

# TRIP HANDBOOK



## SIMBA OUTDOOR ADVENTURE - 9 DAYS

This document aims to provide the potential Safari Travellers with valuable and accurate information on Tanzania Safari. We have compiled this information over years of experience as well as from feedback from previous Clients of DONAK Safaris.

### TRIP DETAILS

Type	- Trek + Safari tours
Code	- DS101TS
Duration	- 9 Days / 8 Nights
Start	- Arusha
Finish	- Arusha

### TRIP ITINERARY

#### DAY1: MARANGU GATE (1,800M/5,905FT) TO MANDARA HUT (2,743M/9,000FT)

Elevation Gain: 915-m/3,000 ft.

Climbing Time: 5hrs

Distance: 12 km

Habitat: Montane Forest

Depart Arusha around 0800hrs to Marangu Gate for Mountain Climbing Registration. After completing registration, begin your climbing by walking along a narrow trail through the Montane Rainforest. Lunch at Kisambioni Picnic Site, day one's halfway point. After Picnic Lunch carry on walking through the rainforest until reaching Mandara Hut.

Relax for the rest of the day or take a short walk to Maundi Crater. The views to the east over Taveta and to the northwest to Mawenzi Peak are spectacular on a clear day, making the short hike well worth the effort.

# TRIP HANDBOOK



## **DAY2: MANDARA HUT (2,743M/9,000FT) TO HOROMBO HUT (3,720M/12,200FT)**

Enjoy early morning breakfast then proceed to Lake Manyara for game viewing with your expert guide. This Park is a national park two hours west of Arusha. The majority of the land area of the park is a narrow strip running between the Gregory Rift wall to the west and Lake Manyara, an alkaline or soda-lake, to the east. It is famous for its population of flamingos.

Meal Plan: Breakfast, Lunch & Dinner

Accommodation: Burudika Manyara Lodge

## **DAY3: HOROMBO HUT (3,720M/12,200FT) TO KIBO HUT (4,750M/15,580FT)**

Elevation Gain: 1,030 m/ 3,380 ft.

Climbing Time: 6hrs

Distance: 15kms

Habitat: Alpine Desert

After breakfast, leave Horombo Hut, climbing through the moorland and alpine desert of Kilimanjaro's upper altitudes. After climbing for about an hour arrive at Maua River, a small mountain stream. After Maua, the terrain becomes flatter and the vegetation begins to disappear. Picnic lunch at Middle Red Hill.

After lunch, proceed on a steady incline for another two hours through Kilimanjaro's Saddle. Although the environment on the way to Kibo is a bleak desert with little vegetation, you will see many stunning views of Kibo and Mawenzi peaks. Reach Kibo Hut around 1500hrs to rest and prepare for your midnight climb.

## **DAY4: KIBO HUT (4,750M/15,580FT) TO SUMMIT (5,895M/19,340FT) TO HOROMBO HUT (3,720M/12,200FT)**

Elevation Gain: 1,145-m/3,760 ft.

Elevation Loss: 2,175-m/7,140 ft.

Climbing Time: 8hrs to Uhuru, 6hrs descent to Horombo

# TRIP HANDBOOK

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Distance: 6kms ascent, 21kms descent

Habitat: Stone Scree and Ice-Capped Summit

Around midnight, awake for the final ascent to Uhuru Peak. The climb starts with a demanding five hours to Gillman's Point on the crater rim. Although this is considered to be the easiest of the three crater ascent paths, it is still extremely difficult. The first major rest stop, William's Point, lies at 5000 meters and is approximately a two-hour climb Kibo Hut. Continue on for thirty minutes before beginning the rocky switchbacks that will continue to Gillman's Point (5,681 meters).

The climb from Gilman's to Uhuru Peak is a gradual climb and as far as hikes go, not very difficult. The altitude, however, makes the hike long and tiring. The crater rim hike takes approximately two hours. Upon reaching Uhuru, take photos of your guide and the group at the peak before beginning the descent to Horombo Hut.

On the way down from the summit, you will see all of the magnificent views you could not see on the way up. Stop for a short break and snacks at Kibo Hut before continuing on to Horombo Hut. Reach Horombo Hut in the afternoon and enjoy your last night on the mountain.

## **DAY5: HOROMBO HUT (3,720M/12,200FT) TO MARANGU GATE (1,800M/5,905FT)**

Elevation Loss: 1,920 m/ 6,295 ft.

Climbing Time: 6hrs

Distance: 27kms

Habitat: Moorland to Montane Forest

After breakfast, descend to Marangu Gate where you will be awarded Certificate for the successful climb that you have made. Our Vehicles will be waiting at Marangu Gate to take you back to Arusha.

## **DAY6: ARUSHA TO TARANGIRE NATIONAL PARK**

After breakfast departs to Tarangire National Park for Game Viewing and Photographing with the Picnic Lunch. Evening drive to Maramboi Tented Camp for Dinner and Overnight.

# TRIP HANDBOOK

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## DAY7: TARANGIRE TO SERENGETI NATIONAL PARK

Breakfast at the camp, departs for Serengeti National Park via Olduvai Gorge en route game viewing and photographing with the picnic lunch. Dinner and overnight at Kati Kati Tented Camp on full board basis.

## DAY8: SERENGETI – NGORONGORO CRATER

After breakfast departs to Ngorongoro Conservation Area, descending to the Crater for game viewing and photographing with picnic lunch. Dinner and overnight at Ngorongoro Farmhouse on full board basis.

## DAY9: DEPARTURE

Breakfast at the camp, with the packed lunch shall have a road transfer to Kilimanjaro International Airport for your flight back home as per your schedule.

## Trip Includes

### MEALS

9 Breakfasts, 9 Lunches & 9 Dinners

### ACCOMMODATION

Lodge (4 nights) & Camp (4 nights)

### ACTIVITIES

All Activities

### GUIDE

Services of a Professional Guide

### TRANSPORT

4WD Luxury Safari Vehicle & All transfers to and from Airport

### FEE

Parks & Museum Entry Fees

# TRIP HANDBOOK

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## Trip Exclusions

### FLIGHTS

International Flights

### INSURANCE

Travel and personal accident insurance

### DRINKS

Expenditure on alcoholic drinks, souvenirs and other personal items

### TRAVEL DOCS

Visa, Passport, Vaccinations & Medicines

### TIPS

Tips and Gratuities

### Extra

Expenditure on alcoholic drinks, souvenirs and other personal items

## BEFORE TRIP START

### Before the climb

Be properly equipped. our final checklist and mark it off, to ensure that you are. Click on Final Checklist to get to this very important step in your preparation.

### Be physically prepared

It is important that your body is adequately prepared for the physical challenges of Mount Kilimanjaro. You may opt for the Medical check-up before taking up this challenge.

### Mental preparation

You will possibly summit Kilimanjaro successfully. This should be topmost in your mind when preparing for the summit attempt. You should always remain in a positive state of mind, but not overly arrogant. Try to anticipate various different scenarios, which you may possibly encounter on the mountain and try to work out the most suitable course of action, mentally by yourself or even as a group.

# TRIP HANDBOOK

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Remember if you are properly equipped, you have taken everything as indicated on the final checklist, you are physically prepared and have all the knowledge gained from this DONAK's guide – you will be mentally confident for the physical part of Kilimanjaro.

## **Adequate travel insurance**

Make sure that you have adequate travel and medical insurance, which will also provide you with cover for the climb up Kilimanjaro.

## **On The Mountain**

Go slowly – “Pole Pole” as they say in Swahili! This is also very important during your first days of climbing. Even if you feel well, slow down and enjoy the scenery. The biggest cause of altitude sickness is ascending too high too fast! The slower you hike to more time you give your body to acclimatize.

## **Drink enough water**

Make sure that you drink at least 3 – 4 litres of liquid a day – preferably water. For your first day it is recommended that you take along fresh water, which may be purchased at the Hotel in Moshi before your climb. Running water on the Mountain is safe to drink from day-2 onwards, but care should still be taken. If you are not used to fresh water in nature, prevent any inconvenience by using water purification tablets. REMEMBER! A functioning “body water balance” is one of the keys to a successful climb!

## **Walk high – sleep low**

If possible and especially on your acclimatisation day “walk high – sleep low” Try to do a short evening stroll to a higher altitude and then descend to sleep at the camp at a lower altitude. This is essential on your acclimatisation day.

## **Packing**

Our DONAK Safaris' mountain Guides advises you to take enough clothing, especially socks to last for this period. Due to frequent rainfall as well as numerous streams on the Routes, it is advisable to pack items individually in your Bag. These individually packed items should be wrapped in plastic Bags to prevent them from getting wet in case of rain or of being accidentally dropped in a stream.

## New batteries

Replace your head lamp and camera batteries with new ones on your summit night

## Malaria

Malaria occurs below 1800 meters and you should use the recommended prophylactics. Please consult your Doctor about these. Currently, there are various preventative medication products available which will be effective against the Malaria strains currently found in Tanzania. Women using oral contraceptives should consult their Physicians before using prophylactics.

## Camera

Taking pictures with a fully automatic Camera at the summit of Kilimanjaro is possible, and most people do this. The secret is to always have a new Battery in your camera when going into cold areas at high altitude. A mechanical camera works just as well, provided you have the knowledge to operate it successfully. Cameras exposed to cold do not cease functioning, but remember that if you keep your Camera inside your jacket and the lens becomes warm, chances are that it will form condensation when suddenly exposed to extreme cold. This condensation will freeze under conditions at the summit. Therefore, keep your camera dry at all times. The Most Important Tip of All – ENJOY THIS ONCE IN A LIFE TIME EXPERIENCE!!!

## What to bring-Packaging List (Kilimanjaro)

### Baggage and Sleeping kit for climbing Kilimanjaro

- Large Rucksack or Hold all, 70-90 liters capacity (for kit carried by porter)
- Day sack, 25-35 liters (for personal use on mountain; ready-access items)
- Sleeping Bag (minus 10 degrees Centigrade rating or colder).
- Waterproof rucksack liner or heavy duty plastic sack
- Elasticated waterproof rucksack cover

**NB: sleeping mattresses are not required as we provide these for you.**

## Clothing for climbing Kilimanjaro

- › Sweat-wicking T-shirts / vests
- › Fleece
- › Insulated down jacket or similar.
- › Down mittens or similar.
- › Thermal long-johns for summit night.
- › Lightweight walking trousers (avoid jeans or heavy cotton as they chafe and dry slowly)
- › Underwear (briefs are usually better than boxer shorts which gather and chafe)
- › Very good quality hiking socks and thin liner socks. (We advise that socks should be at least a size too small otherwise they stretch and bunch causing blisters)

## Breathable lightweight waterproofs (jacket and trousers).

- › Waterproof walking boots, sturdy and worn-in. A Gore-Tex membrane or similar is advised. While Alpine or C3 boots are not required for Kilimanjaro it is important that your boots have good ankle and arch support and good deep tread patterns.
- › Calf gaiters
- › Balaclava
- › Gore-Tex Mountain Cap or Woolen Hat
- › Wide brimmed sun hat to protect face, ears and neck

## Hygiene related gear for use on Kilimanjaro

- › Toothbrush, toothpaste & deodorant
- › Flat packed Wet Ones, travel wipes, or similar for personal hygiene on the mountain.
- › Kleenex tissues in plastic travel pouches or toilet paper
- › Hairbrush / comb
- › Sanitary products
- › Lip salve with UV protection
- › Vaseline, to prevent chafing skin and heel friction blisters



## Health related items for Kilimanjaro

- › Malaria Tablets (if you choose to take these. Most will seek advice from their GP. Note that some anti-malarial courses need to commence several weeks before departure)  
Factor 30+ sun cream
- › Sun barrier cream white / blue for nose and ears

## Documents needed when travelling to Kilimanjaro

- › Passport (with additional 6 months' validity after proposed expedition return date)
- › Tanzanian Entry Visa. (If flying to Nairobi and taking the bus to Arusha Kenyan visas can be bought on arrival at Nairobi airport.)
- › Air Travel Documents
- › Cash in US dollars in denominations of \$10 and \$20 and \$1 (tipping allowance and local purchases, taxis, meals, etc.)
- › Credit Card (recommended for eventualities only)
- › Travel Insurance Documents
- › Vaccination Certificates (Yellow Fever, if visiting a 'risk zone' prior to entering Tanzania)

**Traveller's Cheques are not recommended as they are subject to very poor conversion rates in Arusha.**

## Other things recommended to be carried when climbing Kilimanjaro

- › Camera and film or Digital Camera and spare memory cards
- › Sunglasses with UV-filter lenses
- › High energy snacks (Cereal bars, dried fruit and nuts)
- › Spare Contact Lenses and fluid, if worn
- › Watch
- › Head torch with spare batteries and bulb for summit night & tent admin
- › Water bottles & Camelback (3 liters carrying capacity)

Optional but recommended: Nuun hydration aids (portable electrolyte replacement tablets)

- › Water Purification Tablets / Iodine drops

- Ear Plugs and blindfold (to aid sleep on afternoon before summit night)
- Plastic bags (for dirty washing, wrappings, etc.)
- Telescopic walking poles (optional)
- Mobile phone. There is signal reception on most parts of the mountain. It is a good idea to unlock your phone before you come out so that a local sim card can be used.

Optional but recommended: *a good, strong, thermally efficient blizzard survival bag. We strongly recommend that all climbers possess one of these, especially when training alone or in small groups while preparing for Kilimanjaro. On Kilimanjaro, perhaps 10 - 15% of climbers complain to their guides of being cold in their sleeping bags, despite using a bag that is rated for minus 20 degrees C or lower. This is because the body generates less heat when there is relatively little oxygen available. Having one of these bags will reflect much of that precious heat back to where it's needed.*

## Personal Small First Aid Kit to be carried by each climber on Kilimanjaro

- Pain Killers (Ibuprofen)
- Diamox (Acetazolamide) if you choose to use this.
- Paracetamol
- Zinc oxide tape and small scissors.
- Compeed Blister Pads
- Loperamide Diarrhoea Tablets
- Any medication you normally use
- Dioralyte sachets or similar rehydration packs.

Note that your guide will carry a more comprehensive medical kit containing additional Acetazolamide, Ibuprofen, Anti-inflammatory gel, bandages, Loperamide, Amoxicillin, Oral Dexamethasone, and several other items.

## SAFARI - BEFORE TRIP START

### Climate

Tanzania is a land without winter. The hilly Country in the North has a pleasant climate from June - September. The coast is generally hot and humid with an average temperature of 30 degrees Celsius.

# TRIP HANDBOOK

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The main rainy season is from March to May, the hottest being from October - February. Temperatures at the Summit of Kilimanjaro, range from -20 to -25C.

## Language

Although Tanzania has many local dialects, Swahili is the official language. English is Tanzania's second official Language and its commercial Language. Most people you will come in contact with will be quite fluent in English. You may find it useful to buy a Swahili-English Phrase book on arrival.

## Passport & Visa

All visitors to Tanzania must have Passports valid for travel to Tanzania as well as Visas to enter Tanzania obtainable from our Diplomatic representatives abroad.

Currently, visas are available for most nationalities at TZ Airports & Border posts (if you intend purchasing a Visa on arrival, please check with the Tanzanian diplomatic representatives abroad or check with us prior, to make sure this option is available).

## Health

Tanzania has re-introduced health desks at all ports of entry at Mainland Tanzania & Zanzibar. Please ensure you bring yellow fever Vaccination certificates with you to show on entry, if requested.

Anti-malarial medication is recommended to be taken a few days prior to arrival, during your stay and a short period after returning. We would strongly recommend that you consult your Doctor.

## Electricity & Appliances

Most Hotels/Lodges in Cities in Tanzania run on electricity with many having standby Generators. However please note that many Tented Camps and Lodges when on safari in Tanzania run on Generators which are turned off after dinner and on again just before dawn. We recommend that you carry a Flashlight and extra Batteries.

## Money Matters

The currency in Tanzania is the Tanzania Shilling. The US Dollar, however, is most widely used. Foreign currency can be exchanged for local currency at the Banks and Bureau De Changes. Changing money

# TRIP HANDBOOK

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on the streets is prohibited and dangerous.

**CREDIT CARDS:** Although some Hotels/Curio shops accept Credit Cards. Credit Cards are not so widely used. In places that they can be used, surcharges of between 5-15% or more should be expected.

**ATM's:** Many major cities in Tanzania have ATM's (that accept Master card and Visa). A pin code is required, and the cash withdrawal limit is about US\$300 per day which you receive in local Tanzanian Shillings.

## **Dress**

Safari attire is casual and comfortable. The emphasis at most Lodges & Camps is on informal but comfortable wear. However at some Lodges gentlemen are required to wear long trousers for the evening meals.

Topless sunbathing is not permitted and ladies should wear appropriate clothing in public places. A jacket will be found handy especially in the evenings & early mornings.

## **Food**

In Tanzania, food is of a very high standard. Avoid drinking Water from the tap. Bottled water may be purchased locally before embarking on Safari. It is also available at the game Lodges.

## **Security**

As in all Countries, security is basically a matter of common sense. Crime is not rare in big cities in Tanzania, though, precautions must be taken. We recommend you avoid walking in the streets after dark; avoid leaving valuables or large amounts of money in your Hotel room or Vehicle or carrying it with you.

## **Tipping**

Tipping is customary on a Tanzanian Safari/Trek. Most of our Safaris & Treks at DONAK Safaris are private, i.e. Small Groups, Combo safaris, Day Tours or Trekking.

# TRIP HANDBOOK

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\*Below is a recommended guideline for tipping

**Safari Driver/Guide:** US\$10 to \$15 per vehicle per day

**Safari Cook:** US\$10 to \$15 per vehicle per day

**Mountain Guide:** US\$10 per day per guide from group

**Mountain Cook:** US\$10-\$12 per day per cook from group

**Assistant Mt. Guide:** US\$8 per day per asst guide from group

**Porters on Mountain:** US\$15-\$20 per porter for duration from group

**Porters at Lodge:** US\$1-2

## Gratuity Box

These are found at most Lodges. We recommend these as your tip is then distributed fairly amongst all the staff. DONAK Safaris recommends that tipping is usually done at the end of the trip and given directly to the person it is meant for.

## What to bring-Packaging List (Safari)

### Clothing

Khaki and green colored clothes are much recommended on safari. Bright colors should be avoided because they tend to scare animals; camouflage clothes are illegal because they are worn by local soldiers.

- Long sleeved lightweight shirt for protection from the sun
- Sweater / jacket and pants for cold temperatures experienced at night
- Hat
- Sandals to put on during safari
- One nice pair of shoes
- Short pants
- Sunglasses
- Bathing suit (those staying in lodge/hotel with a swimming pool & would want to swim)
- Socks
- Belt

# TRIP HANDBOOK

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We advise to bring enough clothing for the entire safari as you may not have them washed (though most lodges do offer laundry service)

## Toiletries & Medicine

- Malaria prophylaxis
- Prescription drugs (also bring the generic names for these drugs, good idea to pack 2 separate lots)
- Motion sickness pills
- Deodorant
- Toothpaste / Toothbrush
- Dental Floss
- Hair Brush / Comb
- Electric / Hand Razor
- Emery Boards
- Tweezers
- Hand Lotion
- Fem. Hygiene Supplies
- Insect repellent (containing DEET for mosquito's)
- Sun Screen (SPF 15 or higher)
- Lip Balm
- Shampoo/Conditioner

## Documents

- Passports and Entry Visa
- Cash
- Health cards (vaccination certificate)
- Airline tickets
- Credit Cards (VISA, MasterCard and/or American Express)
- Photo copy of passport/visas/Insurance papers

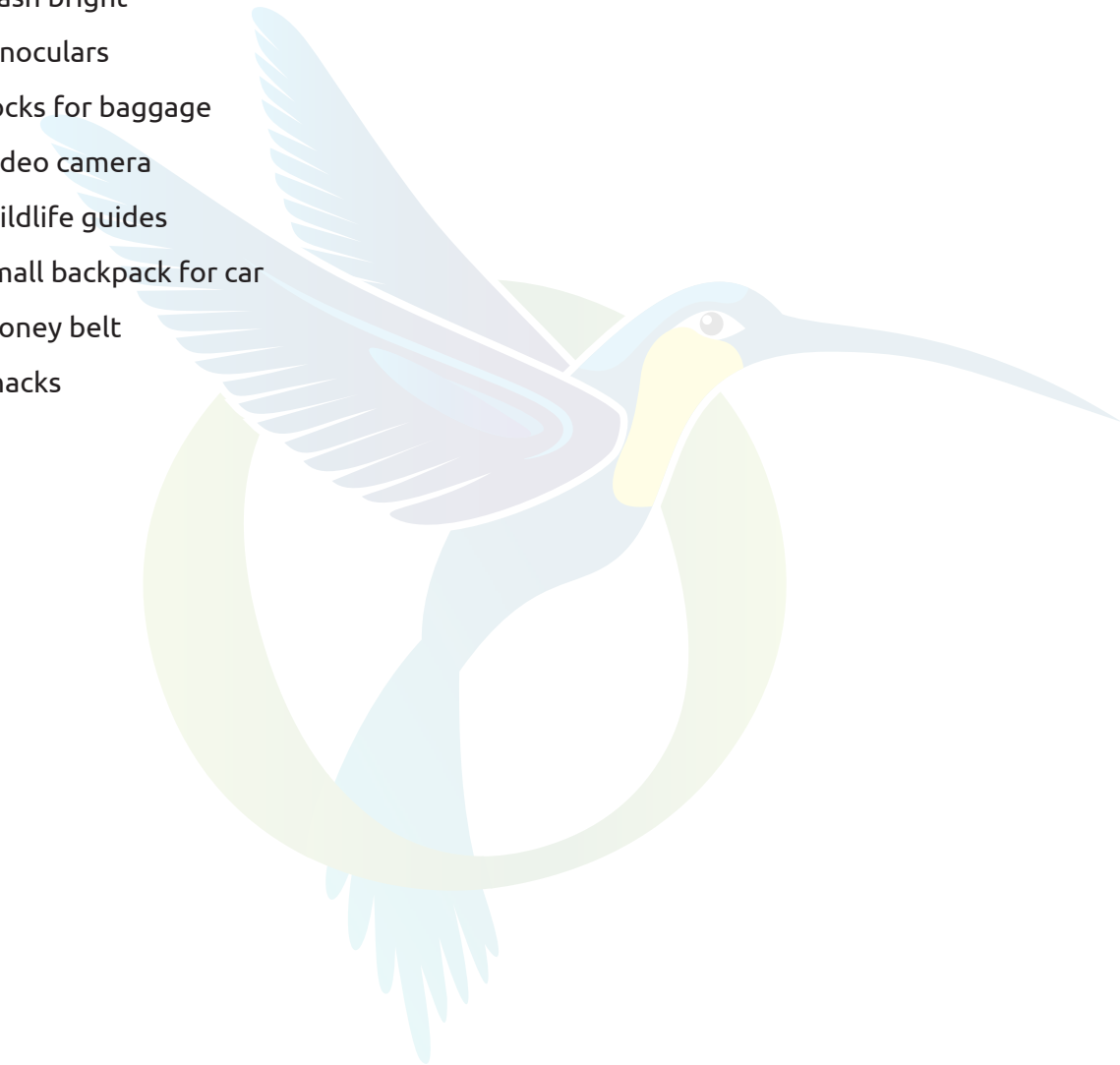
# TRIP HANDBOOK

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## Other Items

- › Camera (Bring camera with enough memory)
- › Extra camera batteries
- › Flash bright
- › Binoculars
- › Locks for baggage
- › Video camera
- › Wildlife guides
- › Small backpack for car
- › Money belt
- › Snacks



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