



Dig Deep



KILIMANJARO

Pre-departure Info

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CHECKLIST

- ☐ **Share this information with your next of kin**
- ☐ **Make sure your passport meets requirements (ASAP)**
- ☐ **Book your flights and travel insurance (ASAP)**
- ☐ **Submit health questionnaire form (March)**
- ☐ **Visit your GP or travel nurse (April/May)**
- ☐ **Ensure your vaccinations are up to date (April/May)**
- ☐ **Obtain your visa (6-8 weeks before departure)**
- ☐ **Book your extension travel (Before 31st May)**
- ☐ **Submit pre-departure form (June)**
- ☐ **Ensure you have all kit from kit list (June/July)**
- ☐ **Get spending and tip money (July/August)**
- ☐ **Photocopy your passport, insurance and visas**
- ☐ **Check in to your flight (follow airline instructions)**

BEFORE YOU LEAVE

Passport and Visa

Your passport must be valid for at least 6 months after your return date. If you do need to apply for a new one, you must do this as soon as possible to avoid the summer delays at the Passport Office.

You must ensure your passport has at least 3 blank pages to accommodate the visas you will need.

It is highly recommended that you take two photocopies of the photo page of your passport and keep those separate to your passport when travelling. This will assist you in maintaining alternative travel documents in the event that you lose your passport.

It is crucial that you check your nation's entry requirements for Tanzania well in advance of your trip.

You will be required to obtain a single entry ordinary visa for Tanzania which should be obtained IN ADVANCE of arriving in Tanzania via a simply online form. The cost for a British Citizen is \$50 USD.

We recommend that you apply for your visa approximately 2 months before your departure date.

You must obtain this visa online via the [Official Tanzanian Immigration Website](#). It will take approximately 10-14 days to be approved and returned to you.

You must print out the approved grant notification and take it with you.

You will need the following information and supporting documents (continued on next page):

Type of Visa Requested = Ordinary Visa

Purpose of Visit = Leisure and Holiday

Destination = Tanzania Mainland

Port Type = Airports

Port of Entry = Specific to your flight booking e.g. Kilimanjaro International Airport or Abeid Amani Karume (Zanzibar) International Airport

BEFORE YOU LEAVE

Host = Company/Organisation (climb supplier listed in your travel itinerary email)

African Scenic Safaris: Farm 2I, Plot B/I47-2, I5I8, Moshi, Tanzania, +255(0)

7844I380I, info@africanscenicsafaris.com

Relationship = Trip Supplier

Accommodation = Kilimanjaro Eco Hostel, Rau Karikacha, Rau Road P.O. BOX 433,
Moshi

Group or Organisation = Yes, Dig Deep Challenges

Supporting documents: You will need to upload:

- A passport photo of yourself
- Copy of your passport bio data page
- Your return flight ticket.

For any assistance with your visa application, you can contact the Tanzanian High Commission, Visa Enquiries department on +44(0) 207 569 1489 (their lines are open between 3-5pm, Monday to Friday) or you can email Tanzania Immigration Visa Support at visatanzania@immigration.go.tz.

Travel Insurance

You must have travel insurance cover for your challenge and we recommend the policy provided by Trailfinders which we know covers you for what you need on your climb. You must provide us with the details of your insurance policy (travel insurance provider and policy number) on the pre-departure form, which we will send out to you to complete prior to your departure. You will not be able to climb if you do not provide proof of your travel insurance policy.

Your insurance policy **MUST** cover/include the following:

- Trekking up to 6000m
- Air rescue up to 6000m
- Medical repatriation
- Cover for personal possessions

If you do not go through Trailfinders we highly recommend that you call or visit insurance companies. This way, you can explain your requirements and ensure the policy is right for you. You also might get a better price or discount over the phone.

The main questions that you should be asking over the phone/in person are:

I'm going to Tanzania to climb Mount Kilimanjaro. I will be trekking to nearly 6000m.

- If I have an accident on the mountain, will my medical bills be covered?
- If required, will I be covered for air evacuation on the mountain up to 6000m?
- If required, will I be brought back to the UK for medical treatment (medical repatriation)?

You should check that in the unlikely event of needing to claim on your insurance, whether you would be required to pay the costs upfront and then reclaim later, or if the insurance company will cover the costs from the outset (excluding the agreed excess on the policy).

We strongly recommend that you carry out your own research to ensure that your insurance policy covers all of the above requirements whilst also being suitable for your personal and medical needs.

BEFORE YOU LEAVE

Baggage

Please check the baggage allowance associated with your personal flight booking.

You will need a large rucksack or duffel bag (65-80L) for the climb. This **MUST** be soft as the porters will be carrying this on their heads so **MUST NOT** be a suitcase or hard material.

You can leave a separate bag or suitcase containing anything you do not need for the climb at the hostel where you will be staying before and after the climb.

You will be able to board the plane with one piece of carry on baggage which should contain your personal items and valuables. **We highly recommend you wear your walking boots on the plane or have them in your hand luggage. These are the most difficult to replace if your luggage gets lost.**

You must ensure that you adhere to baggage services rules. It is generally specified that bags must have at least one flat side to ensure safe transportation on the conveyors and reduce blockages. As such, you must secure and tie up/remove any loose straps or have your bag wrapped at the airport prior to checking in. You may also be asked to take your bag to the oversized baggage area.

Kit & Equipment

Your climb suppliers have put together this [kit list](#) for you which includes everything they recommend you should have with you for your climb. You should avoid cotton clothing and stick with quick-wicking trekking clothing and layer up!

You will be trekking in extreme weather conditions, so good quality kit can provide you with an extra level of comfort and support. We understand, however, that this can be expensive. So, your climb suppliers offer a comprehensive kit hire service with high-quality equipment at great prices which is explained on the [kit list](#).

The suppliers provide all communal items on the mountain, such as tents, sleeping mats, tables, chairs and cooking equipment, so you will only be responsible for bringing the items mentioned on the kit list.

Your porters will be carrying your main duffel bag for you but this is strictly limited to 15kg.

This is enough to cater for everything in the kit list and you will be carrying your day sack with your valuables, additional layers, snacks and water for the day (no heavier than 10kg).

Any additional luggage and items you do not need on your climb can be left in safe storage at your accommodation, but please avoid bringing any unnecessary items or valuables.

Training

Kilimanjaro is the highest free-standing mountain in the world and whilst accessible and manageable for the majority of people, as there is no technical climbing or prior mountaineering experience required, getting in some good quality training in advance will help make your climb experience more enjoyable and give yourself the best chance of summiting.

You need to be prepared for walking for long periods (on average 6-8 hours each day but up to 15 hours on summit day) over multiple days in a row so your training should aim to simulate this as much as you can.

Consecutive daily walks of 6-8km, carrying a 5-10kg bag will simulate what is required. Uphill training is also key; so go and find yourself somewhere hilly to have a practice walk! If you can, we'd recommend having a weekend away and taking on a couple of hikes in nearby National Parks over consecutive days to best prepare.

Training in this way will prepare your muscles for the aches and pains that will come with 6 consecutive days of trekking. Learning how to get to grips with your mind when you are tired and sore will improve your enjoyment of the trek and your chances of summiting. Kilimanjaro is a marathon, not a sprint, so training should be geared towards endurance.

Hiking places a strain on your knees and back, so these are areas to focus on strengthening. Consulting a fitness trainer at your gym for some informal advice will no doubt result in some useful recommendations to strengthen these areas.

Take a look at this [example training plan](#) to see what you can be doing to prepare for the mountain.

Vaccinations & Medical

Vaccine Recommendations

You must consult a doctor or travel nurse before you travel to Tanzania. Arrange an appointment with your GP or visit a travel clinic **at least 12 weeks before** your trip to receive advice about the vaccinations and medication you may need. You can also use the [NHS Fit for Travel](#) or [Travel Health Pro](#) websites for your own research in advance.

You should travel with a copy of your vaccination history and any medication that you require for the duration of your trip. There is no NHS in Tanzania, so any medical assistance that you require will come at your own cost. We highly recommend that you have suitable medical cover in your travel insurance.

Menstrual Health

International travel, altitude and physical exertion on the mountain can interfere with your normal menstrual cycle. Therefore, **you should be prepared for unexpected periods and bring a good stock of your usual period products.**

Asthma

If you are an asthma sufferer, even if you have suffered in the past but don't suffer regularly now, you must bring your inhaler with you.

Malaria

Malaria is a parasite infection that is transmitted by the bite of female mosquitoes. It is widespread in many tropical and subtropical countries including Tanzania. Symptoms usually include fever, shivering and sweating; muscle pains, headache and vomiting are common. **We highly recommend that you protect yourself against this disease by seeing your doctor or pharmacist and purchasing anti-malarial tablets.**

Types of anti-malarials

Malarone - www.fitfortravel.nhs.uk/advice/malaria/atovaquoneproguanil

Doxycycline - www.fitfortravel.nhs.uk/advice/malaria/doxycycline.aspx

BEFORE YOU LEAVE

The two most common anti-malarial tablets you can be prescribed are Malarone and Doxycycline. These differ in their mode of action, how they are taken and their side effects. You can view the patient information leaflets (which document the common and possible side effects of each drug) via the links above. However, we strongly recommend that you visit a qualified doctor, nurse or pharmacist to discuss tablet suitability for you.

More information on Malaria can be found [here](#).

Dengue Fever

Dengue Fever is caused by a virus (Dengue Virus) and is also spread by the bite of an infected mosquito. Most infections produce no symptoms but, in some occurrences, between 4-10 days after the mosquito bite, a sudden onset of fever, headache, muscle and joint pains may occur and a rash may develop. Within a few days, the illness usually resolves and serious complications are uncommon. In 1-2% of cases, Dengue can progress to a more serious form, which can be fatal.

The best way to avoid infection for both Malaria and Dengue Fever is to prevent mosquito bites. As the transmitting mosquitoes bite from dawn until dusk, long clothing should be worn and repellents should be used all day. Please consult the NHS Fit for Travel advice for [mosquito bite avoidance](#) and to read about the importance of using a DEET repellent.

Ticks

Ticks are tiny spider-like creatures which feed on the blood of animals and sometimes people. In some cases, the tick bite can result in a bacterial infection called Lyme Disease. This is distinguishable by a pink or red circular rash around the bite and leads to flu-like symptoms. The best way to prevent Lyme Disease is to avoid being bitten - by wearing long clothing when walking through grassy or woodland areas and using a good insect repellent. If you do find a tick in your skin, it's important to remove it carefully, following this [guidance](#).

It is advised to include a tick remover tool in your personal first aid supplies.

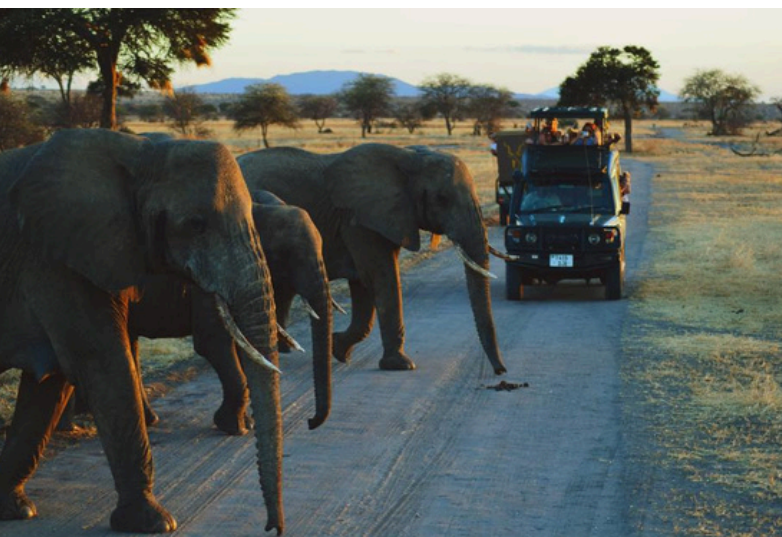
BEFORE YOU LEAVE

Extension Travel Packages

After you have climbed Mount Kilimanjaro, you have the opportunity to head off with your team and explore some more of Tanzania. This is the perfect way to round off your trip and celebrate your successes with your wonderful team mates.

Dig Deep are not involved in the organisation or delivery of these extension packages, but our trusted, highly experienced Tanzanian suppliers have been arranging these extension travel packages for our groups since 2015 and know just what you need after the climb.

To view the packages and book your place, visit the [African Scenic Safaris website](#).



CHALLENGE ITINERARY

DAY 1-2: ARRIVAL IN TANZANIA AND PRE-CLIMB PREP

This is where the adventure begins. If you are on the recommended flight, you will be met at the airport by your head guides and transported to your hostel accommodation (Kilimanjaro Eco Hostel) in Moshi by private bus. Once at the hostel you can have some time to relax with your team and prepare for your climb.

If you are booking flights that arrive at a different time to the recommended option, you will need an additional airport transfer to Kilimanjaro Eco Hostel which will be at your own cost but we can arrange this for you. You **MUST** arrive on your allocated arrival day or on any earlier day. This is so you can settle in, meet your support team and be present for the kit checks, pre-climb safety briefing and baseline medical checks prior to starting your climb.

DAY 3/CLIMB DAY 1: MACHAME GATE TO MACHAME CAMP

10.75km | 5-6 hrs | Rainforest | Elevation: 1811m to 2835m

A 45-60 minute drive will take you through the village of Machame to the Kilimanjaro National Park Gate where you'll wait for your climb permits and have some lunch. The trek begins with a slow and steady walk through beautiful rainforest trails while your guide tells you about the native wildlife around you. At these lower elevations the trail can be muddy and slippery so walking poles are recommended.

DAY 4/CLIMB DAY 2: MACHAME CAMP TO SHIRA CAMP

5.3km | 5-6 hrs | Moorland | Elevation: 2835m to 3750m

After a good night's sleep and a hearty breakfast, you will emerge from the rainforest and continue on an ascending path, crossing the valley along a steep rocky ridge. The route now turns west onto a river gorge until you arrive at Shira campsite where you are treated to one of the most spectacular campsite views and one of many amazing sunsets. Temperatures begin to drop.



CHALLENGE ITINERARY

DAY 5/CLIMB DAY 3: SHIRA CAMP TO BARRANCO CAMP VIA LAVA TOWER

10.75km | 6-8 hrs | Semi-desert | Elevation: 3750m to 4600m to 3986m

By climbing high and sleeping low, this day helps your body to acclimatise for the summit. From Shira Camp you will continue east up a ridge, passing the junction towards Kibo Peak before continuing towards Lava Tower (4600m). You will have lunch here and then descend to Barranco Camp.

DAY 6/CLIMB DAY 4: BARRANCO CAMP TO BARAFU CAMP

8.5km | 6-8 hrs | Alpine desert | Elevation: 3986m to 4673m

After breakfast you continue on a steep ridge up the adventurous Barranco Wall. This is one of the most impressive days and a favourite part for many of our climbers. You'll see the experience and skill of your crew as you scramble to the top of the wall before heading toward Barafu Camp. Arriving here means you have completed the South Circuit, which offers a variety of breathtaking views of the summit from many different angles. An early dinner and rest is advised as you prepare to trek to the summit.



CHALLENGE ITINERARY

DAY 7/CLIMB DAY 5: BARAFU CAMP TO UHURU PEAK TO MWEKA CAMP

Up: 5km | 7-9 hrs | Snow capped summit | Elevation: 4673m to 5895m
Down: 13km | 5-7 hrs | Glacial | Elevation: 5895m to 3100m

Excitement builds as summit day comes with an early start between 12pm-1am. This is the most mentally and physically challenging part of the trek and will be a long day lasting between 12-16 hours. It will be cold so wrap up and focus on the amazing sense of accomplishment that lies ahead



Following a line of head torches, with a switchback motion, you'll start your ascent from Barafu Camp to Stella Point on the crater rim. On the way, you will be rewarded with the most magnificent sunrise. From here, one step at a time, you will reach Uhuru Peak, the summit of Kilimanjaro and the highest point in Africa!

After photos, celebrations and maybe a few tears of joy, you will begin your steep descent down to Mweka Camp, stopping at Barafu Camp for a snack, brief rest and to take in what you've just achieved. At your final camp, well-deserved rest awaits you.

We strongly recommend trekking poles for the descent from the summit as the terrain can be loose underfoot.

DAY 8/CLIMB DAY 6: MWEKA CAMP TO MWEKA GATE

9km | 4-5 hrs | Rainforest | Elevation: 3100m to 1640m

You'll have one final breakfast on the mountain before descending to Mweka Park Gate. Here you'll have a celebratory lunch, before conducting a heartfelt farewell ceremony and your chance to share some final appreciation for your crew by handing each member their well deserved tips.

From the gate, you will be driven 30 minutes back to Moshi, where you can enjoy a long shower, dinner and receive your climb certificate from your head guides at a final celebration evening.

This will be your final night at the hostel with your team before you either decide to return home or add to your experience with extension travel.

CHALLENGE ITINERARY

DAY 9: DEPARTURE FOR HOME OR EXTENSION TRAVEL

If you don't wish to do any travel after your climb, then this will be the day to book your return flight from Kilimanjaro.

For everyone who wishes to see more of Tanzania, then this is when your extension travel begins. If you purchase a package through your climb supplier, then this will last for 7 days.

DAY 10-15: EXTENSION TRAVEL

Your extension itinerary will differ depending on which extension package you have chosen.

You can choose one of the pre-designed popular packages or feel free to discuss alternative extension travel options with your supplier, African Scenic Safaris (info@africanscenicsafaris.com) if you have specific requests or preferences.

You are also free to organise your own travel after the climb.

DAY 16: DEPART TANZANIA

It is sadly time for your adventure to end. If you have booked the recommended flight option, you will be transported to Zanzibar Airport by private bus in time for your flight. If you have booked a different flight which doesn't align with the group transfer, you will need to book additional transport to the airport at your own expense with your supplier (we can assist you here if needed).

To discuss travel arrangements, simply contact Dig Deep's Finance and Operations Director, Simon Franklin (simon@digdeep.org.uk).



WHAT TO EXPECT IN TANZANIA

Food

Mountain

You will be served three meals a day, freshly prepared on the mountain, plus hot drinks and snacks when you arrive at each camp. Please [click here](#) to see an [example menu](#) for the climb (N.B. this is subject to change but gives you an idea of what to expect).

Vegetarian and vegan diets can be accommodated for. Those with other dietary requirements, please ensure that they are noted on your pre-departure form, so that your suppliers can make arrangements. Please note that food selection is limited in Tanzania, so although we will try to cater for all dietary requirements, in some cases climbers will be asked to bring their specific food items to us, which the cooks will prepare.

Snacks

Upon arriving to camp each day, you will be provided with hot drinks, popcorn and/or biscuits.

It is highly recommended to bring plenty of snacks - both slow burning (such as energy/protein bars or dried fruits) and quick sugar boosts (such as sweets or energy tablets/gels). This will give you plenty of options for summit night, when it can be many hours between meals, and for other days when you need something to keep you going! The altitude may affect your appetite, so aim to bring a variety of snack options.

We may request that you do not bring certain snacks e.g. nuts if there are any members of your group with severe allergies or dietary restrictions and would require your strict adherence.

Tanzania

The food in the hostel/hotel you will be visiting is well sourced and well prepared. The food is delicious but may be different to the usual food you have at home. Remember that there is a more limited selection of ingredients available, so you may not always be able to order exactly what you want. This is part of being in East Africa and we encourage you to embrace trying new foods.

WHAT TO EXPECT IN TANZANIA

Water

Mountain

During your climb you will be provided with at least 3-4 litres of filtered and chlorinated drinking water whilst hiking, with additional water available at the camp each day. The water that you are provided with is safe to drink. Although it is not required, if you wish to treat it yourself with extra water purification tablets, then you are welcome to.

We strongly suggest bringing electrolyte supplements or oral rehydration to add to your water. These will help your body to regulate itself and also make your water less susceptible to freezing on summit night!

Sometimes the treated water can have a mild taste of chlorine. For those who dislike this, consider bringing neutralising tablets, concentrated cordial/squash or electrolytes to flavour your drinks.

Tanzania

When in Tanzania (including Zanzibar), you will be able to buy sealed bottled water that is safe to drink from most hotels, shops and restaurants. The tap water is not safe to drink. If you are unsure about any water, then you should avoid it.

It is also recommended to avoid food items such as ice, ice cream and salads, as these will contain tap water.

Avoid cleaning your teeth with water from the tap.

WHAT TO EXPECT IN TANZANIA

Local Laws & Customs

Before travelling to a new country, you must be aware of the local laws to avoid running into unintended problems. Below are some of the major things that you must be aware of, as detailed by the [foreign office's website](#).

Smoking

Whilst you will be allowed to smoke in Tanzania, **smoking is not permitted on the mountain**. There have been recent fires break out across Kilimanjaro National Park causing devastating damage to the environment and putting lives at risk. As such smoking is not permitted on the mountain and so if you are a smoker, it is recommended that you prepare accordingly (vapes are allowed).

Alcohol

Alcohol is available in most hotels and restaurants. Although you will be able to drink whilst in Tanzania, you must be respectful of the local culture. Loud or aggressive behaviour, drunkenness, foul language and disrespect (especially towards older people) will cause offence. Christianity and Islam are the predominant religions in Tanzania, with a high proportion of Muslims residing along the coast and in Zanzibar. Respect local traditions, customs, laws and religions at all times and be aware of your actions to ensure that they don't offend.

You should also be aware that the support structure (i.e. police) is simply not the same as at home, so for your own safety we strongly recommend remaining at your accommodation if you plan to consume alcohol.

Drugs

Dig Deep and our partners have a zero tolerance policy when it comes to illegal drugs. Tanzania (including Zanzibar) has strict laws regarding drug use and those found in possession will be fined and/or arrested. There are also severe penalties, (including prison sentences) for drug trafficking. Taking drugs from Tanzania to Zanzibar could fall into this category. For further information, see Tanzania's [Drug Control and Enforcement \(Amendment\) Act 2017](#).

WHAT TO EXPECT IN TANZANIA

Homosexuality and LGBTQ+

Dig Deep is an equal opportunities organisation and although we do not agree with Tanzania's laws surrounding the LGBTQ+ community, it is something that all fundraisers should be aware of. Since our first climb in 2012, none of our climbers have reported any concerns regarding discrimination and the suppliers that we partner with are used to hosting international guests. However, all participants should read and be aware of the following information prior to visiting Tanzania.

The following advice is from the [UK Foreign & Commonwealth Office](#):

Homosexuality is illegal in Tanzania (including Zanzibar) and is not tolerated in Tanzania's conservative society. Public displays of homosexuality like holding hands or kissing in public places could lead to arrest and imprisonment.

We recommend that you read the [UK Government's information and advice page for the LGBT community](#) before travelling.

The following advice is from [Expert Africa](#) (a well known travel company who explain the legal and social background well):

As a visitor to the country (Tanzania), your sexual orientation and gender identity should be private. If they remain this way, they should be of no interest or concern to anyone else. You need to be aware that many traditional, conservative communities across Africa, including Tanzania, take the view that LGBT practices are "un-African". Also, note that overtly sexual behaviour in public is almost always unacceptable for any couple, be they heterosexual or from the LGBT community - and many Tanzanians will "extend" this to take offence at public displays of affection.

We also recommend that you take a look at the following websites for more information:

- [The International Lesbian, Gay, Bisexual, Trans and Intersex Association \(ILGA\)](#)
- [Equaldex](#)

WHAT TO EXPECT IN TANZANIA

Clothing

Mountain

Whilst on the mountain, please make sure that you are dressed appropriately for hiking. Make sure that you follow the [kit list](#) when packing for your trip so that you have all of the required kit.

Tanzania

Tanzania is an ethnically diverse country with over 120 different tribes. The main religions are Christianity and Islam. Therefore it is important for you to dress modestly out of respect for different cultural beliefs.

Off the beaches and outside of the hotels, ladies should wear a scarf around their shoulders and avoid wearing dresses, skirts and shorts that are shorter than just above the knee. Gentlemen should not walk around shirtless.

If you are going on safari, you should avoid wearing blue or black clothes during your time in Tarangire as these can attract the tsetse fly.

WHAT TO EXPECT IN TANZANIA

Technology

Mountain

Whilst climbing Kilimanjaro, you will not have access to any electricity. If you are bringing cameras or phones to take photos, you should make sure that your batteries are fully charged before you begin the climb. We also recommend that you bring a portable power bank and keep these electronic devices close to your body to keep them warm, preventing the battery from draining faster than normal.

The mobile signal on the mountain is improving year on year so you can get mobile data at points on the mountain if you have an e-SIM or local Tanzania SIM.

You mountain crew will be relying on phone and radio contact and will often be using a chain of radios to stay connected whilst on Kilimanjaro. Please be patient with them as they may not always be able to answer your questions straight away due to signal blackspots.

Tanzania

When you are off the mountain, WiFi and electricity is available but may not be up to the same standards that you have at home. In Tanzania all WiFi is run off mobile data, which means that if everyone is trying to access the internet at the same time, it may be very slow. The electricity supply is also not as reliable as you may be used to and it is therefore likely that you may experience a few power cuts during your time away.

Please be patient with the staff at your accommodation as they will do their best to ensure that you have access to WiFi and power where possible. However, sometimes this is out of their hands.

WHAT TO EXPECT IN TANZANIA

Medical Provision

Mountain

Your mountain crew are extremely experienced in climbing Kilimanjaro, with many having climbed over 100 times. Your head guides all hold the Wilderness First Responder Medical Training with CPR Certification as detailed by the Sentinel Outdoor Institute. Your assistant guides all hold first aid certifications. You will also have an experienced expedition medic accompanying your group on the trek with a fully stocked medical kit.

The expedition medic and/or head guides will undertake daily medical checks on all climbers. If at any point they feel it necessary for a climber to descend for their own wellbeing, they will follow the descent procedure set out in our predetermined Risk Management Policy. Based on the climber's medical condition and location at the point of descent, the head guide will determine whether descent will be on foot, via stretcher or air evacuation. It is at the head guide's discretion to decide on whether a climber is required to descend and how they will descend, as they are responsible for the safety of everyone in the climb group. They have the expertise and knowledge to know what is best, so you must follow their advice if they tell you to descend.

Tanzania

The Tanzanian medical system is very different to the UK's NHS. If you are required to undergo any kind of medical treatment whilst in Tanzania, you will be charged by the local hospital, ward or clinic. The level of care is also slightly different to that in the UK, as the hospitals do not provide food or basic personal items such as toilet roll.

In some circumstances, there may be private clinics that will provide treatment. In these situations, you may be required to provide the clinic with your insurance details so that they can process a claim, or they will ask for payment upfront which you will then need to reclaim on your insurance later. You should therefore ensure that you have access to funds for this eventuality. If you do need to undergo treatment, you should notify your insurance company as soon as you can, so make sure you know how to access these details. The Dig Deep team will be on hand to assist you with this process if needed.

Altitude Sickness

Mountain

Dig Deep works with our Tanzanian suppliers to make sure systems and procedures are in place to take care of you in case you fall ill on Kilimanjaro. As previously mentioned, there will also be a qualified expedition doctor accompanying your group on the trek and your head guides also hold the Wilderness First Responder Medical Training with CPR Certification. We have an emergency descent procedure in places which will be initiated if the head guide feels that you are too unwell to continue or if you experience any of the more serious symptoms (HAPE or HACE) outlined below.

For additional support and safety measures, Dig Deep ensures that our suppliers have the provision for a 1:1 ratio of support crew members to climbers on summit night. This means that if you fall ill and have to descend then there will be someone to support you all the way without leaving another climber. This provision also means that you are very well supported for the toughest part of the climb, resulting in a higher chance of reaching the summit. This is evidenced by our high average success rate (in excess of 90%).

Altitude sickness has three forms:

- Acute Mountain Sickness (AMS)
- High Altitude Pulmonary Oedema (HAPE)
- High Altitude Cerebral Oedema (HACE)

AMS is very common. Some people are only slightly affected by this whereas others may feel quite unwell. If symptoms of altitude sickness are ignored, it can lead to potentially life-threatening conditions such as HAPE or HACE. These are both serious forms of altitude sickness which require urgent action and hospital treatment. This is why it is very important that you are aware of the symptoms of all forms of altitude sickness and keep your guides informed during your climb. Below we have detailed the symptoms of all forms of altitude sickness so that you are fully prepared.

WHAT TO EXPECT IN TANZANIA

Acute Mountain Sickness (AMS)

AMS is something that you may experience whilst climbing Kilimanjaro. It is important that you are aware of the symptoms so that you can notify your guides or expedition doctor if you begin to feel unwell. Symptoms of AMS normally start to become apparent above 3000m above sea level (AMSL). The symptoms can be similar to that of a bad hangover and may include:

- Headaches
- Nausea and/or vomiting
- Dizziness
- Tiredness
- Diarrhoea
- Loss of appetite
- Shortness of breath
- Insomnia

There are some ways to prevent/treat AMS. These include:

- Staying hydrated - drinking enough water
- Resting - make sure you get lots of sleep when you can
- Walking slowly - the guides will enforce a slow pace
- Climbing high and sleeping low - day 3 of your climb serves this purpose
- Avoid smoking or drinking alcohol
- Taking anti-altitude sickness medication (Diamox)
- Descent
- Maintaining a high calorie diet - the food provided will help with this so ensure you eat as much as you can despite potential loss of appetite.

We recommend that you speak to your doctor about climbing Kilimanjaro and discuss any medical options that may help you to cope with the altitude, such as anti-altitude sickness tablets.

In some cases, the only option will be to descend the mountain. Your guides will be monitoring your health daily through medical checks and they have the skills and expertise to ensure your utmost safety. These medical checks will include measuring your blood oxygen level using a non-invasive device called a pulse oximeter which attaches to your finger. It is important that you are open and honest with your guides about any symptoms that you are experiencing so they can advise on the appropriate action to take.

WHAT TO EXPECT IN TANZANIA

High Altitude Pulmonary Oedema (HAPE)

[N.B The following is taken from the NHS website](#)

HAPE is a build up of fluid in the lungs. The symptoms of HAPE are:

- blue tinge to the skin (cyanosis)
- breathing difficulties, even when resting
- tightness in the chest
- a persistent cough, bringing up pink or white frothy liquid (sputum)
- tiredness and weakness

The symptoms of HAPE can start to appear a few days after arrival at high altitude. It can be fatal if it's not treated immediately.

Treatments of HAPE include:

- Moving down to a lower altitude (your head guide will initiate the emergency descent procedure at the first sign of symptoms)
- Taking Nifedipine (This is a prescription drug so can only be administered by a qualified doctor. It helps to reduce chest tightness and ease breathing)
- Taking bottled oxygen (the climb crew will make this available to you)

High Altitude Cerebral Oedema (HACE)

[N.B. The following is taken from the NHS website](#)

HACE is the swelling of the brain caused by a lack of oxygen. The symptoms of HACE are:

- Headache
- Weakness
- Nausea and vomiting
- Loss of coordination
- Feeling confused
- Hallucinations

A person with HACE often doesn't realise they're ill and may insist that they're alright or want to be left alone. HACE can develop very quickly over a few hours and can be fatal if not treated immediately.

WHAT TO EXPECT IN TANZANIA

Treatments of HACE include:

- Moving down to a lower altitude (your head guide will initiate the emergency descent procedure at the first sign of symptoms)
- Taking Dexamethasone (This is a prescription drug so can only be administered by a qualified doctor. It's a steroid medication that reduces swelling of the brain)
- Taking bottled oxygen (the climb crew will make this available to you)

If your guides suspect that you are displaying any symptoms of HACE or HAPE, they will implement the emergency descent procedure and ensure you get hospital treatment.

Prevention of HACE or HAPE is key. Through the daily medical checks and continuous monitoring of your wellbeing (explained in the section above), your guides will be there to spot any signs and symptoms of altitude sickness before they develop into either HACE or HAPE.

These medical conditions are rare - we have included this information so that you are aware of the symptoms to look out for and, on the very slight chance you are affected, you are able to help your guides to treat you immediately. All of this information will also be covered in the pre-climb safety briefing, which you will receive the night before your climb.

To read more on descent procedures and your guides qualifications, please read the 'Medical Provision' section above.

Mountain Crew

Your local mountain crew will be a huge part of your mountain experience, as they will be the ones supporting and taking care of you throughout your climb. Your crew will be made up of a number of different members, including:

- Head guides
- Assistant guides
- Cooks
- Porters

Your head guide will be leading your climb and instructing you as well as the rest of the crew each day. It is very important that you follow your guide's instructions as they are responsible for you for the duration of the climb.

Your mountain crew could be made up of anywhere between 50-120 members dependent on the size of your team. Each member of the crew is essential in catering for all your needs on the mountain and making sure you stay safe. Your crew will carry your main kit bags, set up and pack down your tents, prepare all of your food and water and maintain the camps. Your guides will be with you every day, guiding you through the trek and to the top of Kilimanjaro.

Dig Deep and our climb suppliers have been awarded 'Partner for Responsible Travel' status by the [Kilimanjaro Responsible Trekking Organisation \(KRTO\)](#). We have this KRTO approved status because we are committed to ensuring our ground staff receive fair wages and treatment. Further to this, your safety is paramount, and we believe that for your mountain crews to be able to look after you, they must be looked after too.

On summit night, we ensure that there is one support crew member per each climber. This has resulted in a high success rate on our climbs with in excess of 90% of our fundraisers reaching the summit.

WHAT TO EXPECT IN TANZANIA

Tipping

The crews that you will be climbing with will be receiving fair wages on the mountain in line with KRTOS recommended standards. However, tipping is customary in Tanzania and the norm on Kilimanjaro.

KRTO advocates that climbers tip their mountain crew in addition to their salary to ensure that the crew are paid the living wage, and to reflect and reward their hard work in taking care of you during your climb. The tip is an important part of recognising cultural norms and rewarding your crew. We understand that tipping is not customary in the UK and that thus may seem odd to you, so we recommend that you read the tipping section on **KRTO's website** to understand why this is the process.

Based on KRTO's recommendations, as well as conversations with them and our suppliers, we recommend that each of our climbers tips a minimum of \$200. This tip will be divided between all the crew members according to the recommended tip for their job role. **It is important that you bring small denominations of notes to assist with the division of the tips to each crew member.** To understand more about this recommendation, please look at our **[tipping guidance document](#)**.

You will be asked to take your tip money with you on your climb and your team leader will then complete a tipping sheet whilst collecting your tip money on the final night on Kilimanjaro. This will aid the process at Mweka Gate the following day. Your team leaders will be involved in counting and dividing up the money and then your whole team will hold a farewell ceremony where you will have the opportunity to say thank you to every individual crew member and hand them their tips.

Transport/Travelling

Tanzania

The driving in Tanzania can be a little daunting if you don't know what to expect.

For additional journeys our suppliers will be able to provide or recommend a driver so please ask us for assistance if you require any support with your travel arrangements.

Seatbelts must be worn on all journeys by law.

Where possible, you should avoid travelling after dark.

Dar Es Salaam is notorious for its chaotic traffic and urban traffic jams commonly delaying travel. Additionally, roads outside of the city are often poorly maintained with limited infrastructure.

It's important to have realistic expectations of transit times for the journeys that you will undertake and be prepared for some early morning starts or long, bumpy roads!

If you are going on to Zanzibar after your climb, we would recommend bringing some books, games or playing cards to keep you and your group entertained on your journey from Moshi to Dar Es Salaam.

WHAT TO EXPECT IN TANZANIA

Money

Tanzania

The currency of Tanzania is the Tanzanian Shilling, but US Dollars are also used within the country. Tanzanian Shillings tend to be used in bars, restaurants, shops and for small purchases. Bigger purchases, such as accommodation or travel, are usually priced in US Dollars.

As the Tanzanian Shilling is a closed currency, you will only be able to secure some on arrival into Tanzania. Therefore, you should travel with US Dollars and convert this on arrival. It is preferable for you to bring all of your spending money with you, as most vendors will not take card. If needed the suppliers can help you arrange transport to an ATM in Moshi, but the ATMs will charge you to withdrawal.

Please make sure that your US Dollars are new. They must have no rips/tears and should be issued after 2011. Dollars issued before 2011 are unlikely to be accepted.

We recommend you ask for small denominations when purchasing US Dollars. Our suppliers will accept larger bills, but most vendors will only accept notes of \$20 and below. Therefore, you should bring only \$50 and \$100 bills to pay for your extension travel package and bring smaller denominations for everything else.

If you are planning to use your card, make sure you inform your bank that you will be travelling abroad or travel with a Monzo/Starling card with commission free usage abroad. When you inform your bank, ask them for an international fraud phone number in case they block your card by mistake. This frequently occurs even after warning them that you will be away.

How much money should you bring?

This really depends on what you would like to do in your downtime, how much kit you are planning to hire and what your plans are for the extension. To be safe, we recommend that you allow for \$30 USD a day for your extension travel to cover drinks, excursions and souvenirs.

Drinks in Moshi and Zanzibar will be between \$2-\$4 each.

Valuables

Tanzania

You should avoid bringing any jewellery or unnecessary valuables on your trip. When you are out and about, you should keep your valuables close to you and out of sight. For example, in a bumbag worn underneath your clothes. Avoid publicly using your smartphones or cameras when in busy public areas and be vigilant of pickpockets.

You should ensure to take a photocopy of your passport and keep it on you.

Mountain

When on the mountain, you should keep your money and valuables either in your day sack or in your pockets at all times.

QUESTIONS

Check out our FAQs: www.digdeepchallenges.org/faqs

If you still have any questions, then get in touch with the team:

- Fundraising - support@digdeep.org.uk / +44(0) 7939 323224
- Trip logistics - simon@digdeep.org.uk / +44(0) 7775 037839

