

For tours departing beyond 2009, itineraries may be subject to change. This will be confirmed by the publication of the 2010 brochure (issued in Oct 09).

2009
Tour Dossier

EXPLORE!

WORLDWIDE

TANZANIA Dossier Ref. KC & KCZ

Kilimanjaro – Shira Trek

KCZ23SEP09: Please note that the Zanzibar extension has been reversed. You will now stay in Zanzibar Town for the first 2 nights and Nungwi for the last 2 nights.

Amended 04 Sep 2009. Valid from 01 Aug 2009 to 31 Dec 2009
Since first issue this dossier has been updated with amendments to the following sections: itinerary, sightseeing, tipping & clothing/equipment

As our itineraries may be amended from time to time, either for operational reasons or in response to feedback from customers, please ensure you have the most up-to-date copy of this dossier immediately before you travel. You can download the dossier from our website, www.explore.co.uk. Of course we will notify you of any significant changes, but sometimes minor changes may simply be added to the tour dossier.

JOINING TOUR ABROAD

Kilimanjaro Shira Trek Ref. KC
10 days/9 nights Land Only
Moshi back to Moshi

Join Moshi (day 1)

End Moshi (day 10)

Earth Matters

- This tour makes use of local tour representatives on Zanzibar, which generates employment and provides you with a unique insight into local culture.
- In accordance with International Porters Protection Group (please see www.ippg.net for more information), Explore is striving to ensure that porters working on Kilimanjaro are paid a fair wage, given adequate equipment and do not carry excessive loads.
- If you would like to bring any such excess clothing and equipment, there is an opportunity to donate this at the end of the tour.
- Explore supports the work of the Kilimanjaro Porters Assistance Project (www.kiliporters.org) wholeheartedly. At the end of every trek there will be an opportunity to donate your used equipment to your group's porters if you wish. Your tour leader will collect all the donations and take it to KPAP for further use. Explore believes this to be a fair and equitable means of ensuring the porters have access to suitable equipment and clothing to allow them to safely operate on Kilimanjaro. If you have any sturdy footwear, warm clothing such as coats or jackets for which you have no more use, you may also like to consider taking them with you to pass onto KPAP.
- Msamaria Centre for street children In Moshi you will have the opportunity of visiting this project which houses children from 5 to 16 years, many of whom are abandoned or homeless due to poverty, HIV, mistreatment, poor family planning and irresponsible parenting. It supports street children, families and communities in the local area and providing beds and mosquito nets, building recreational facilities for the children, providing new office supplies and running a chicken breeding centre to create sustainable funding. Your donations to these projects or to the 'Support a child' scheme would make a big difference to the whole community. www.msamaria.org
- For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism>

Kilimanjaro Shira Trek + Zanzibar Island extension Ref. KCZ
14 days/13 nights Land Only
Moshi to Zanzibar Town

Join Moshi (day 1)

End Zanzibar Town (day 13)

Clients booked on 'Land Only' arrangements should make their own way to the joining point in Moshi. Please refer to separate 'Joining Instructions' for name and address of hotel and time of rendezvous with your tour leader.

GROUP TRAVEL FROM LONDON

Kilimanjaro Shira Trek Ref. KC
12 days/11 nights Tour including Connecting Group Flights
London-Kilimanjaro-London

Depart from London Heathrow airport on overnight flight via to arrive at Kilimanjaro airport the following day, (day 1 of Land Only itinerary). Transfer to hotel.

Return from Kilimanjaro on an overnight flight (day 10 of Land Only itinerary) and arrive London Heathrow the following day.

Kilimanjaro Shira Trek + Zanzibar Island extension Ref. KCZ
16 days/15 nights Tour including Connecting Group Flights
London-Kilimanjaro & Zanzibar-London

Return from Zanzibar on an overnight flight (day 14 of Land Only itinerary) and arrive London Heathrow the following day.

Passengers with non-group flights booked through Explore should refer to their individual confirmation invoice for flight details. Transfers to and from the airport are not included unless purchased in addition to the tour package.

SPECIAL HIGHLIGHTS

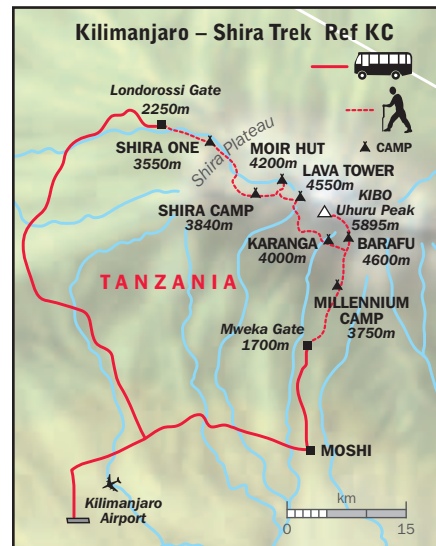
Among the many highlights featured on this tour, we particularly mention:

- * **KILIMANJARO** Climbing Africa's highest mountain on this camping-based trek led by an Explore Leader and experienced guides.
- * **ZANZIBAR** Opportunity to unwind and relax in an idyllic tropical island paradise.

Lying just south of the equator, Kilimanjaro is Africa's highest peak, rising to a height of some 5,895 metres from the surrounding plains and savannah. It is the highest freestanding mountain in the world and one

CO₂ Offsets Included

The biggest environmental impact of your holiday with Explore is the CO₂ generated by your flights. As a responsible tour operator, we have included in our tour prices the costs of offsetting CO₂ emissions from all international and domestic flights forming part of the tour. Our chosen offset partner is Climate Care. If you are making independent flight arrangements to join one of our tours, may we urge you to take responsibility for your CO₂ emissions by offsetting through Climate Care, or a similar offsetting scheme.



of the largest volcanoes ever to erupt from the Earth's crust. On a clear day it can be seen from more than 160 kilometres away. Its famous peak is always vivid, covered in ice and snow and was immortalised by Ernest Hemingway in 'The Snows of Kilimanjaro': 'As wide as all the world, great, high, and unbelievably white in the sun, was the square top of Kilimanjaro'. The Shira route is considered to be a more strenuous route than many of the alternative routes. It involves camping at basic campsites throughout the trek. Porters carry all the equipment and cooking is done for you. All you need to carry is your daysack. The summit attempt is a long day involving about 14 hours walking. We descend on the Mweka route and thus cover both the western and eastern views of Kilimanjaro.

You can extend this tour to include a visit to the idyllic island of Zanzibar in the Indian Ocean famed for its spices and Arab dhows: Ref. KCZ.

For a longer trekking tour in Tanzania see our 17 day Tanzanian Volcano Trek: Ref TV.

Tour Participation – Fitness & Ability

This is one of the toughest trekking holidays operated by Explore. To ensure that all participants get the most out of the experience, it is important that they are fully aware of the level of difficulty involved and the fitness and ability requirements for the tour.

Before booking, please read this dossier carefully. Having established the facts, it is your responsibility to contact us with any concerns regarding individual levels of fitness, health or ability. You should be aware that our tour leaders have the right (as per the booking conditions) to exclude customers from the tour if they feel they are either not sufficiently fit, healthy or able to complete the tour without affecting its safety, comfort or happy progress.

If you would like to discuss any of these issues further please call the Customer Support Team or email cs@explore.co.uk.

To book please call 0844 499 0901 • www.explore.co.uk

For bookings outside the UK please contact your local travel agent representing Explore.

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Walking Grades and Fitness:

Grading is a somewhat difficult topic as much depends on the individual's own perception of his or her abilities. The following is intended as a **general guide to our walking grades**. This Kilimanjaro trek is rated **Grade D**.

Grade D walks (Tough): require that you are very fit and previous trekking experience is strongly recommended. Tough includes long walks with steep uphill and downhill gradients. There will be extremes of altitude (up to 6000m) and weather conditions and will also involve a couple of long days, with summit day being up to 12/14 hours and the tour consisting of trekking continuously without a rest day.

LAND ONLY ITINERARY

Be Prepared: While our intention is to adhere to the day-by-day route printed below, a degree of flexibility is built into the itinerary. Overnight stops may vary from those suggested.

Accommodation and Included Meals: please find the key to our accommodation ratings overleaf, and note that included meals are indicated in the itinerary below and are shown on the day they are provided (B = breakfast, L = lunch, D = dinner).

Day 1. Join tour Moshi

Arrive Moshi and check-in at our hotel.
Overnight hotel H+ (included meals: D).

Day 2. Drive to Londorossi Gate; trek to Shira Plateau

After a drive through farmland and plantations we reach the Londorossi National Park Gate on the western side of Kilimanjaro. We will continue our drive to the Morum barrier where we begin our trek up the mountain. We will climb steadily through shrub forest to reach the rim of the Shira Plateau (3350m) and our first camp at 'Shira 1' (3550m) where there are fabulous views across the plain. Porters will assist throughout the trek carrying all of our luggage. You only need carry what you will need for the day – waterproofs, a camera, water bottle and a packed lunch. *About 4–5 hours hrs walking. Overnight camp C (included meals: B, L, D).*

Day 3. Walk to Shira Camp

Today is relatively easy to assist with acclimatisation. We are able to explore the grassy moorland and volcanic rock formations of the plateau. Our camp for today is at Shira hut (3840m) rewarding us with views of Mt Meru floating on the clouds, and a definite sense of wilderness when the afternoon mists come in. *About 2-3hrs walking. Overnight camp C (included meals: B, L, D).*

Day 4. Walk to Moir Hut

Today we have the chance to view the Northern icefields from the western side of the mountain with some unusual views of Kibo. The terrain during our steady climb will

change from the moorland of the Shira Plateau to the broad upland desert beneath the Lent Hills with great panoramic views. Our camp will be close to Moir Hut (4100m) and you can opt for a more strenuous walk to the summit of Lent Hills (4300m) after lunch or rest and relax around the camp in this remote corner of Kilimanjaro. **Overnight camp C (included meals: B, L, D).**

Day 5. Trek to the Lava Tower

This morning we have a gentle ascent with great panoramic views, walking on the lava ridges beneath the glaciers of the western breach until we reach the Lava Tower (4550m) where we camp this evening. This afternoon there is an optional more strenuous walk on the rocky slopes of the western breach with superb views of hanging glaciers and the ruins of the old hut at Arrow Glacier (4800m). This is highly recommended for acclimatisation and views. We can then return to enjoy the fabulous sunset (weather permitting) from our campsite. *About 4-6 hours walking. Overnight camp C (included meals: B, L, D).*

Day 6. Trek to Karanga

Today we have a steep descent into the base of the Great Barranco Valley (3900m) which is sheltered by towering cliffs but with extensive views of the plains below. We then climb the Barranco Wall which leads to an undulating trail on the south eastern side of Kibo providing us with great views of the Southern Icefields, if we are fortunate with the weather. The terrain ranges from volcanic scree to pockets of lush vegetation. An ascent takes us to our camp at Karanga (4000m) the last water point on the approach to Barafu. Karanga means peanut and this relates to the shape of the Karanga valley. This afternoon you have time to rest and take in the views. *About 6-8 hours walking. Overnight camp C (included meals: B, L, D).*

Day 7. Trek to Barafu Camp

This morning we have a steep climb out of the Karanga Valley following an easy path on compacted scree constantly gaining altitude with good views, until we reach our camp at Barafu (4600m). This afternoon we rest in preparation for the final ascent, after a very early night! *About 3-5 hours walking. Overnight camp C (included meals: B, L, D).*

Day 8. Walk to Summit; descend to Millennium Camp

Today we begin our ascent to the summit at 5895m. It is a strenuous and long day, particularly with the high altitude and extreme cold, so we will make a midnight start. At this time, the snow and scree are still frozen and we aim to be down before the top layer of scree becomes wet and slippery. Our path zigzags up the scree and after passing Rebmann Glacier, we reach Stella Point (5780m) on the crater rim. Although at times you may be able to walk for only 10 paces before you have to stop and rest, there is no doubt that it is all worth it when

you reach the top. From Stella Point, you may continue around the crater rim to Uhuru Peak, the highest point in Africa at 5895m. Then we descend, down the scree to Barafu camp for a rest and then down to the Millennium camp (3750m). *About 14 hours walking. Overnight camp C (included meals: B, L, D).*

Day 9. Walk to Mweka Gate; drive to Moshi

After a good rest, we pass through the rainforest enjoying the increasing warmth and richness of the mountain air. From Mweka gate (1700m) we will continue by road to Moshi and on to our hotel. We will have a well earned lunch in Moshi. *Approx. 4-6 hours walking. Overnight hotel H+ (included meals: B, L, D).*

Day 10. In Moshi; optional game drive; tour ends

The day is left free to wind down after the trek before the group flight home. Weather permitting, we may be treated to some final views of Kilimanjaro from here. Depending on flight times you could join an optional game drive around the Momella Lakes area in Arusha National Park famed for its high giraffe population in addition to elephants, hippos and buffaloes to name but a few. **(Included meals: B).**

Kilimanjaro Shira Trek + Zanzibar Island Extension Ref. KCZ

Please note that you will be accompanied by a local Explore representative on the following days. Taxis to or from our hotel into Stone Town are approximately \$10 per taxi. However, the hotel does have a shuttle bus into town in the morning, returning in the early afternoon.

Days 1 to 10. As above

Day 10. Fly to Zanzibar; transfer to North Coast

With the morning free for those who wish to relax, we then take an afternoon flight to the exotic and friendly island of Zanzibar and transfer to the North Coast. **4 nights hotel H+ (included meals: B).**

Day 11. On the North Coast

Our time here is free for personal exploration and relaxation. It's easy to spend time watching the fishermen bringing in their catch or maybe go out in one of the dugout canoes with them and try your hand at line fishing. Stroll or cycle along the beach admiring the vista. Alternatively with a mask and snorkel you can explore the colourful reef offshore, teeming with tropical fish. Scuba diving is also available nearby. **(Included meals: B).**

Days 12 & 13. In Zanzibar Town

The image most people have of Zanzibar Town is one of exotic spices, sandy palm-fringed beaches, white washed houses and labyrinth of narrow streets. And all it is is true! Today, the alleys are filled with colourful bazaars with hawkers selling a myriad of goods and

ACCOMMODATION: An important feature of many Explore tours is the wide range of accommodation used, and since the beginning our philosophy has been to select accommodation to suit the itinerary - not the other way round. To help gauge the comfort level on your chosen tour, we have graded the accommodation standards at all night-stops using the rating guide below. Please keep in mind however that standards can vary from one trip to the next, and occasionally we may need to change a night-stop without advance warning. Please note descriptions are only intended as guidelines in order to give a flavour of the type of accommodation to expect. We cannot guarantee the use of particular properties. Facilities and characteristics may vary from those described.

Hotels / lodges / guesthouses - or similar

H+ : Standard hotels, lodges or guesthouses, usually with twin or single rooms and en suite facilities. These are generally standard, no-frills hotels with adequate amenities and service standards. Whilst comfort levels are often acceptable to most, please don't expect too much! These are often small, family run establishments.

Camping

C : Basic camping in wild camps where facilities / amenities may be limited or non-existent. Generally there is no running water, and we dig a temporary bush toilet. Two person tents are often used, but occasionally we sleep under the stars. Participation normally required and sleeping bags usually not provided.

Our Kili trek is camping based and, as you may expect, conditions are basic on the mountain, though the service from our porter team is superb. We use two man tents which will be put up and taken down by our porter team. A mess tent is provided where we take breakfast and dinner as well as tea and refreshments at the end of each days trek. We have two portable toilets in toilet tents or use of basic long drops at each campsite and there are no washing facilities. In Moshi before and after the trek we stay in a comfortable mid range hotel.

For those taking the Zanzibar extension, we stay first of all in Nungwi at a small, family run hotel on the beachfront with simple but comfortable rooms and a great local feel. In Zanzibar town we stay just outside Stone Town in comfortable rooms arranged in blocks with gardens and a swimming pool.

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everywhere the atmosphere is permeated with the smell of spices. While in Zanzibar Town, you may wish to spend time in Stone Town or you may like to take a tour of the island, (including lunch), and learn of Zanzibar's history, visit the Sultan's palace and see clove plantations established by the Sultan in the 19th century. **(Included meals: Bx2).**

Day 14. Tour ends Zanzibar Town
(Included meals: B).

PERSONAL EXPENSES

You will need some extra money to cover meals and drinks not included in the tour price, optional sightseeing, souvenirs and items of a personal nature such as laundry.

Foreign Exchange

Local Currency: Tanzanian Shilling.

Recommended Currency for Exchange: You should take the majority of your spending money in US Dollars cash though please be aware that notes issued pre-2002, or the "Big Face" kind, are not normally accepted in East Africa at all.

ATM Availability: Stone Town.

Credit Card Acceptance: Credit cards are generally not accepted.

Travellers Cheques: Take some travellers cheques as a back-up in case of emergencies.

Note: If you are departing from Kilimanjaro International Airport or Zanzibar Airport, you will have to pay an additional US\$8 security fee per person for any international flights and US\$1 per person for any domestic flights. These costs are payable direct at the airport. The airport tax on any international flights leaving Zanzibar is US\$30 per person and is payable direct at the airport. The airport tax on any domestic flights leaving Zanzibar is US\$6 per person and is also payable direct at the airport.

Up-to-date information re: global exchange rates can be obtained at <http://www.currency-express.com/explore/>

Meal Plan

Local Food and Drink: KC: 9 breakfasts, 8 lunches and 9 dinners **KCZ:** 13 breakfasts, 8 lunches and 9 dinners are included on this trip; please be prepared to pay for all other meals. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations. Please note that costs for drinks and meals can vary depending on location and the prices below are given as an average guide only.

	UK	Tanzania
Coffee/Tea	1.20	£0.50
Soft Drink	0.80	0.50
Bottle of Water	0.80	1.00
Bottle of Beer	2.50	1.50
Bottle of Wine	10.00	12.00
2 Course Meal*	10.00	5.00
3 Course Meal**	18.00	15.00

*Cheap local fare in a small cafe or restaurant.

**Typical food in a simple, reasonably comfortable, mid-range restaurant.

Tipping

Local Staff: In this part of Africa, tipping is a recognised part of life. Some local staff will look to members of the group for personal

recognition of particular services provided. After consultation with local porter protection groups and our agent in Tanzania, you should, accordingly allow US\$130-150 depending on group size for tipping on this tour. Tipping in Zanzibar is at your own discretion.

Tour Leader: At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Other Sightseeing

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations.

The majority of optionals can be paid for by credit card (NOT debit card). Please check with your tour leader for the most up-to-date information in this regard.

Please note that any credit card transactions may attract an approximate rate of 5% per transaction.

MOSHI Excursion to Arusha National Park including park fees and lunch US\$100-150 depending on numbers. Coffee plantation visit with lunch \$25 (excludes transport).

ZANZIBAR Guided walking tour of Stone Town US\$10, Spice Island tour (including lunch) US\$20. Anglican cathedral and slave market US\$5. Scuba diving (PADI registered dive centre) US\$75 per dive. You'll need your diving certificate.

PRACTICAL INFORMATION

Seasonal Climate

Broadly speaking, the long rains arrive March/May and the short rains November to early January. Although this pattern has been known to be completely erratic in the past. Kilimanjaro can be climbed at any time of the year, but it is often wet in the rainforest in April and May. December to March are the warmest months, but the climate varies greatly with altitude. Days in the lowland forest are pleasantly warm, but occasional showers are common and nights can be very cool. At altitude, it can be particularly cold at night, especially in June and July. On the final summit ascent, temperatures drop well below freezing.

Additional information and climate charts can be accessed at <http://www.explore.co.uk/> weather. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Visa Requirements

UK, AUS, NZ, USA & Can citizens will need an entry visa. Other nationalities should consult their travel agent or consular office. The Tanzanian government says that all travellers to the country require a visa, but visas can be obtained on arrival. Explore recommends you acquire your visa before departure.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Vaccinations & Protection

We strongly recommend protection against malaria, hepatitis A, tetanus, typhoid, polio and yellow fever. Please note you may be required to produce a valid yellow fever certificate on arrival in Tanzania. This includes travellers coming from Europe via, or transiting through, an endemic country including the airports of Nairobi (Kenya) and Addis Ababa (Ethiopia). Consult your travel clinic for latest advice on different prophylaxis available against malaria. Travellers may also wish to take immunisation against meningococcal meningitis.

Special Note: Visa and vaccination requirements are subject to change and should be confirmed before departure.

The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Electric Supply and Plugs

For comprehensive information regarding voltages and plug types in use in the countries visited, follow the relevant link at <http://www.explore.co.uk/Traveladvice/>

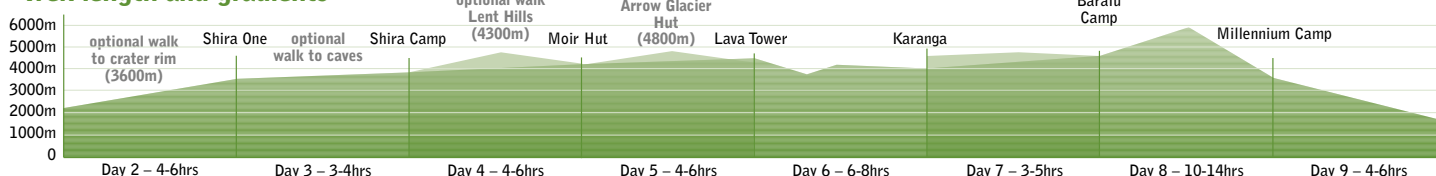
Please note

We have been informed by the Foreign and Commonwealth Office that there have been outbreaks of measles in Dar es Salaam in September 2006 and in Zanzibar in December 2006. Therefore, we strongly recommend that you consult with your local healthcare provider and that you are up-to-date with immunisation against measles. We have also been informed of sporadic outbreaks of cholera in rural areas where there is limited access to sanitation. Although there have been no reported cases of cholera within tourist areas of Dar es Salaam and Zanzibar, we strongly recommend that you buy drinking water in sealed bottles.

Insurance

Travel insurance is compulsory for all bookings. You must take your policy document with you on tour, as your tour leader will ask to see this at the start of the trip. Your documentation must state in writing that you are the named policyholder and that the cover is valid for your period of travel. Your policy document must also indicate that you have medical expenses and emergency repatriation cover and a 24-hour contact telephone number for your Insurance Company must be shown on your documentation in case of emergency. **If you are unable to provide all this information at the start of the trip you will not be allowed to join the trip.** If you have purchased Explore Insurance you should carry the Master Certificate leaflet with you, which outlines the conditions of the policy together with a copy of your Confirmation Invoice, which is your proof of purchase of insurance. Explore Worldwide are an Appointed Representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority.

Trek length and gradients



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For bookings outside the UK please contact your local travel agent representing Explore.

Know Before You Go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the legality of and local attitudes towards same-sex relationships. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/Traveladvice/>

ADDITIONAL INFORMATION FOR SHIRA ROUTE

This trip to Kilimanjaro features more mountain walking than many of our other holidays. For this reason, we feel that it is of value to provide this extra information to help you prepare for your trip. If you are in any doubt about the suitability of the trip you have booked, don't hesitate to call us and talk to one of our experts: several of whom have climbed Kilimanjaro at least once and others who have led these tours. To the majority of people, climbing Kilimanjaro is one of the most memorable and demanding experiences of their lives. It stands to reason that the better your mental and physical preparation, the more you will enjoy yourself and the more likely you are to succeed in your ascent to the Roof of Africa.

The Explore 'General Information Booklet', together with the appropriate trip dossier, deals in detail with most of the things you need to know (passports, visas, health care, etc). The purpose of this additional sheet is to be more explicit regarding luggage, packing and equipment for this particular tour.

If you would like more further information about Kilimanjaro, please see www.rucsacs.com and select the 'Explore Mount Kilimanjaro' option.

GRADING & FITNESS FOR KILIMANJARO TREK

To enjoy any trek such as Kilimanjaro, it is essential to be in good physical shape before you arrive. It is not wise to regard a trek as a means of getting into shape or losing excess weight. Start a programme of conditioning well before departure. In fact, as soon as you book, and be aware that short walks on the flat do little to prepare you for the gradients and amount of walking involved on this trek. Running, hill walking and other more active sports are suitable as cardiovascular exercise and are one of the best ways of increasing your stamina and improving your fitness for a trek at high altitude.

ALTITUDE

The altitude of Kilimanjaro makes this trip most suitable for the more serious walker with previous experience of hill walking. Extreme cases of Acute Mountain Sickness are rare, but if it becomes necessary for someone to abandon the trek in the interests of safety, the tour leader's decision on this is final.

Insurance: Please ensure that your insurance policy covers you to the altitude indicated below in the section entitled "Medical examination" before you come on tour. If you have Explore insurance you will be covered to this altitude.

Medical Examination: You should visit your GP and specifically mention the maximum altitude the trek reaches, i.e. 5895m/19,340'. Bear in mind that the final trek to the summit is optional and can be omitted if so wished.

EQUIPMENT PROVIDED

The following equipment is provided by Explore once you are on the trek:

- * 2 man tents.
- * Dining tents.
- * All cooking and kitchen equipment.

PERSONAL EQUIPMENT

Being properly equipped is one of the keys to a successful trek. Use the Explore '**General Information Booklet**' for guidance on everyday needs for the tour. Please use the following check-list to be sure that you have what you need for the actual trek. Should you find yourself in need of a kit, go to <http://www.explore.co.uk/Travelextras/> and click onto the Explore Trader link. Alternatively, you can call 0845 260 0044.

SUMMIT NIGHT CLOTHING

Climbing Kilimanjaro is the equivalent of trekking from the Equator to the Pole. It is essential that you have the proper equipment and clothing to ensure you enjoy the trek and also give yourself the very best chance of reaching Uhuru Peak.

After many years of trekking and reaching the summit of Kilimanjaro, we strongly recommend that you should wear the following for your summit night (a comprehensive guide is listed):

☆ Your torso

You should have seven to eight layers of clothing covering your chest. Starting from your base layer to the outer shell, you should wear a long sleeve thermal underwear layer; a comfortable long sleeve shirt; a jersey; a thin fleece; a thicker fleece and a thick waterproof and windproof outer shell that may contain a fleece lining. If you have a down jacket you may want to decrease this by one layer.

☆ Your legs

You should wear **THREE LAYERS OF CLOTHING** covering your legs. Starting from your base layer to the outer layer, you should wear "long john" thermal underwear; trekking trousers and a waterproof and windproof outer shell.

☆ Your extremities

Your head must be covered by a balaclava or a warm hat and your neck should be covered by a scarf. Your hands **MUST** be covered with thick waterproof and windproof gloves. You must have thick clean warm socks for summit night. You might also wish to bring "hand warmers" for additional warmth for summit night. Most well stocked pharmacies/outdoor stores will have these available.

CLOTHING/FOOTWEAR

☆ Walking boots

Probably the trickiest part of all. We strongly recommend walking in good boots. Trainers, tennis shoes or shoes of a similar ilk simply do not give the ankle support afforded by a decent pair of boots, or protection from the rain or cold. Many people now trek in the lighter weight Goretex or leather boots. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops that are simply cheap trainers with a higher canvas side sewn on – they give little support and will probably not last the trek. **Above all, your boots must be well broken in and comfortable.** We strongly do not recommend borrowing or renting boots. It is

a good idea to carry your boots in your hand luggage on international flights or wear them – should your luggage be delayed, your well broken in boots are the one thing which will be irreplaceable. Gaiters are useful to keep snow and scree out of your boots.

☆ Trainers or trekking sandals

You may choose to bring these which will be useful in towns and when travelling, and leave them in Moshi. It is worth bearing in mind that trekking sandals afford you little protection from stubbing your toes when walking around rock-strewn campsites at night!

☆ Socks

It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't 'breathe' well and can cause blisters.

☆ Jacket

After sunset, temperatures can fall below freezing. A very warm jacket is the most convenient way of keeping warm when the temperature drops. Down jackets are recommended especially for the summit attempt.

☆ Waterproofs

Breathable jacket and trouser-type waterproofs made from material such as Goretex not only protects against rain and wind, but also stops you from overheating. They 'breathe' and avoid condensation that you will experience from nylon waterproofs.

☆ Long trousers

For everyday walking, light trekking trousers are the most suitable. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

☆ Thick sweaters and fleece jackets

Thick sweaters or fleece jackets are essential as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your sweaters and/or fleeces.

☆ Thermal underwear/base layers

Long sleeve tops and "long john" legging thermal underwear is essential. Please note that cotton clothing like t-shirts are not suitable or recommended as a base layer. Cotton does not "wick away" any moisture from the skin. In extreme cold, this could lead to hypothermia. It can also contribute to chaffing of the skin in sensitive areas leading to discomfort and skin irritation.

☆ Shorts

Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold! Follow your tour leaders advice on local sensitivities to wearing shorts during the trek.

☆ Waterproof gloves; a warm scarf & a warm hat

Especially useful in the morning and in the evening at higher altitudes and are essential for summit night. Lightweight gloves or mittens are not practical. Also bring a scarf to cover your neck and a warm balaclava or a warm hat.

☆ Zanzibar extension

If you are taking the Zanzibar extension, we recommend that you take a beach towel, swim wear, snorkelling equipment, high factor sunscreen and sandals.

Zanzibar is a Muslim country and people may be offended by shorts or revealing dresses, which can attract unwelcome attention. Therefore you should dress with respect for local sensibilities. Women should also cover their heads when entering a sanctuary, though in general, mosques are forbidden to non-Muslims.

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For bookings outside the UK please contact your local travel agent representing Explore.

EQUIPMENT

☆ **Trek kit bag**

Before leaving Moshi there is time to re-sort luggage into what you need on trek and what can be left in Moshi (for example, what you will need in Zanzibar). Think about what you are taking on trek (remember your sleeping bag) and then think how big your kit bag needs to be. An ex-army type can usually be obtained cheaply. A nylon or canvas bag with a zip along the top is also suitable. Whatever you choose, it must be strong and waterproof, but the porters will carry your kit in heavy duty outer bags for added protection. Soft luggage is essential as framed rucksacks are unsuitable. **The weight limit for bag AND its contents must not exceed 15kg** but you will probably find that you do not need this much.

☆ **Small rucksack/day bag**

During the course of a trekking day, you do not have access to the luggage that is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. We would recommend that you have a waterproof liner or cover. Your daysac should, therefore, be large enough to carry the following: waterproofs, fleece, long trekking trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, platypus (at least 2 litres), water bottle (1-2 litres), tissues and your packed lunch. Most people normally find that this adds up to about 3 to 5kg. Camera equipment can be heavy so think carefully when deciding what to take. Remember to carry spare film with you during the day. It is usually more comfortable to carry a slightly larger pack that is not full than to carry a small pack that is overfull or with 'bits' tied on the outside. Something around 30 litres capacity is probably the most suitable. A shoulder bag is not a practical alternative. Nor are gym type bags.

☆ **Heavy duty plastic bags**

If you pack your gear in heavy duty plastic bags or dry bags inside your kit bag, they will stay dry in case of rain. It will also be easier for you to sort through. Remember, the less you have to unpack in the evening, the less you have to repack each morning! One of these bags to use inside your day bag is strongly recommended.

☆ **Sleeping bag**

As you do not carry it yourself, this may be down or synthetic, but it must be 4-season comfort rating (temperature -10°C to -5°C). A silk or fleece liner helps to keep your bag clean and adds an extra season.

☆ **Sleeping mat**

An inflatable thermarest mat is essential in order to help you get a good night's rest.

☆ **Sleeping aids**

You may find ear plugs and an eye mask useful at night.

☆ **Trekking poles**

Trekking poles are strongly recommended and can usually be hired in Moshi, at US\$15 per pair. However, you may prefer to take your own.

☆ **Water bottle or Platypus/Camelbak hydration system**

Water along the trail must never be considered as drinkable until purified. Take at least two 1-2 litre personal water bottles or a system that allows for this much water. A personal supply of iodine tablets/drops or other water purification system is essential. Powdered fruit juice can be used to disguise the taste. This can be purchased in Moshi. If you elect to use a hydration system with a tube then it is essential that the bladder and tube are insulated for high altitude and below freezing temperatures.

☆ **Sunglasses/snow goggles**

A good pair of sunglasses/snow goggles are essential for protection against UV rays and glare at high altitudes.

☆ **Sun hat, high factor sun cream/block & lip salve**

Choose a high factor suncream (Factor 30 or more) to protect your skin against the sun at high altitudes. A combination sunblock/lip salve is ideal for facial protection.

☆ **Torch/batteries/bulb**

A head torch is essential for finding things at night and finding your way on summit night. Remember to bring some spare batteries and a bulb. There are no facilities on the mountain to recharge any digital equipment.

☆ **Toiletries**

Keep heavy cosmetics to a minimum. Essentials are toothbrush/paste, and small nail brush. 'Wet Wipes' are great for an alternative to washing and a quick clean up, so bring a pack of those (non-perfumed to avoid rashes!).

☆ **Personal first aid kit**

On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials. Please do not give medicines to local people without consulting the tour leader. See the list in the General Information Booklet for more information.

☆ **Personal supplementary snacks**

Although sufficient food is supplied on this tour, we recommend that you bring some high energy snacks like cereal bars and chocolate (sweets if you are lactose intolerant) with you. Dextrose and mint cake are especially good for summit night.

☆ **Swimming costume**

Bring your swimming costume for a swim at the Moshi hotel.

EXPLORE! has its own hardy kit bag specifically designed with EXPLORE tours in mind. Please see www.explore.co.uk and click on "Travel Store" for more information.