

# CLIMB KILIMANJARO (9 days) Machame Route



**COUNTRIES VISITED: TANZANIA**

## INCLUDES

- Airport transfers from Kilimanjaro airport and all road transportation from start to finish of the trip
- 2 nights' accommodation at Springlands Hotel, Moshi (or similar - breakfast included)
- 7 day Machame Route Kilimanjaro climb (including meals & drinking water, camping equipment, services of guide, porters and cook)
- All National Park fees, rescue fees/park commission

## 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 have a pre-trek briefing and check & prepare our equipment before leaving Moshi. We then 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 if all has run to time.

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 3048m
- 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: 3048m to 3658m
- Distance: 5 km
- Hiking Time: 4-5 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 continuing to the **Arrow Glacier** at around 4876m and then descending down to **Barranco Hut** at an altitude of 3860m. 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 - Lava Tower - Barranco**

- Elevation: 3658m to 4876m
- 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. We don't gain much altitude today which will help with our acclimatisation.

### **Barranco Camp to Karanga Camp**

Elevation: 3860m to 4200m

- Distance: 5 km
- Hiking Time: 4-5 hours
- Habitat: Semi desert

## **DAYS 6 KARANGA CAMP TO BARAFU CAMP**

Leaving Karanga camp we start climbing again 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** (5745m), 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 TRIP ENDS IN MOSHI

Your trip ends after breakfast today and your time is then free. Airport transfers to the nearby Kilimanjaro Airport are available from your hotel or can be pre-booked if you prefer. There are also regular shuttle buses to both Arusha and then on to Nairobi on a daily basis if you are connecting with one of our other trips or a safari.

## ESSENTIAL INFORMATION ABOUT YOUR TRIP

---

### 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.

Room Type	Price	Description
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.

Note - if you are doing this trip privately then we will skip this group meeting and you will meet your guide first thing tomorrow morning for a briefing at around 08.00am before heading to the mountain.

### **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](http://www.fitfortravel.com) 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 and at the very least are insured for all necessary medical and repatriation costs incurred.

You will be asked to provide the following details if you have not already done so: travel insurance company 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. Please note also that many of the areas we visit are not as developed as the UK and we have no control over the availability or standard of medical and repatriation services and facilities in the areas we visit and these do not form any part of our contract with you.

You should also note that passenger liability insurance covering vehicles, particularly in Third World countries, may be unavailable or inadequate; it is therefore important that your insurance cover makes sufficient provision for you and your dependents in the event of an accident.

We are happy to refer our UK based travellers to the travel insurance specialists [Campbell Irvine](#) who have a policy suitable for overlanding which covers most of the adventure and sporting activities on our trips.

Please be aware that most travel insurance policies will not cover you if you are visiting areas against government travel advice. If your trip will go through areas like this (for example, some of our Trans Africa routes through West Africa) then you may need to look at an alternative policy for these sections, for example [Battleface](#) or [SafetyWing](#).

For further information, check out the [Travel Insurance](#) section of our website.

## IMPORTANT INSURANCE INFORMATION FOR THOSE VISITING ZANZIBAR:

The Zanzibar Government have announced the introduction of a travel insurance policy which will be obligatory for all foreign visitors to the islands, regardless of whether travellers have their own travel insurance in place.

1. The insurance policy is sold by Zanzibar Insurance Corporation.
2. The cost is US\$44 per person.
3. The insurance requirement comes into force on 1st October 2024.
4. The policy must be purchased online at [visitzanzibar.go.tz](http://visitzanzibar.go.tz) and purchases can be made from 1st September 2024.
5. Payment can be made online by debit or credit card.
6. On completion of the purchase, visitors will receive a QR code. The policy documents will be sent to your registered email address.
7. The policy document and QR code must be presented on in Zanzibar. Entry will be refused without this documentation.

To ensure you have a smooth entry, please ensure the above policy is purchased in advance of your arrival.

## 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, and customary on Kilimanjaro. See the Kilimanjaro tipping guide below.

### **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! At the same time, please try not to overpack. The pack that the porters carry is limited to 15 kg (35 pounds). Overweight or extra luggage will require an extra porter at \$5/day. You can leave your remaining luggage locked in storage in the hotel in Moshi.

In your day pack, take along water, camera, binoculars, waterproof trousers and jacket at a minimum. Add any other items you might need during the day because you may not see the porters until the end of your trek for that day.

**Equipment**

- Sleeping Bag - 3-4 season bag (sleep liner recommended if you have a 3-season bag)
- Small waterproof day-pack or rucksack
- Water proof larger 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)
- Soap, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser
- Sun block 35 + after sun, hat & sun glasses or goggles polarized
- Towel &/or sarong
- Toilet roll

**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 and lightweight inner socks
- Thermal underwear
- T shirts/shirts

**Clothes**

- Hiking shorts, and pants
- Long sleeve thermal
- Fleece/sweat shirt/jumper
- Water proof gloves/mittens
- Glove liners for added warmth
- Warm head cover

**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
- High factor sun cream
- 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

**Equipment Hire available locally**

(paid at the hotel in USD)

- Rucksack - \$12
- Balacava \$6
- Mont Bell Sleeping bag (-25°C) \$40
- Duffel bag \$6
- 2 walking poles (like ski sticks) \$12
- Poncho (waterproof, lined) \$18
- Waterproof trousers \$12
- Fleece trousers \$6
- Hiking boots \$9
- Water bottle (purchase only) \$8

- Gaiters \$8
- Torch (purchase only) \$15
- Gloves \$6
- Thick sweater \$5
- Warm jacket (Goretex) \$12
- Warm jacket (down) \$12
- Hat or neck scarf \$6
- Sunglasses (purchase only) \$12 - \$15

## 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.

## TIPPING ON KILIMANJARO

Kilimanjaro guides all receive a licence to work on Kilimanjaro from the National Park. Without this they are unable to operate as guides. The licence is obtained after several years of experience of working on the mountain as porters or cooks then as assistant guides after which they attend courses in First Aid, Mountain Rescue, Flora and Fauna and History.

From the guides that have acquired their guide qualification, we select those that are recommended by our local partners and who have an excellent record of working on the mountain. Their professionalism is hard to rival anywhere in the world and one of their prime objectives will be to help you achieve your dream and gain the summit of Kilimanjaro, safely. If at any stage they suggest you should turn back then trust them, respect their experience - they must have an excellent reason for this as this is one of their last resorts.

It is customary tip the guides and porters on the Kilimanjaro Trek. It is important to understand that this is an essential part of the porters, cooks, drivers and guides income who work very hard to provide the best possible services.

We have found that the simplest and fairest way to provide the trek team with tips is to ask each climber to pay a tipping kitty. This covers tips for all the staff on your trek (which can be several!).

The suggested maximum amount is given in our tips guide below. Note that this is the total amount to be given by each group (not per climber). So, if only 2 pax are climbing it comes out to a total of \$265 for a 5 day climb (1 guide, 1 cook and 4 porters). This system works best because the alternative is to increase the staff salary to compensate and add it to the tour price. So the current system is actually the fairest and cheapest way for climbers and is standard on Kilimanjaro.

Staff member & Suggested tips per day in USD

Chief guide \$20-\$25

Assistant guide \$15-\$20

Cook \$10-\$15

Porter \$8-\$10

Trekking teams generally consist of 1 guide per group of 8, 1 assistant guide per 4, 1 cook per 8. Porters (per person): 2 on the Marangu route, 3 on Machame, Umbwe and Rongai and 4 on the Lemosho route.

---

## 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 Springland's Hotel (or similar property) 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.

- Marangu Route - huts

This is the only route with the comforts of sleeping huts at every camp site with solar lights and comfortable beds. The huts are communal, and the bunks have a sponge mattress and a pillow. There are 60 beds at both Mandara and Kibo Huts and 120 beds at Horombo Hut. Bathrooms and running water are available at the two lower huts. Mens' and ladies' latrines are available at the last camp which are basic. All climbing groups, often from several countries around the world, share meals in dining huts providing a jovial and energetic atmosphere. Soft drinks, bottled water, and beer are for sale at the huts. Bring small Tanzanian bills to purchase these items (prices do tend increase with elevation).

- Machame and other routes - camping

We provide 2-person tents, which your porters will erect, and sleeping mats (1.5 inches thick), plates, cutlery, cups etc. You will need to bring your own sleeping bag. We will set up our own camp area, but this will be part of a public camp site with communal facilities.

Whichever route you take, we allocate our own trekking team of a guide, cook and porters to our group.

#### Toilets on the trek

There are public toilets at all the camp stops on the Kilimanjaro trekking routes. These tend to be simple wooden huts with long drop 'holes in the ground'. No nice fancy porcelain flushing toilets or bidets here! The local National Park staff do their best to keep these clean, but they do get used by a lot of people every day, so don't have high expectations.

We do offer the option of a private toilet for you and your group. This costs £90, should be arranged in advance, and basically comprises of a private toilet tent with a chemical toilet to sit on and do your thing. Your porters will carry it up and down the mountain and keep it clean and it will be available for your use in the mornings, evenings and overnight (not during the day's hiking).

#### Food & Drink

Three meals a day are prepared for you by the cook. Coffee and tea are included, but soft drinks, mineral water and alcoholic drinks must be paid for locally.

You will be provided with fresh fruits and vegetable for the first few days on Kili and after that much of your food will come from tins and packets. The food is of a good standard and will be prepared for you. If you have any dietary restrictions please let us know before your trek begins.

For lunch, in addition to the above, you are likely to have some extra item or items - eg biscuits, nuts, small fruit drink.

Camp staff will heat all water to boiling point before giving it to clients. However, we request that all clients bring water filter bottles or take their own water purification tablets to add to their water before drinking

It is a good idea to bring some mint cake, dried fruits (such as apricots) or snack bars to boost your energy level whilst on the mountain.

In the event that you suffer a stomach upset we recommend that you take Imodium (or Lomotil). Eat

lightly, take as much safe non-alcoholic liquid as you can and take Dioralyte which will help to re-hydrate you.

Personal hygiene and common sense should help in avoiding any gastric problems.

**Vegetarians / Vegans / Coeliacs / Gluten & Lactose intolerance** - your Guide and cook 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.

### **Safety on the Mountain**

All climbers on Kilimanjaro are registered with KINAPA who are in charge of Mount Kilimanjaro National park and are responsible for mountain rescue. The tour cost includes mountain rescue by KINAPA rangers. The following items are carried by our guide and his team or are available at the mountain huts/camps:

- Mobile phone
- VHF radio
- First aid kit
- Oxygen for emergency use (bottle, regulator, mask)
- Pulse oximeter

Additional safety equipment such as a Hyperbaric chamber or additional oxygen cylinders may be hired at the base hotel but may require extra porters to carry them.

### **Seasons for Climbing**

- Mid Dec to March: Excellent period with mild temperatures and good visibility. Less snow.
- April and May: The long rains mean wet conditions at lower altitudes with limited visibility
- June to August: Cold temperatures but good visibility at higher altitudes.
- Sept to October: Good time to climb with higher temperatures. Maybe some mist patches.
- Nov to mid Dec: Short rains give good visibility night and morning, possible afternoon rain.

### **Kilimanjaro Climate**

Lying just south of the equator Kilimanjaro is affected by the passage of the Inter-tropical Convergence Zone, which brings with it the main rainy periods. The highest rainfall occurs between mid March and early May, and slightly less between the beginning of November and late December. Maximum rainfall occurs in the forest belt and on the south side of the mountain where it reaches 2000mm. per year. Precipitation on the summit is about 100mm. per year; this coupled with the very porous ash soils results in the Saddle being considered a high altitude desert. Rain and, higher up, snow, can however be encountered at any time of year - even in the driest periods (January, February and September). Normally the drier seasons are associated with clear, dry weather which can last for weeks on end. The best weather is generally encountered in the mornings, and convectional rainfall, if any, tends to come in mid-afternoon. After long periods of dry weather some of the higher streams dry up. Temperatures vary considerably with height and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m. frosts can be encountered at night while day time temperatures range from 5 to 15°C. Night time temperatures on the summit can be well below freezing. When to go . . . Anytime! All seasons have their attractions - a good day in the rainy periods can sometimes provide superb views as the air is then very clear, however deep snow and heavy rain could stop or marr your trip. The safest months are: mid-December to mid March and then June to October.

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.

**Notes downloaded on:** 07-02-2025

