

Amos Trust Kilimanjaro Challenge

Thank you for your interest in joining us for the first Amos Trust Kilimanjaro Challenge. We are very excited to give supporters the opportunity to combine taking on one of the ultimate challenges in the world with a visit to Cheka Sana, Amos Trust's partner in Mwanza, Tanzania, to experience their amazing work with children on the streets (particularly girls and young women) and also to raise funds for this fantastic project.

Trip information

When is the trip?

The trip starts in Mwanza on 25 January 2019 and ends in Moshi (at the foot of Kilimanjaro) on 07 February 2019.

Participants need to arrange their own flights to Mwanza and from Kilimanjaro. Amos will make recommendations for flights on 24 January from London to Mwanza and 07 February from Kilimanjaro International Airport (airport code JRO) back to London.

Participants are welcome to fly on different dates to extend their stay or include other locations before or after the Amos trip but all participants are expected to meet at the agreed location and time for the start of the trip and to cover all their costs and organise their own logistics outside of the Amos trip dates.

How much does it cost?

- £2,250 per person plus flights.
- In addition, each participant will be expected to fundraise an additional £1,500 towards Cheka Sana's work with street girls and young women.
- Unfortunately, we are not able to offer bursaries or grants to fund trip costs.

What is included in the £2,250 trip cost?

- Full board for the whole trip
- Transfers to and from Mwanza airport
- Internal flight from Mwanza to Kilimanjaro
- Local travel and transfers
- Safari and National Park fees
- Guides, porters and cooks (including tips)
- All camping equipment on the mountain.

What is not included in the cost?

- Tanzanian visa (see below)
- Vaccinations and medication
- Soft drinks, snacks and alcohol
- Personal equipment

Can I have a single room?

Yes, at an additional cost of £280. This will give you a single room in the hotel in Mwanza and a one-person tent on Kilimanjaro.

What do I need to sort out myself before the trip?

- Obtain a Tanzania visa – see <https://tzhc.uk/visa-application>. You will need to send in your passport by post or attend the Tanzanian embassy in person.
- Ensure your passport is valid for a least six months from the start of the trip and has at least two empty pages. This will need to be accompanied by a yellow fever certificate (see below).
- Visit your GP. All participants should have a medical check prior to attempting the mountain. Ask your doctor:
 - If high altitude trekking is permissible for your age, fitness level and health condition.
 - If any pre-existing medical conditions will cause problems on the climb.
 - If any of your medications can affect altitude acclimatisation and whether Diamox (for altitude sickness) can be taken with your existing prescription medicines.
- Visit your travel clinic for advice about vaccinations, malaria medication and obtaining a yellow fever certificate.
- Purchase travel insurance. We advise that this should be done immediately after booking as there are some elements of the trip cost that are non-refundable (see terms and conditions below). Ensure your travel insurance covers expenses such as: trip cancellation, interruption or delays, emergency, accident and sickness, lost, damaged, stolen or delayed baggage and 24-hour emergency medical assistance. Make sure you inform your insurance provider that you are climbing Kilimanjaro.

What is the itinerary for the trip?

- Jan 25 – Arrive and gather in the [Adden Palace Hotel](#) in Mwanza
- Jan 26 to Jan 28 – The first 3 days in Mwanza will be spent with Cheka Sana. Seeing their work on the streets, visiting their day centre and sheltered accommodation and experiencing their reintegration work.
- Jan 29 – 1-day safari in the world famous Serengeti National Park. A chance to spot the big 5!
- Jan 30 – Fly to Kilimanjaro airport in nearby Moshi where there will be a full briefing about climbing Kilimanjaro.
- Jan 31 to Feb 06 – Seven days to tackle Kilimanjaro via the Machame route.
 - Kilimanjaro is the highest mountain in Africa, 5895 metres above sea level and the highest freestanding mountain in the world (i.e. not part of a mountain range).
 - 92% of people who take the Machame Route over 7 days successfully reach the summit. The route is challenging, but taking 7 days to the summit and back allows a more relaxed trek and better acclimatisation.
 - The route is the second most popular on Kilimanjaro. It starts at the Machame Gate, which is at the South-Western entrance to Kilimanjaro National Park. The first section leads through a landscape featuring various types of vegetation: verdant rainforest, then heath, then rocky plains and finally Alpine desert. From the Shira plateau, there is a breath-taking view of the glaciers at the Western Breach while Stella Point is the perfect location to view a magnificent sunrise. The final ascent to the summit runs from the South-East, while the descent follows the Mweka route to the South. It is a tough, demanding hike, but when you reach Uhuru peak you will be rewarded with a spectacular view from an altitude of almost 6km.....combined with an unforgettable experience to cherish for a lifetime.
 - The descent from the summit takes us back to Moshi and a final night in a guesthouse.
- Feb 07 – final goodbyes and the end of the trip. Take your flights home or wherever you are going next!

Who is leading the trip?

- You will be accompanied by an Amos staff member with extensive experience leading a group and visiting our street child partners.
- Cheka Sana will host the group in Mwanza.
- Kilimanjaro – we will be using a local Tanzanian company [Safarease](#) to lead the trek.

What do I need to bring?

We will provide all participants with a comprehensive kit list that will cover both the Mwanza and the Kilimanjaro legs of the trip.

Briefings

- We will ask all participants to attend a pre-trip briefing – if you are unable to attend this a one to one briefing will occur on the phone. The briefing is a chance for us to run through information, for you to ask questions and for participants to meet one another
- You will be given a further briefing on arrival in Mwanza from the Cheka Sana staff and on the night before beginning the ascent of Kilimanjaro.

Visiting Cheka Sana

- As the project works with vulnerable children you will be asked to show or to complete a DBS child protection check (we will assist you with this if necessary) prior to travelling.
- You will also be asked to sign a code of conduct agreement, which will be discussed with you at the pre-trip briefing.

Climbing Kilimanjaro specific FAQ's

What is the weather like?

The average temperature at the foot of the mountain is 25° to 30° C. On the summit, it can range from -12° to 10° C but is usually below freezing. At 3000m (above the tree line), the day temperatures range from 5° to 15° C and then cool off significantly at night. As you work your way up the mountain, you will traverse through many different climates that vary in temperature and precipitation. Light rain is fairly consistent in the lower rainforest section while the upper parts of the mountain often experience passing snowstorms.

Are there age limitations?

The Macheme route is known as one of the more challenging hikes up the mountain. However, if you're looking to break the record, the youngest person to reach the summit of Kilimanjaro was 9 years old, and the oldest was 87!

What Language is spoke in Tanzania?

Swahili is widely spoken in Tanzania as well in Kenya, Uganda, Eastern Zaire and Rwanda. Your guide will speak excellent English as well Swahili and usually also a native language. Some porters know English while others may have just picked up a few words here and there.

How many miles will we hike each day?

The number of hours you hike each day varies from 3 hours (minimum) to 7 hours (maximum), depending on the intensity of the slope and difficulty of the climb.

First aid and guides

- On summit night there will be one guide per person.
- All guides are First Aid qualified.
- If you get into difficulties during the climb the experienced staff from Safarease will be able to make sure you are escorted off the mountain and treated
- Oxometer readings will be taken each evening and at other times as required.
- Uniquely for this trip, and in support of its fundraising aim to support Cheka Sana's work with women and girls, Safarease will endeavour to employ an all-female crew.

Health & Safety

Health & safety is always at the forefront of our thinking when leading trips, especially when we are participating in potentially hazardous undertakings. Should you get into any difficulties during the trip or a serious health and safety issue arises, the decision of the chief guide will be final.

Alcohol

There is no alcohol allowed on the mountain.

When is the best time to climb Kilimanjaro?

Kilimanjaro may be climbed at any time throughout a year. January to May is very good with mild temperatures.

How fit do I have to be?

Kilimanjaro is easily accessible. However, you should not underestimate this mountain. There are no technical mountaineering skills required, just a good level of general fitness.

Climbing Mount Kilimanjaro is a physical undertaking, so you should prepare yourself accordingly with a training program. Being in good shape is important in many respects. Obviously, strong, conditioned legs make it easier to walk uphill and downhill for sustained periods of time. General aerobic fitness allows the body to function efficiently with less oxygen and a fit body is more likely to withstand the stress of consecutive days of hiking and camping. Finally, a positive mental attitude can work wonders when fatigue and doubts arise.

What if I am slower than other trekkers?

This is common concern but there is no need to worry. By walking slowly, your body will acclimatise itself to the high altitude. The guide will permanently remind you about this ("poleh! Poleh!"-which means "slowly slowly").

What equipment will I carry?

You will carry your own day-pack. You do not need to carry your own personal backpack/duffel pack, as it will be carried by a porter. During the day we suggest you carry some water, snacks, camera, waterproof layers, hat and a basic First Aid Kit. These will depend on your priorities.

What is accommodation on Kilimanjaro like?

You will share two-person tents (single tent supplement available). The tent will be set-up, broken down and carried by our porters. Water for bathing is provided for each person every morning where possible (no showers).

Fair pay?

- All porters, chefs and the guide leader will be paid in accordance with Tanzanian minimum wage standards and they are all highly experienced. Safarease takes advice from the [Kilimanjaro Porters' Assistance Project](#).
- Safarease will endeavour to work with female Kilimanjaro expedition leaders and porters and appropriate tipping is built into the cost of this trip.

Environmental Impact

- Amos Trust is committed to promoting climate justice – however at the same time we believe that it is important to respond to our partners' requests to bring people to visit, to support their work and stand in solidarity.
- We are therefore only undertaking this challenge due to its proximity to Mwanza, and the fact that in order to fly to Mwanza, you have to go via Kilimanjaro International Airport.
- A key factor in choosing to work with Safarease was because of their commitment to looking after Kilimanjaro as they climb.
- The kit list we give you will recommend what to bring for the Kilimanjaro trek to ensure we leave as small a footprint as possible on the mountain.
- We will make sure that we dispose of litter carefully, not make open fire-pits on the mountain, minimise the amount of single use plastics we use and use the purpose built latrines to ensure our trek doesn't affect the main paths, streams and rivers.

Read [this article](#) to understand how Tanzanian Parks are making headway in their efforts to clean and preserve Kilimanjaro.

Fundraising

- We have set a fundraising target of £1,500 per person for this challenge. The money raised will go towards Cheka Sana's work with street girls and young women who are trapped in street life. Once you sign up for the trip, we will send through case studies and further information on Cheka Sana's girls' work, to aid your fundraising efforts.
- There are many ways for you to fundraise and Azey, our Fundraiser, will support you to do this and will provide you with resources as you need them.
- Our recommendation for a first step will be to create an online giving page using a fundraising portal like JustGiving, or Virgin Money Giving and share the link with your friends, family, colleagues and across your social media pages.
- You could organise a fundraising event such as a Quiz Night or an Afrobeats night!
- If you would like to do a talk in your church, school, community group or your office we will provide you with further information and resources.
- If you would prefer someone from Amos to come and talk at your event, then please get in touch and we will try and arrange it.

The booking process, payments and cancellations

When you complete the online booking form for the trip you will receive an acknowledgement which will contain a link to pay your deposit.

Once we have received the information from your booking form and your deposit we will contact you within four weeks to confirm your place on the trip. We may contact you for a chat about your participation before we are able to confirm your place if your form contains information that we feel needs further discussion or clarification.

We are offering participants the opportunity to pay for the trip in four instalments:

Deposit	£500	payable on booking
Payment 1	£600	due by 22 July 2018
Payment 2	£600	due by 14 September 2018
Payment 3	£550	due by 07 December 2018
Single room (optional)	£280	due by 07 December 2018

If you are joining the trip after one or more of the above payment deadlines you will need to make a payment to bring your payments up-to-date with the payment schedule as soon as your place on the trip is confirmed.

If the trip is cancelled by Amos Trust, we will fully refund all payments made by anyone who has booked before the date of cancellation.

If you have to cancel your participation in the trip, please let us know as soon as possible. We will then make an assessment of any costs incurred to that date that are non-refundable and make a refund for the money you have paid up to the date of cancellation less non-refundable costs incurred. These non-refundable costs will most likely be made up of booking fees for the safari and for the Kilimanjaro trek. We will be completely open and transparent about these costs and share correspondence with you as required. We would emphasise that you should arrange your travel insurance as soon as possible your place on the trip is confirmed to mitigate your exposure to financial loss if you have to cancel your participation.