

# TRIP HANDBOOK



## KILIMANJARO CLIMBING LEMOSHO ROUTE - 8 DAYS

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

### TRIP DETAILS

Type	- Mountain Trekking
Code	- DS105BC
Duration	- 8 Days / 7 Nights
Start	- Arusha
Finish	- Arusha

### TRIP ITINERARY

#### DAY1: LONDOROSI GATE (2,100M/6,890FT) TO MTI MKUBWA CAMP (2,750M/9,023FT)

Elevation Gain: 650 meters/ 2,133 feet

Hiking time: 3hrs

Distance: 10 km

Habitat: Montana forest

After the morning drive to the trailhead, you will spend the first day with an armed ranger due to the animal population in this forest area, stopping at the Mti Mkubwa Camp after only about 3 hours of climbing.

#### DAY2: MTI MKUBWA CAMP (2,750M/9,023FT) TO SHIRA 1 CAMP (3,720M/12,200FT)

Elevation Gain: 970 meters, 3,177 feet

Hiking time: 5 – 6 hrs.

Distance: 12 km

Habitat: Moorland

This day starts in the forest and gets considerably steeper as you go through the heather and moorland areas before camping at the Shira Plateau in a large, open, and scenic area at the Shira One Camp.

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## **DAY3: SHIRA I CAMP (3,720M/12,200FT) TO SHIRA II CAMP (3,840 METERS/12,532FT)(3,901 M/12,800 FT.)**

Elevation Gain: 120m, 332ft

Hiking time: 5 – 6 hrs.

Distance: 5 km

Habitat: Semi-desert

This day takes you on a gentle walk across the plateau for some excellent scenery while your body continues to acclimatize. NOTE: From Shira Two Camp on, this route is identical to Machame Route, including the descent on the separate Mweka Route. If you've taken Lemosho you've done another day at this point, so Day 4 of Lemosho is identical to Day 3 of Machame and so on.

## **DAY4: SHIRA II CAMP (3,840M/12,532) TO BARRANCO CAMP (3,950M/12,960FT)**

Elevation Gain: 110m, 428ft.

Hiking time: 5 hrs.

Distance: 6 km

Habitat: Alpine desert

The morning climb is somewhat steep on this day as you ascend to Lava Tower at 4,600 meters at midday before descending again on the scenic route to Barranco Camp. This is a great example of the climb high/sleep low rule that helps people acclimatize safely.

## **DAY5: BARRANCO CAMP (3,950M/12,960FT) TO KARANGA CAMP (4,200M/13,780FT)**

Elevation Gain: 250 meters, 820 feet Hiking time: 3.5 hrs.

Distance: 4km

Habitat: Stone scree and ice-capped summit

You climb the Great Barranco Wall, which looks more intimidating than it really is, and down into the Karanga Valley. This day has many ups and downs and crosses many small streams before crossing the Karanga River just before camp.

## **DAY6: KARANGA VALLEY (4,200M/13,780FT) TO BARAFU CAMP (4,600M/15,100FT)**

Elevation Gain: 400 meters, 1,320 feet

Hiking time: 3.5 hrs.

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Distance: 4km

Habitat: Stone scree and ice-capped summit

You climb through rocky and otherwise barren terrain on your way to Barafu Camp. The camp is in another cold and windy area, but you will only be sleeping from around 7 p.m. until 11: 30 p.m. or so because you will be starting the summit climb at midnight.

## **DAY7: BARAFU CAMP (4,600M/15,100FT) TO UHURU PEAK (5,895M/19,340FT) TO MWEKA CAMP (3,100M/10,170FT)**

Elevation Gain: 1,295 meters, 4,240 feet

Elevation Loss: 2,795 meters, 9,170 feet

Summit time: 7 hrs.

Distance: 5km

Descent time: 5 hrs.

Distance: 12km

Habitat: Stone scree and ice-capped summit

You will start at midnight with by far the most challenging 6-hour section of the entire climb as you reach Stella Point around sunrise. After a short rest, you will probably be walking in snow for the next two hours until you reach Uhuru Peak. After enjoying the moment briefly, you will begin your descent to the Mweka Camp back in the rain forest, which takes about 8 hours including a quick rest in the middle.

## **DAY8: MWEKA CAMP (3,100M/10,170FT) TO MWEKA GATE (1,500M/4,920FT)**

Elevation Loss: 1,600 meters, 5,250 feet

Descent time: 4 hrs.

Distance: 10km

Habitat: Forest

After the previous day, you will deserve this short and very scenic descent of about 4 hours down to the Mweka Gate, where you will sign the register to make your climb official. Donak Safaris Vehicles will be waiting at Marangu Gate to take you back to Arusha in our affiliated Hotels.

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## Trip Includes

### MEALS

8 Breakfasts, 8 Lunches & 8 Dinners

### ACCOMMODATION

Camp (7 nights)

### FREE STORAGE

Free storage of excess baggage not required on the mountain trek.

### MOUNTAIN CREW

Services of mountain crew (Chief guide, cook and porters)

### TRANSPORT

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

### FEE

Park entry fee, accommodation and camping fees.

## 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

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## 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. 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

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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

### 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

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- Loperamide Diahorrea 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.



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