

CLIMB KILIMANJARO (7 days) Marangu Route



COUNTRIES VISITED: TANZANIA

INCLUDES

- Airport transfers from Kilimanjaro airport and all road transportation from start to finish of the trip
- 1 night accommodation at Honey Badger Lodge, Moshi (Half board)
- 6 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 MANDARA HUTS

After an early breakfast we will leave **Moshi** at 8:30am, drive for approximately 50 minutes to Kilimanjaro's **Marangu Gate** on the eastern side of the mountain. Your guide will handle your registration before we begin the hike around 10:30am.

We start off in the rainforest – enjoy the towering Eucalyptus trees, bird life, and Colubus monkeys. At these lower elevations, it can be wet and muddy, so gaiters and trekking poles will help. Shorts and t-shirts should be sufficient, but keep your rain gear and warmer clothing handy. We will stop at the halfway mark for lunch, and reach the **Mandara Huts** at 2 or 3pm. Unpack, rest, and have some tea or coffee. A 15 minute side trip to **Maundi Crater** is a good way to see the surroundings including Northern Tanzania and Kenya. Dinner is served during the early evening at 7pm. Bathrooms with running water are available.

Marangu Gate to Mandara Huts

- Elevation: 1860m to 2715m
- Distance: 8 km
- Hiking Time: 4-5 hours
- Habitat: Montane Forest

DAYS 3 MANDARA HUTS TO HOROMBO HUTS

Today we will have a fairly leisurely wake up in time for a 7:30am breakfast. We'll aim to break camp by 8:30am and hike for an hour through rainforest glades. We will then follow an ascending path through heathland where we'll be able to look for giant lobelias and groundsels. We continue up into open moorlands where small shrubs comprise the majority of vegetation. Again we'll stop halfway for lunch, where we will enjoy amazing views of Mawenzi, if the weather is clear. We should arrive at the **Horombo Huts** by 3pm, where Kibo summit is visible on clear days. Rest, unpack, and prepare for dinner. Bathrooms with running water are available.

You may start to feel the effects of altitude here.

Mandara Huts to Horombo Huts

- Elevation: 2715m to 3705m
- Distance: 11.5 km
- Hiking Time: 6-8 hours
- Habitat: Heathland and moorland

DAYS 4 HOROMBO HUT

Acclimatization Day - Horombo Hut is a village of huts perched on a small plateau, with a total capacity of 120 climbers. Horombo is normally bustling with hikers, guides and porters, with an atmosphere of

adventure and excitement. You will meet both ascending and descending hikers here. This extra day and night at Horombo is for additional acclimatization. A **hike to basecamp below Kibo's sub peak Mawenzi, passing the Zebra Rocks** on the way (around 3 hours up and 1.5 hours down), is strongly recommended. This hike will further assist with the process of acclimatization. Remember to drink enough water and move slowly!

DAYS 5 HOROMBO HUTS TO KIBO HUTS

We will wake up for breakfast as usual - or wake up early to capture an amazing sunrise. The first part of the day's hike climbs through the dwindling heathland that blends into what can best be described as moonscape as we enter the **sweeping saddle connecting Mawenzi and Kibo**. When we stop for lunch, and later when crossing this surprisingly large saddle, take in the summit climb up to Kibo that we will be starting in just a few hours. Be careful to notice any signs of altitude sickness. There is no running water at the Kibo Huts.

Horombo Huts to Kibo Huts

- Elevation: 3705m to 4730m
- Distance: 10 km
- Hiking Time: 6-8 hours
- Habitat: Alpine Desert

DAYS 6 SUMMIT DAY - KIBO HUTS TO UHURU PEAK TO HOROMBO HUTS

We will wake at midnight, have a light breakfast and prepare for our summit ascent. The goal is to reach Uhuru Peak around sunrise. We leave Kibo Huts at 1am, switchback up steep scree or possibly snow, and reach **Gilman's Point** on the crater rim at 5861m around 4-6am. Here, views of the fabled crater and its icecaps greet us. Another 2 hours of hiking along the crater rim near the celebrated snows takes you to Kilimanjaro's true summit, **Uhuru Peak**, by 6-8am. This is Africa's highest point - we'd have to travel more than 3,000 miles toward the Himalayas to find a higher peak! Be sure to have your picture taken at the summit to show your friends. After our time on top, we descend back to the Kibo Huts, have lunch and rest a while. We will then collect our things and cross the saddle and head back to the **Horombo Huts**. After dinner, 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, or, "pole, pole," and an optimistic attitude will get you there!

Summit Day - Kibo Huts to Uhuru Peak to Horombo Huts

- Elevation: 4730m to 5895m to 3705m
- Distance: 5.4 km up, 15 km down
- Hiking Time: 13-16 hours
- Habitat: Stone scree/ice-capped summit

DAYS 7 HOROMBO HUTS TO MARANGU GATE

Today we descend through the moorland back to the **Mandara Huts**. We'll have lunch there and continue down through lush forest to the park gate, which we should reach around 2 or 3pm. Here you will receive your certificates and we will say goodbye to our guides, cooks, and porters. We'll transfer to your hotel in Moshi or Arusha or take you straight to the airport. Wherever you are it will definitely be a time for celebration!

Horombo Huts to Marangu Gate

- Elevation: 3705m to 1860m
- Distance: 19 km
- Hiking Time: 6-7 hours

ESSENTIAL INFORMATION ABOUT YOUR TRIP

ARRIVAL & ACCOMMODATION

Trip Joining Point: Honey Badger Lodge - Moshi

Start Time Day 1: 17:00

Address: Honey Badger Lodge Post Office Box: 1258 Moshi, Kilimanjaro, Tanzania

Telephone: +255 767 551 190

Website: honeybadgerlodge.com

Email: info@honeybadgerlodge.com

All prices listed are approximate and subject to limited availability.

Room Type	Price	Description
Single en-suite	US\$90.00	Per Room
Double/Twin en-suite	US\$110.00	Per Room
Triple en-suite	US\$154.00	Per Room
Quad en-suite	US\$192.00	Per Room

The trip starts from Honey Badger Lodge at approximately 5pm on the evening of Day 1 of your trip.

Situated in a rural community, this family run lodge offers breathtaking views of Mount Kilimanjaro, available are 14 en-suite rooms suitable for individuals, couples, friends and families. They have a fully licensed restaurant and bar areas for eating, drinking and generally enjoying, spacious gardens and swimming pool.

PRE-TRIP ACCOMMODATION:

We provide a free service for booking pre-trip accommodation and airport transfers. Just log in to [My Oasis Account](#) and select the accommodation / transfer required, or contact us direct. 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 you will not have an account allocated, so 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).

Accommodation costs for any additional nights are payable direct to the Honey Badger Lodge on arrival in Tanzanian Shillings or \$US.

AIRPORT TRANSFERS:

Airport Transfers are included on Day 1 of your trip from Kilimanjaro International airport to Moshi (provided you request these via the UK office or your account six weeks before your departure).

On arrival at Kilimanjaro airport, you will be met by a representative holding an Oasis Overland sign. The representative will be waiting for you in the arrivals hall and then transfer you to the lodge.

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 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 or 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

Tanzania

Passport Holders from UK, Ireland, Australia, New Zealand, Canada and most EU countries will require a visa to enter Tanzania. The approximate cost is \$50 USD. Passport holders from the USA can also obtain

their visa on arrival and the approximate cost is \$100 USD. 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 which allows you to travel to one neighbouring country (Kenya) and still remain valid. As your trip travels into Tanzania from Rwanda then into Kenya (Nairobi) and back into Tanzania you will be able to use the single entry visa.

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 **Nomad Travel**. 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](#).

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 or www.fitfortravel.scot.nhs.uk

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/.

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

Personal Effects & Toiletries

- 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)
- 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

- 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

Clothes

- 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 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

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.

WHAT TO EXPECT

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.

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