

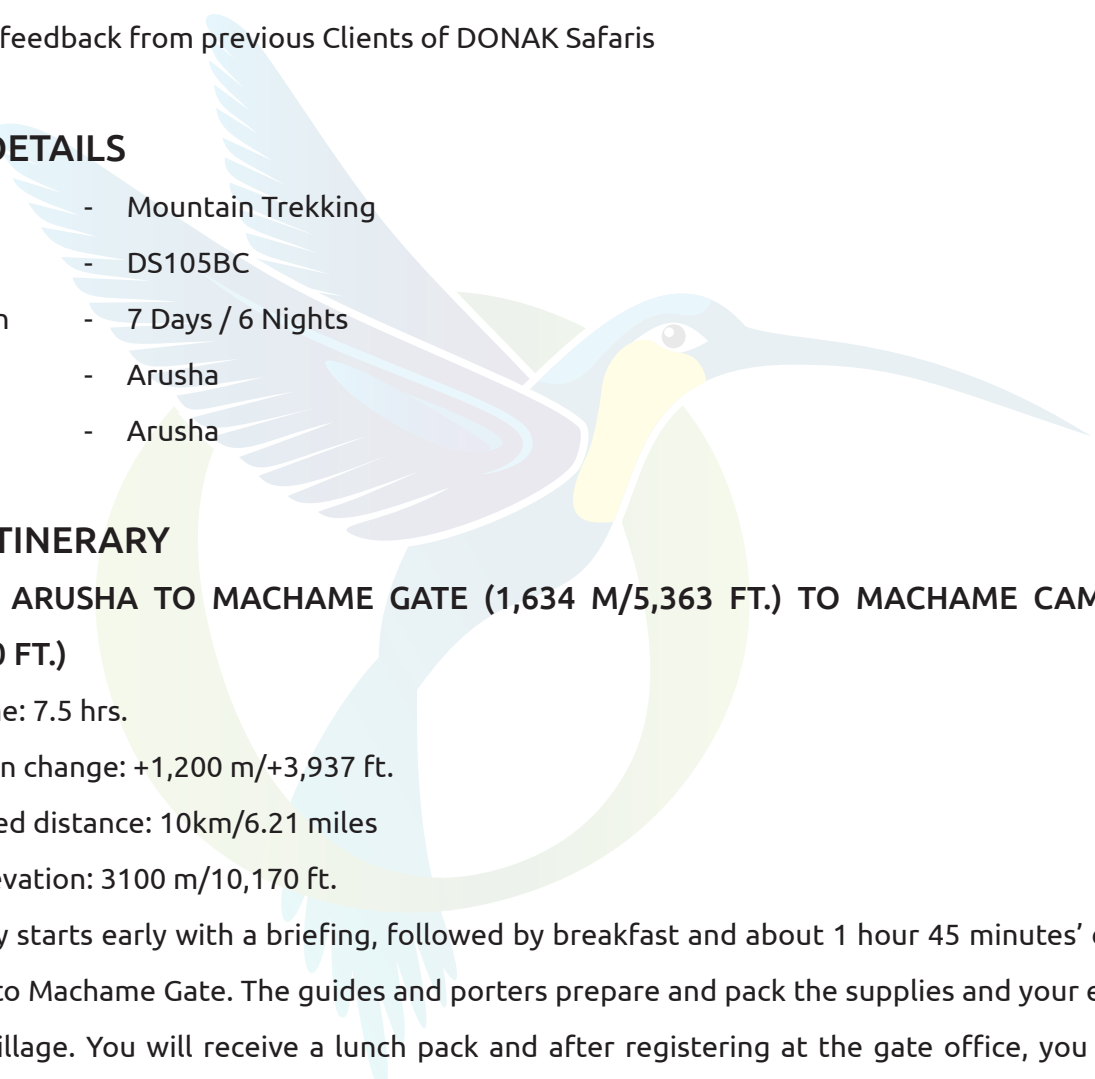
TRIP HANDBOOK



KILIMANJARO CLIMBING MACHAME ROUTE - 7 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	- 7 Days / 6 Nights
Start	- Arusha
Finish	- Arusha

TRIP ITINERARY

DAY1: ARUSHA TO MACHAME GATE (1,634 M/5,363 FT.) TO MACHAME CAMP (2,834 M/9300 FT.)

Hike time: 7.5 hrs.

Elevation change: +1,200 m/+3,937 ft.

estimated distance: 10km/6.21 miles

Final elevation: 3100 m/10,170 ft.

Your day starts early with a briefing, followed by breakfast and about 1 hour 45 minutes' drive from Arusha to Machame Gate. The guides and porters prepare and pack the supplies and your equipment in the village. You will receive a lunch pack and after registering at the gate office, you start your ascent and enter the rain forest almost immediately. Dinner and overnight at the camp.

DAY2: MACHAME CAMP (2,834 M/9,300 FT.) TO SHIRA CAMP (3,749 M/12,300 FT.)

Hike time: 7 hrs.

Elevation change: +800 m/+3,000 ft.

estimated distance: 6km/3.75 miles

Final elevation: 3,800 m/12,467 ft.

You rise early at Machame camp and after breakfast you climb an hour or so to the top of the forest

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and then for 2 hours at a gentler gradient through the moorland zone. After a short lunch and rest, you continue up a rocky ridge onto the Shira plateau. By now you will be able to see in an easterly direction, the Western Breach with its stunning glaciers. You are now due west of Kibo and after a short hike you will reach the Shira campsite at 3840m. The porters will boil drinking and washing water, before serving dinner. The night at this exposed camp will even be colder than the previous night, with temperature dropping to well below freezing.

DAY3: SHIRA CAMP (3,749 M/12,300 FT.) TO LAVA TOWER (4630 M) TO BARRANCO CAMP (3,901 M/12,800 FT.)

Hike time: 5 hrs.

Elevation change: +100 m/+328 ft.

Estimated distance?

Final elevation: 3,900 m/12,800 ft.

The route now turns east into a semi desert and rocky landscape surrounding Lava Tower, where you reach an altitude of 4630m after about a 5 hours walk. Lunch is served in a designated area before ascending the rocky scree path to lava Tower (4630m). Definitely, the toughest day so far. It is normally around this point, where for the first time, some climbers will start to feel symptoms of breathlessness, irritability and headaches. After lunch you descent again by almost 680m to the Barranco camping area and after reaching the high altitude of 4600m at Lava Tower, the true acclimatization benefit of this day becomes clear. This descent to Barranco camp takes about 2 hrs. And offers great opportunities to take some beautiful photographs of the Western Breach and Breach wall. The camp is situated in a valley below the Breach and Great Barranco wall, which should provide you with a memorable sunset while you wait for the preparation of your dinner.

DAY4: BARRANCO CAMP (3,900 M/12,800 FT.) TO BARAFU CAMP (4,600 M/15,091 FT.)

Hike time: 3.5 hrs.

Elevation change: +100 m/+328 ft.

Estimated distance: 4km/2.5 miles

Final elevation: 3,963 m/13,000 ft.

You climb the Great Barranco Wall, which looks more intimidating than it really is, and down into the

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Karanga Valley. This day has many ups and downs and crosses many small streams before crossing the Karanga River just before camp.

DAY5: SUMMIT ATTEMPT, BARAFU CAMP (4,600 M/15,091 FT.) TO UHURU PEAK (5,895 M/19,343 FT.) TO MWEKA CAMP (3,100 M/10,170 FT.)

Hike time: 3.5 hrs.

Elevation change: +600 m/+1,968 ft.

Estimated distance: 4km/2.5 miles

Final elevation: 4,600 m/15,091 ft.

Today the route moves through rocky and otherwise barren terrain on your way to Barafu Camp. The camp is in another cold and windy area, but you'll only be sleeping from around 7 p.m. until 11:30 p.m. or so thanks to the summit climb commencing at midnight.

DAY6: SUMMIT ATTEMPT, BARAFU CAMP (4,600 M/15,091 FT.) TO UHURU PEAK (5,895 M/19,343 FT.) TO MWEKA CAMP (3,100 M/10,170 FT.)

Summit time: 7 hrs.

Elevation change: +1,300 m/+4,265 ft.

Estimated distance: 5km/3.2 miles

Final elevation: 5,896 m/19,343 ft.

Descent time: 5 hrs.

Elevation change: -2,800 m/-9,186 ft.

Estimated distance: 12km/7.5 miles

Final elevation: 3,100 m, 10,170 ft.

Today kicks off at midnight with by far the most challenging 6-hour section of entire climb as you reach Stella Point around sunrise. After a short rest you'll probably be walking in snow for the next two hours until you reach Uhuru Peak, AKA the summit! After enjoying the moment briefly you will begin your descent to the Mweka Camp back under cover of the cloud forest, about an 8 hour trek including a quick rest midway.

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DAY7: MWEKA CAMP (3,100 M/10,170 FT.) TO MWEKA GATE (1,828 M/6,000 FT.) – ARUSHA

Descent time: 4 hrs.

Elevation change: -1,250 m/-4,101 ft.

Estimated distance: 10km/6.21

Final elevation: 1,828 m/6,000 ft.

After an early and well-deserved breakfast, it is a short 3-hour and scenic hike back to the Park gate. At Mweka gate you sign your name and details in a register. This is also where successful climbers receive their summit certificates. Those climbers who reached Stella Point (5685m) are issued with green certificates and those who reached Uhuru Peak (5895m) receive gold certificates. Donak Safaris Vehicles will be waiting at Mweka Gate to take you back to Arusha in our affiliated Hotels.

Trip Includes

MEALS

7 Breakfasts, 7 Lunches & 7 Dinners

ACCOMMODATION

Camp (6 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

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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. 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.

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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

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.

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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.



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