmed hat, and high factor sun cream. Even during the winter months it is important to take care during the midday heat, as the cooler wind can lead you to think the sun is not too strong.

**Food & Drink:** Always wash your hands before eating – Anti-bacterial hand wash is useful to carry with you. Your guide will recommend good quality local restaurants. Keep yourself, and especially children, well hydrated to avoid sunstroke. If sickness does occur, let your guide know immediately and they can arrange for you to see a doctor if necessary.

**Fire Safety:** When you arrive at a hotel, take a moment to familiarize yourself with the fire procedures, your escape route, and the nearest fire exit. This is especially important if staying at a hotel which is more than 2 stories high. Keep a torch within reach at your bedside.

**Trips & Slips:** Signs and warnings of wet floors, uneven steps, holes, or other trip hazards are unlikely to be present. Watch your step and instruct your children accordingly.

**General Safety:** Your guide will keep you informed of any important issues. Don't leave any money, Credit Cards, or other valuables in your hotel room unless it has a safe. If not, use safe-deposit boxes in reception, or leave your valuables in the truck safe.

**Electrical Appliances:** Take care when using any electrical appliance. Use the correct adapters and/or converters when using your own appliances.

**Activities & Excursions:** On this trip there are opportunities to indulge in some great optional excursions local safety standards that apply to these excursions may not be the same as in your home country. Use your common sense, and if you feel uneasy about anything do not take part in the excursion and inform your Guide.

## WHAT TO EXPECT

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### LIFE ON THE ROAD

#### Oasis Representatives & Local Guides

On your Kilimanjaro trip you will be accompanied throughout by an experienced Guide who is experienced and has climbed with people of all different fitness and skill levels. There will also be porters and cooks travelling ahead of you carrying your luggage / and preparing hearty meals for you every day.

#### Accommodation & Transport

In Moshi you will be staying at Honey Badger lodge before and after your climb, and whilst on your Kilimanjaro climb you will be camping or staying in basic huts on the mountain. Transport to and from the mountain will be in a 4x4 mini van with your porters and guides.

#### Food & Drink

Tap water is not always safe to drink but bottled water is widely available. Sodas beer, wine and local spirits are cheap and easily available at your hotel and in Moshi, whilst on your climb drinking water is provided.

**Vegetarians / Vegans / Coeliacs / Gluten & Lactose intolerance** - your Guide will always do their best to cater for any dietary requirement or intolerance whenever possible. However they do not cater for fussy eaters. It must be remembered that the variety of dishes available may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you.

Remember that when eating out in local restaurants & hotels that vegetarianism or food allergies / intolerance's, are still not widely known about or understood by many local people. i.e Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

## OPTIONAL EXCURSIONS

### TANZANIA

Title	From Price
Upgrade: Outpost Lodge, per person	US\$25
Transport to Chaga Village per vehicle	US\$50
Chaga Village Tour	US\$45

We feel that having optional excursions gives a greater degree of flexibility and independence to our group members; independence to decide how much your spending budget can afford; flexibility to decide when and what time of day or with whom to visit a particular site, rather than for example, with the whole group at a pre-ordained time. If you decide not to join a popular excursion, you will have free time to relax or wander off to a market, village or beach, depending on where we are.

You pay for the optional excursions to the local operator, ensuring the money stays with that operator in the local community and this ensures as well, that you are paying the true price for any optional excursions you want to do. This also applies to accommodation costs before and after the trip. Please note that the prices of optional excursions quoted are approximate as local prices can and do change. Please see the relevant trip page for the Optional excursions you can do on that trip and a list of prices.

**Notes downloaded on:** 29-04-2024

