

Kilimanjaro - Expedition Information Pack

Pre-Expedition Preparation:

In this document, you will find detailed information on fitness & training, the necessary equipment, tourist visas, travel insurance, medical advice, temperatures & climate, altitude considerations, wildlife safari, spending money and tips. Please review this information in full and prepare yourself for this fantastic adventure! We have also included information about Tanzania, an FAQ and the expedition itinerary with details on what's included and excluded.

Fitness & Training:

Kilimanjaro is a demanding trek with an average of six hours of walking per day except on the summit day which involves roughly 15 hours of walking. As with all our 'demanding' expeditions we expect participants to have a very good level of fitness. Although this is not a technical climb, it is very steep in places and you will be gaining height very quickly. For many people it will be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. As a guide to how fit you should be to attempt this trek we have decided to give you some measurable training goals. With an 8kg rucksack you should be able to complete the following routes from start to finish in the following time frame. Don't worry if you cannot complete the walks in the suggested time at first, your fitness will improve rapidly by undertaking cardiovascular exercise 3 to 4 times per week.

Walk	Route	Time
Carrauntoohill (Kerry)	Caher (Coomloughra) Route	6 hrs
Croagh Patrick (Mayo)	Main Route	3/4 hrs
Galtymore (Tipperary)	Black Road Route	4/5 hrs
Lugnaquilla (Wicklow)	Camara Hill Route	4/5 hrs
Spink (Wicklow)	Looped Walk Route	3/4 hrs

Please do not attempt these walks alone. You or someone in your party should have walking experience and the necessary navigational skills. If you would like to hire a guide to take you on one of these walks please contact us to be put in touch with a qualified mountain leader.

Although hillwalking is best, please remember any type of cardiovascular training will help you prepare for this expedition. Focus your training on building endurance fitness by completing long, slow and low intensity training sessions rather than fast and short sessions. Build the distance and duration of your training sessions slowly as over training often leads to injury. In the three months prior to departure, try to include two long training days in a row to replicate walking for continuous days on the expedition.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area. If you have low muscle mass in your legs we suggest that you add strength training to your schedule. Muscle mass protects our joints and this is very important especially on long descents.

If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing!

The itinerary has been designed with correct acclimatisation in mind, with no big jumps in elevation. While on the expedition you will be encouraged to take it easy, eat well and stay very hydrated. Very hydrated means drinking between three and five litres of water per day depending on how much you sweat. Drinking three or more litres in a day is much harder than it sounds. We would recommend people practice drinking a large amount of water. Try drinking from a 500ml water bottle and see how many times you can refill it in a day. In our experience, it is those who cannot stay well hydrated that run into problems at altitude. Although your ability to withstand high altitudes is not directly related to your physical fitness levels, a good level of fitness will certainly assist in your general stamina.

It is not uncommon for people to encounter stomach problems on expeditions. This is due to a number of reasons such as, poor hygiene, change in diet, a low immune system and poorly prepared food. We do everything we can to make sure food and water is safe for you to consume. It is very important that you wash your hands before eating and after going to the toilet. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

Earth's Edge Pre-Departure Weekends:

We hold pre-departure weekends prior to all expeditions. Attendance for the weekends is compulsory. You will meet an expedition leader, expedition doctor and your fellow adventurers! An experienced expedition leader will be giving a full expedition brief, leading two training hikes and offering expert advice on all aspects of the expedition including training, equipment, weather etc. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location!

Equipment:

The following is what we recommend you take and is a guideline of what to bring on this expedition. You are responsible for having the necessary personal equipment you need for this trek. When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter.

EQUIPMENT CHECKLIST	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Lightweight liner socks (for summit night).	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below).	
Lightweight trousers x 1.	
Synthetic/wool/silk long johns (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layers x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (silk, wool, or synthetic).	
Mid-weight fleece x 2.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
A balaclava/a buff.	
Sunglasses (category 3).	

A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of down mitts.	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.	
Dry bags (If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags).	
Water bottles (2 x 1 litre nalgenes) & water bladder (2 litre). You must have the capacity to carry at least three litres of water while walking. <i>*Please note that disposable plastic water bottles are illegal on the mountain.</i>	
A warm sleeping bag (comfort rating of -15°C or lower).	
Sun cream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries. N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> • Rehydration salts • Plasters • Compeed • Paracetamol • Imodium • Motilium • Throat lozenges • Nasal spray • Decongestant such as sudafed • Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i> 	
Personal medication. <ul style="list-style-type: none"> • Malarial Prophylaxis (consult with your own GP or the Travel Health Clinic) Please carry any medication you are currently taking on a regular basis such as: <ul style="list-style-type: none"> • Asthma inhalers • Nutritional supplements • Blood pressure tablets If you suffer or have suffered from any skin condition, bring appropriate creams such as: <ul style="list-style-type: none"> • Canesten • Zovirax • Anusol • Hydrocortisone 1% 	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating	

such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Your vaccination booklet.	
OPTIONAL ITEMS	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
Swimming togs for the pool at the lodge after the trek.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Thermarest (roll mat will be provided).	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

Tourist Visa:

All Irish participants are required to have a visa to enter Tanzania. You must have at least two free pages in your passport and ensure that your passport is valid for at least six months after you return to Ireland. At the time of writing this document, EU passport holders could obtain a tourist visa upon arrival in Tanzania. The visa fee is US\$50, payable in cash.

Travel Insurance:

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness b) trekking up to 5,900 metres (c) helicopter evacuation in an emergency situation, and d) repatriation to country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Campbell Irvine for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To contact Campbell Irvine call [+44 844 826 2722](tel:+448448262722) or go to their website www.campbellirvinedirect.com/earthsedge.

Vaccinations & Prophylaxis:

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic (www.travelhealth.ie) for the most up-to-date medical advice. When you sign up for this event we will email you specific advice supplied to us by the Travel Health Clinic which details what is required for this destination.

Medical:

Before departure you will be required to complete an extensive medical questionnaire. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may

be compromised. All participants on Earth's Edge expeditions are required to have a medical form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). These measures are put in place for the safety of all participants on the trek.

Temperatures & Climate:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -20 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: www.mountain-forecast.com/

Norwegian Meteorological Institute: www.yr.no

Altitude Considerations:

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you getting altitude sickness. Our guides are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. If you have suffered serious problems at altitude before, you should seek the advice of your doctor or a specialist. Please note it is common for most people to experience mild headaches on the summit day of this expedition. Always keep your guide informed on how you are feeling.

Diamox:

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants especially those who have had AMS in the past to take Diamox prophylactically (as a preventative) on Kilimanjaro, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

Spending Money & Tips:

We recommend that you carry USD\$350 dollars with you to Tanzania in mixed notes. There are some ATMs where you can withdraw cash using a credit card. Please try to bring dollars broken up into small notes. The reasons being that it is hard to find a place that will give you change for \$100 and also it is easier for the guides to divide the tips equally if they have lots of small notes. Also, try to bring dollars that were printed after 2004 if possible as these get a better rate of exchange in Tanzania.

Tipping is common in Tanzania, it is not compulsory but it is expected. We recommend you tip if you are happy with the service. Earth's Edge are a proud partner of KPAP (Kilimanjaro Porters Assistance Project). KPAP keep us up-to-date on best practice when it comes to tipping and porter welfare. They have advised us that at least \$170 per client is required for all local staff to receive an adequate tip. Please give your tip to the Expedition Leader and he/she will distribute the tip among all local staff. The recommended spending amount above includes the tip for the local staff.

Local Staff:

Your local team will be made up of the head guide, assistant guides, porters and cooks. The guides and many of the porters will speak English very well. However, some of the porters may be trainees and therefore will have limited English. Please be patient and respectful towards all staff. The porters on Kilimanjaro are notoriously friendly and extremely hard working people and will go out of their way to assist you in reaching the summit. At Earth's Edge we take the treatment of our porters very seriously. There is a porter to client ratio of 3:1 on all of our trips. Yes, that's three porters to every one of you! The Kilimanjaro National Park authorities recommend that each porter carry a maximum of 20kg for the company they are working for. However, on Earths Edge expeditions, porter welfare is paramount so we limit the weight allowance of your duffel bag to 15kg to ensure the porters are not overloaded.

About Tanzania:

We advise all participants to educate themselves on local laws and customs before travelling to Tanzania. Up-to-date travel advice can be found on the [DFA website](#).

Area: 947,303 sq km
Population: 56,255,755
Official Languages: Swahili & English

'A few words of Swahili will prove very impressive!'

Hello: Jambo.
Goodbye: Kwa heri.
Thank you very much: Asante sana.
My name is: Jina langu ni.
No worries: Hakuna matata.
Slowly/take it easy: Pole-pole.
How are you? Habari?
Crazy cool like a banana! Poa kichizi kama ndizi.

Religion: Christianity (30%), Islam (35%) & Others (35%).
Local Time: GMT +3.00.
Local Currency: Tanzanian Shilling (TZS).
Currency for Exchange: US Dollars.
Where to Exchange: In banks found in all major towns.
ATMs: ATMs are limited but can be found in larger towns. It is best to carry cash in US Dollars to Tanzania.
Credit Cards: Are generally not accepted.

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

Kilimanjaro Expedition Summary & Itinerary

Kilimanjaro (5,896m) is not only Africa's highest point, it is the highest free standing mountain in the world. Kilimanjaro is actually a huge crater known as Kibo over 2km wide with several distinct cones the highest being Uhuru Peak. The name Kilimanjaro is believed to come from Swahili, Kilima meaning 'hill or little mountain' and Njaro meaning 'white or shining'. Towering over 4,500m above the rift valley and the surrounding landscape it makes for an impressive sight.

This 12 day itinerary includes seven days of trekking on the Machame Trail, the most scenic route to the summit. Kilimanjaro is often underestimated with many climbers ascending too fast and then failing due to altitude sickness. Seven days on the mountain allows for greater acclimatisation and maximises chances of a successful summit attempt. The route leads us along rough terrain but provides spectacular scenery and a wide variety of landscape. We start with scrublands thick with African wildlife and then move into lush forests followed by flowering alpine tundra. Above 4,500m we encounter more snow and rock as we approach the summit.

Unlike most companies who spend their last night before summiting Kilimanjaro in Barafu camp we stay in Kosovo camp. Kosovo camp is not nearly as busy as Barafu camp and 120 metres higher on the mountain which takes an hour off our summit day. This trek is suitable for people with a good level of fitness who enjoy a challenge. The sense of achievement and view from the roof of Africa make all the hard work and effort well worth it!

Day 1: Dublin to Tanzania.

Depart Dublin in the evening for Tanzania. Fly via Addis Ababa.

Day 2: Arrive in Tanzania.

Arrive in Kilimanjaro International Airport in the afternoon. Transfer to our hotel in Arusha and then relax for the rest of the day. Have an expedition brief before dinner. Overnight hotel.

Day 3: Drive Arusha to Machame Gate and trek to Machame Camp, 7 hrs.

After breakfast and meeting the local guides, we drive for just over an hour to Machame Gate (1,490m). At the gate we register with the National Park and then meet our team of porters. Once we start walking it's not long before we enter the tropical rain forest. Depending on how much rain there has been the trail can be quite muddy. After some time we stop for lunch and then continue to Machame Camp in the afternoon. By the time we reach the campsite the porters will already have set up your tent and the cook will be preparing dinner. Most people are quite tired after the first day's walk so we advise an early night. Overnight camp. Altitude 2,980m.

Day 4: Trek Machame Camp to Shira Camp, 6 hrs.

After breakfast we leave Machame Camp and follow a steep trail all the way to the Shira Plateau. We stop for plenty of rests and photos throughout the day. We are rewarded with great views of the western breach with its stunning glaciers. We set up camp in the early afternoon and relax for the rest of the day. Overnight camp. Altitude 3,840m.

Day 5: Trek Shira Camp to Barranco Camp, 7 hrs.

We leave Shira Camp and walk east towards Lava Tower, a huge rocky outcrop. After five hours of walking along a rocky trail we have lunch just before Lava Tower, allowing us extra time at this higher altitude. By walking to Lava Tower we reach 4,630m before walking back down to Barranco Camp. This jump in elevation greatly helps us with acclimatisation and is key to a successful summit attempt. After lunch we descend 680 metres over two hours to set up camp below the Barranco Wall. Today's route has stunning views throughout. Overnight camp. Altitude 3,950m.

Day 6: Trek Barranco Camp to Karanga Camp, 5 hrs.

The day starts by walking up and over the Barranco Wall which is not quite as hard as it looks! Upon reaching the top we are rewarded with great views of Kilimanjaro, the Heim Glacier and the surrounding landscape. The trail then enters the Karanga Valley with many short ascents and descents as we cross many small streams. We set up camp just after the Karanga River. Spend the afternoon relaxing, chatting to fellow trekker, guides and porters. Overnight camp. Altitude 4,000m.

Day 7: Trek Karanga Camp to Kosovo Camp, 5 hrs.

After breakfast we walk along a ridge towards Barafu Camp. We set an easy pace to ensure good acclimatisation. As we gain altitude the landscape becomes completely barren and free of vegetation, a quite inhospitable environment. After about three and half hours we reach Barafu camp where we need to register with the park rangers. After a short rest we continue on a steep trail to reach the much quieter Kosovo Camp. Because of the elevation this campsite is colder than previous camps but the views are amazing. We spend the afternoon resting, eating and preparing for tomorrow's summit day. Your expedition leader will give you a full summit brief in the afternoon. Go to bed very early in preparation for the big day! Overnight camp. Altitude 4,800m.

Day 8: Trek Kosovo Camp to Uhuru Peak to Millennium Camp, 14 hrs.

We rise very early usually around 12:00a.m, have some tea and snacks and start walking. We keep a steady pace as we walk on steep scree to reach Stella Point (5,685m). For many trekkers, this six-hour walk is the toughest section of the day. We take a short rest at Stella Point to enjoy the sunrise. From Stella Point it is a further two hours on an often snow-covered route to reach Mt Kilimanjaro (5,896m)! All the effort is well worth it as the feeling of being on the roof of Africa is second to none! After a short stay at the summit we start the descent to Millennium Camp. After three hours we reach Kosovo Camp and enjoy a rest and some food. We then walk for a further four hours to reach Millennium Camp. Overnight camp. Altitude 3,832m.

Day 9: Trek Millennium Camp to Mweka Gate and drive to Arusha, 6 hrs.

After a hot breakfast we walk downhill for six hours and finish our trek at Mweka Gate. From the gate we drive back to Arusha and enjoy a well earned hot shower. The rest of the day is spent resting tired bodies by the pool. In the evening enjoy a celebratory meal and some drinks at the hotel. Overnight hotel.

Day 10: Free Day in Arusha.

Free day to relax by the pool, explore Arusha or go on safari. Overnight hotel.

Day 11: Depart for Dublin.

Our flight is not until the evening so you have most of the day to relax or do some more exploring of Arusha. In the evening we depart for Dublin. Fly via Addis Ababa.

Day 12: Arrive in Dublin

Arrive back in Dublin in the early hours of the morning. Expedition ends.

Expedition Costs

€399 non-refundable deposit at the time of booking & €3,600 balance payment at least two months prior to departure - Total €3,999. Read our [best price guarantee](#).

*If you wish to pay for your trek in instalments, contact us for more information.

*Prices were set on September 26th, 2018.

EXPEDITION COSTS INCLUDE:

- International flights from Dublin to Kilimanjaro return economy class.
- Experienced Irish expedition leader accompanying you from Dublin airport.
- Experienced Irish expedition doctor accompanying you from Dublin airport.
- Earth's Edge Pre-Departure Weekends.
- Local guides, porters and support staff.
- All accommodation based on twin sharing in hotels and camping for the duration of the itinerary.
- All meals and drinking water are included except in Arusha where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- National Park fees & local VAT.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

EXPEDITION COSTS EXCLUDE:

- Personal travel insurance.
- Transfers to and from Dublin Airport.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as; bad weather, landslides, road conditions and any other circumstances beyond our control.

SHARE YOUR JOURNEY AND WIN A €300 ADVENTURE PACK:

On each expedition, one person will win an Earth's Edge Down jacket, Gore-Tex jacket and an environmentally friendly Keep-Cup. How do you win? Share your journey from start to finish on your Instagram. We want to see your gym sessions, your training hikes, your gear prep, and of course your photos of your amazing adventure with us! Simply let us know your Instagram handle, tag us in your post, and use our hashtag #EarthsEdge. There's no limit on how many posts you can do, and if you win we could feature your photos on our Instagram or Website! ***On average, we have 12 people on our expeditions, so you have a 1 in 12 chance of winning! Get snapping! We will select a winner approximately four weeks after each expedition!***

KPAP, PORTERS & TIPPING:

In December 2015 Earth's Edge became Ireland's first and only partner of the Kilimanjaro Porter Assistance Programme (KPAP) – www.kiliporters.org. KPAP is an American run Tanzanian based NGO, who are campaigning for porter welfare on [Kilimanjaro](#). As you will understand when [climbing Kilimanjaro](#) we are all so reliant on the hard work of the porters who carry loads on the mountain. They are the unsung heroes of all climbing teams and without their help we would not be able to experience this wonderful mountain. The reality is the porters are often impoverished Tanzanians who are dependent on this labour-intensive work to feed their families.

Unfortunately, the porters have very few working rights and are often exploited. All too often they are underpaid, poorly fed, overloaded and don't have adequate clothing for the mountain. This is where KPAP come in. KPAP send one of their staff on each of our [Kilimanjaro climbs](#) to independently audit how we are treating our porters. The four areas they focus on are as follows:

- That we provide our porters with three meals per day.
- That porters have adequate clothing for the mountain.
- That porters carry a maximum of 20kg on the mountain. This is typically made up of a 15kg load plus 5 kg of their own clothing.
- That the porters are paid properly and that we have a fair and transparent tipping process in place.

At Earth's Edge it is important to us that all of our clients and staff are clear on how the tip is divided on the mountain. We follow the instructions given to us by KPAP on how best to divide the tip.

Here is an example of how we divide the tip to give you an idea of what share of the tip each person gets on the mountain. Our average group size is 12 climbers plus our guide and doctor = 14 people. We recommend everyone tips USD 170. If everyone tips that will give us a total tip amount of USD 2,380 (12 x USD 170 + USD 340 as we tip on behalf of our guide and doctor). With a group that size our local team will be made up as follows and receive roughly the following share of tips.

Head Guide: 1 person	USD 150	x 1	=	USD 150
Assistant Guides: 6 people	USD 110	x 6	=	USD 660
Cooks: 2 people	USD 110	x 2	=	USD 220
Porters: 38 people	USD 36	x 38	=	USD 1,350
			Total:	USD 2,380

Please note the above figures are a guideline based on an average of 12 clients. We ask our clients not to tip any local staff directly as it's important that all of the team get their fair share of the tips.

The single most important thing one can do as a climber on Kilimanjaro is to book your climb with a KPAP partner company. Unfortunately, porters are still all too often mistreated on Kilimanjaro. When you book with the KPAP partner company you can be sure the porters on your climb are treated fairly and your visit to Tanzania has a positive impact on the local people and economy.

There are two ways you can give back to the porters on Kilimanjaro. Firstly, at the end of your climb if you have any suitable trekking equipment that you no longer need you can give it to your expedition leader and they will arrange for it to be donated to KPAP. Secondly, when you return to Ireland you can send any suitable trekking equipment that you no longer need to Earth's Edge, 97C Morehampton Road, Donnybrook, Dublin 4.

Here is a list of items the porters could use: hiking socks, fleeces, water bottles, water bladders, base layers, sports jerseys, trekking pants, rain jackets, rain trousers, down jackets, ski jackets, ski pants, scarves, head torches, gaiters, hats, buffs, gloves, backpacks, walking boots, sleeping bags, sleeping bag liners, sleeping matts, duffel bags and dry bags.

Please remember we are only requesting equipment that you no longer need, so please don't feel pressurised in any way to donate equipment that you still have a use for.

If you have any questions about tipping or porter welfare, please contact James (jam@earths-edge.com) in the Earth's Edge office.

Wildlife Safari

N.B: If you wish to book a safari, contact us ASAP to ensure availability and to avoid disappointment.

Seeing as you are already going to be in Tanzania it makes sense to do a wildlife safari. Tanzania has some of the best stocked parks in the world and our wildlife safaris get great reviews. At Earth's Edge you have three options for wildlife safari;

1. It is possible to fit in a safari without extending. As per the itinerary you have a free day in Arusha after the trek to spend as you wish. On this day many people choose to go on safari in Tarangire National Park which is very well stocked with game. This one day safari costs €250 if you pay at least two months before departure. If you book any later than that, the cost increases to €300. The safari must be paid for in advance of departure. Our one day safari includes transfers to and from the park, a safari guide, a packed lunch, bottled water and entrance fees.

2. The second option is to do our three day safari extension. This safari includes Tarangire National Park, Lake Manyara and the Ngorongoro Crater. The package includes accommodation in safari lodges, all meals, park fees, game drives, a safari guide, all transfers and the cost of changing your return flights. This package costs €1,430 per person based on twin sharing, and €2,145 based on single occupancy. This option must be booked no less than four months before departure. (It may be possible to book closer to departure but you will be liable for any additional costs associated with changing your flight.)

3. The third option is that we change your return flight dates and you make your own plans for the extension, booking your own tours and accommodation for the duration of your extended time in Tanzania. To change your return flight date we charge a €100 fee plus any fare difference for requests made at least four months before departure. For requests made between two and four months before departure there is a change fee of €150 plus fare difference. It is not possible to make an extension request within two months of departure.

Expedition FAQ

What is a typical day like on this expedition?

The following is a typical day on this expedition and most days on the route will follow this general format, however every day is slightly different and the weather can have a huge influence too.

Wake up, sometimes at sunrise, to enjoy the spectacular views of the surrounding landscape. After a substantial breakfast, we pack up all the equipment and get ready to leave. After giving your main bag to the porters we get moving. You need only carry a small rucksack with a spare jacket, hat, sun cream, water bottle, packed lunch and camera. We move at a pace that suits the group and stop regularly for photo opportunities and rests. At around midday we break for lunch. After a healthy and energising lunch, we start moving again and by mid-afternoon we will have reached our destination. Once settled in, we can play cards, explore the area and enjoy watching the sun disappear below the horizon. Meanwhile, the cooks will be busy preparing dinner using fresh seasonal local produce. After dinner the Earth's Edge expedition leader will brief you on tomorrow's adventure. That night you can enjoy the company and stories of your guides and fellow adventurers. Then head to bed for a good night's sleep to be ready to do it all again the next day!

What is the accommodation like on this expedition?

While in Arusha we will stay in a locally run lodge in an effort to support the local economy. All rooms are clean and comfortable. The lodge has a swimming pool, perfect for relaxing after the trek. While on the trek you will be sleeping in two person tents. Our prices are based on two people sharing. It is generally possible to arrange single rooms on Earth's Edge expeditions. Contact us to request a single room or tent.

What is the food like on this expedition?

Food plays a huge part in the success of our expeditions. A cook accompanies all expeditions to prepare nutritious, tasty food. All fresh produce is washed using clean water and all perishable items are kept cool. We provide balanced meals which keep participants energised throughout the expedition. We like to cook local seasonal dishes but we also cook western dishes.

Can Earth's Edge cater for my dietary restriction?

We will try our best to cater for those with dietary restrictions. If you have a dietary restriction, please state this on your medical declaration form which you will complete prior to your expedition. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

How many people can take part in this expedition?

This expedition will have an average of 13 participants.

Who is leading this expedition?

An Earth's Edge expedition leader accompanies all expeditions. Our leaders are highly experienced and skilled in expedition leadership and wilderness first aid. Local English-speaking guides work with our expedition leaders to run the expedition. Our local guides are highly experienced and very familiar with the expedition route, local history, cultures and customs of the region.

Will I get a chance to meet any of my other team members before departure?

Yes, we hold pre-departure weekends about two months before every expedition. If you cannot attend the particular weekend that is scheduled for your expedition, then you are welcome to attend another weekend. An experienced Earth's Edge expedition leader and expedition doctor will meet the group to answer questions about the trek. Most people at this stage will have questions about their equipment and will be given advice on the best way to pack for the trip. This is also a great opportunity for participants to meet one another before setting off. Around this time, you will receive a pre-departure document which will include lots of important information such as what time you need to meet at the airport and emergency contact information

that you can pass on to your next of kin. Please note where differences exist between this info pack and the pre-departure document the pre-departure document supersedes.

Can participants extend their stay after the expedition?

Extensions are possible but subject to availability, contact us ASAP if you wish to extend your trip. For extension requests made at least four months before departure there is a change fee of €100 plus fare difference. For requests made between two and four months before departure there is a change fee of €150 plus fare difference. It is not possible to make an extension request within two months of departure.

What back-up support is there on this expedition?

Along with the Earth's Edge expedition leader we use local guides, cooks, drivers and porters of the highest standard. We employ local staff based on their qualifications, experience and references. Our expedition leaders are trained in wilderness first-aid and most of our local guides are first-aid trained too. Our expedition leaders and local staff are familiar with the locations of local medical services and hospitals. Where no mobile/cell phone network is available expeditions are accompanied by two-way radios and satellite phones. Our expedition leaders have 24/7 access to our office in Ireland.

What emergency procedures are in place?

A detailed assessment of risk is completed for all expeditions. The risk assessment covers potential minor and major injuries, environmental risks, political risks and evacuation plans detailing the locations of local hospitals, emergency services and airports.

What happens if someone gets sick or injured?

In the event of someone falling ill or getting injured, the expedition doctor will assess and treat the sick or injured person. Often with some rest, participants can continue without a problem. If needed a porter will help the injured person to the next camp where an evacuation to a hospital can be arranged for more serious incidents. In the unlikely event of a serious incident which requires urgent hospital treatment a helicopter evacuation can be requested from local authorities. The decision to evacuate is ultimately the expedition leader's. You must respect the decisions of your expedition leader at all times. Extra costs incurred as a result of an evacuation must be paid by the participant. Your personal travel insurance must cover such eventualities.

What happens in bad weather?

In the event of a sudden change of weather conditions the Earth's Edge expedition leader will assess the situation and make an informed decision on what to do. Participant safety is always the priority in the decision-making process. This itinerary has been designed taking into consideration possible bad weather. Alternative routes and contingency plans are always in place in the case of adverse weather conditions. We always aim to keep to the itinerary as much as possible but please remember that this is adventure travel and changes can occur!

What will happen to a participant's luggage during the expedition days?

On this expedition, you only need carry a small bag with the essentials such as a spare jacket, hat, water, packed lunch, camera etc. The bulk of the participant's luggage will be carried in a separate bag by a porter.

What happens if the airline loses a participant's luggage?

If an airline loses luggage, Earth's Edge will help report the lost baggage and chase up the airline while the participant continues on the expedition. Personal travel insurance should cover the purchase of any necessary clothes and equipment needed. Generally, the airline will deliver lost luggage within 24 hours.

What happens if a participant misses their airport connection?

If a flight connection is missed because a previous flight was delayed, the airlines will offer an alternative flight and accommodation if necessary. If this disrupts any part of your expedition, Earth's Edge will make

alternative arrangements to get you back on schedule. Any extra costs incurred due to a missed connection will be covered by the airline or the participant's personal travel insurance.

Why Earth's Edge?

- Earth's Edge is Ireland's first fully licensed & bonded adventure travel company.
- Earth's Edge is 100% Irish owned.
- We send expedition leaders from Ireland with solid travel experience & who are 'salt of the earth' genuinely lovely people.
- We send doctors on all our expeditions, regardless of the difficulty or remoteness of its location. They are accompanied by a comprehensive medical kit.
- We excel at expedition planning and management. Each expedition goes through a custom-made event check-list starting 12 months before departure to ensure we do all we can to run expeditions as smoothly as possible.
- We provide excellent expedition support. All expeditions are managed from our office in Dublin and have 24/7 support from an operations and medical expert.
- We endeavour to respond to all enquiries from both current & potential participants within 24hrs.
- Our office staff are all highly qualified and boast many years of customer service and operations experience between them. Most importantly, they are keen adventurers themselves and are passionate about exploring the globe! They each take part in at least one Earth's Edge expedition a year. So, when you make an enquiry, you are speaking to an expert as opposed to a travel agent.
- We offer very inclusive packages which are excellent value for money.
- The emphasis we place on preparing our participants for their expeditions is second to none. We provide detailed informative trip documentation, medical/vaccine guidance & visa support.
- Earth's Edge hold pre-departure weekends prior to each expedition which include a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.
- We follow a strict environmental, social & economic responsible travel policy.
- Earth's Edge group sizes are always small. This enables us to minimise our environmental impact & it also ensures we retain the element of adventure in our expeditions that separates them from your average holiday.