

MAD FOUNDATION

MAKE A DIFFERENCE



MAD KILIMANJARO CHALLENGE 2017

TRIP NOTES

30th July to 5th August 2017

Introduction

Africa is a continent of contrasts, and nowhere more beautifully illustrates this than Tanzania, where the snow-capped peak of Kilimanjaro rises majestically above the shimmering heat of the savannah. At 5,895 metres (19,340 feet) Kilimanjaro is not only Africa's highest peak; it is also the highest freestanding mountain in the world.

This is your opportunity to climb the summit of the “Roof of Africa” and experience a once in a lifetime challenge. But this will not just be a standard charity trek – in addition to climbing Kilimanjaro, participants will also be raising money for MAD projects in East Africa and visiting MAD project sites in Tanzania.

Do I Need to Be An Experienced Mountaineer To Climb Kilimanjaro?

No. Kilimanjaro is one of the few great mountains in the world where it is possible to reach the summit without any mountain climbing skills. The vast majority of the ascent is walking, with only a short scramble on the final section leading to the summit. Experienced guides will lead you all the way and porters will be on hand to help you with your bags. See the attached itinerary for more details.

How Much Will This Challenge Cost Me?

If you raise more than £2200, or USD \$3000 you will receive all of the following:

- Airport transfers from Kilimanjaro International airport to hostel in Moshi, Tanzania
- All costs associated with climbing the mountain (e.g. national park fees, camping fees etc.)
- Rescue Service for evacuation off Mt Kilimanjaro in case of medical emergency.
- A professional guide, porters and cooks.
- A day visit to a local MAD project to see how your sponsorship money will help improve the lives of kids.
- Services of an in-country English speaking guide.
- All meals whilst on the mountain.
- Accommodation whilst on the mountain.

What Extra Costs Will I Have To Meet?

There are a few costs associated with the trip which you will need to meet yourself:

- Return flights from your home to Kilimanjaro International airport
- Tips and gratuities for all local staff on the mountain (suggested £180 / \$250)
- Tanzanian tourist visa (approximately £50 / \$80) - you can pay on arrival into Kilimanjaro Airport.
- Personal expenses.
- Meals/accommodation not specified above (Approx £20 / \$30 a day if you are staying on for extra time).
- Recommended vaccinations/anti-malarial medication (cost dependent health care plan) – book an appointment with your GP or travel nurse, you will need to get a yellow fever vaccination and other jabs depending on your travel history.
- Personal Travel Insurance
- Kit needed for the mountain climb, e.g. walking boots, coat, rucksack etc – see later

How should I take money?

Dollars are the best currency to take with you to Tanzania. These can easily be converted into Tanzanian shillings at a bureau de change, or there are Barclay’s ATM’s in Tanzania that dispense Tanzanian shillings although many ATM’s only accept Visa cards and they tend to charge between £1 and £3 per transaction. It is easier to pay in Tanzanian shillings for most things and you will get a better deal, but dollars are accepted also. Some banks and Bureau de change, however not all, accept traveller’s cheques.

How Will I Reach The Fundraising Target?

£2200 (or USD \$3000) seems like a daunting amount but fundraising is part of your challenge and you can have loads of fun doing it – getting all your friends and family involved as well! It's a huge achievement to raise such an amount for a great cause and definitely worth it!

Here are some ideas for fundraising:

- Ask family, friends and neighbours to share the load: ask your parents or friends to take a sponsor form (or a little info sheet about you and what you're doing with a link to your JustGiving site) into their workplace or ask their family and friends. The more people you're able to access and target the more money you'll raise).
- Make sure EVERYONE knows what you're doing: your local church or place of worship, local businesses, family friends' businesses might be able to make a donation. Companies often have a budget for charity donations but it is all about letting everyone know what you're doing and be confident enough to ask for help. Don't be disheartened if you don't hear back from them quickly, sometimes businesses only have things like this on the agenda at certain meetings throughout the year, they might not be dealing with it weekly, but at the same time, don't rely on this, follow it up with a polite phone call or concentrate on your other fundraising methods while you wait.
- Use ALL your contacts: that girl you met in freshers week and added on Facebook but never saw again might be rather impressed with your plans and give you a quid. This is where Facebook and JustGiving come in handy. You can let all your friends on Facebook know what you're doing and provide them with an easy link to donate money. Lets be honest we all have "friends" on Facebook that we don't speak to much and wouldn't really feel close enough to ask for donations but thanks to JustGiving and Facebook they might help you out. People can be surprisingly generous.
- Justgiving: Don't hesitate in setting a JustGiving account up, it is an easy way for people to donate at their leisure without you having to pester them or go around collecting their pledges. Make sure you have a good blurb that explains what you're doing, who for and what you need from them.

Other ideas....

- Hold an auction of services (i.e. people donate services such as cooking a meal for four, four hours of cleaning, use of their car with them as a chauffeur for a day etc.) Use as many free resources as you can.
- Offer your talents for a fee: If you have a particular talent (amazing DJ or karate expert) offer a tuition session to your friends for a fee. Its easy enough to find a free venue so if you have the knowledge its pure fundraising profit!
- Sell unwanted things on ebay.
- Use the media: Speak to local newspapers, parish magazines, and radio stations, promoting your climb and the events you're holding. Include the link to your justgiving page, an old school teacher might see you and donate.

When writing or talking about your trip be sure to mention MAD FOUNDATION's registered UK Charity number (1111805) and follow rules and regulations regarding collections, raffles etc.

Being willing to ask and getting as many people as possible aware of what you're doing is vital. It is not a problem if people can only donate small amounts when you have lots of people donating small amounts. There was a celebrity team climbing Kilimanjaro last last year for comic relief who raised millions. So promote yourself, get your family and friends to promote you, use every circle of friends and acquaintances and wider awareness will result in more donations.

Don't be disheartened by negative responses if people are unwilling or unable to support your fundraising efforts. There are a lot of people who will get behind you! Some might feel that they are lacking in funds and being affected by the credit crunch but they are going to party regardless with any event you may come up with. So if you can't get donations outright, give them somewhere cheap to party and help you at the same time! You might feel that the credit crunch is hindering your fundraising efforts but there are a lot of opportunities to be taken. Remind yourself of why you got involved in the first place; this is such a good cause and your money is really needed so it is worth the effort.

Remember to check out our MAD Fundraising Pack for more ideas and practical fundraising advice.

MAD KILIMANJARO CHALLENGE ITINERARY 2017

Itinerary Disclaimer

This itinerary is correct at time of printing. Please note: Our itineraries are updated during the year to incorporate improvements stemming from past travelers' comments and our own research. It is **VERY IMPORTANT** that you print and review a final copy of your Trip Notes a couple of days prior to travel, in case there have been changes that affect your plans

Route: - Machame

Day 1 Acclimatization day in Moshi – Sunday 30th July

Enjoy your first day in Tanzania and stretch your legs after your flight. Acclimatize to your surroundings, get to know the town of Moshi. After lunch we have a full Kilimanjaro briefing and kit check. Spend the afternoon relaxing around the hostel, preparing for the challenge that awaits you the following morning! Make sure you have everything you need!

Should you fly in early to explore Tanzania you are welcome to join the last day of the community project we will be completing at a school near Moshi, which happens on the Friday (29th) morning. Have a game of football or netball with the kids and see what a difference MAD has made to some local communities.

Day 2 Onto Kilimanjaro – Monday 31st July

After breakfast you will be transferred to Machame Gate (1hr) passing some Mad Projects en route, set deep in the cloud forest that surrounds Mt Kilimanjaro. After signing in at the National Park Gate you begin a slow and very steady walk from Machame Gate at 1800m Above Sea Level (ASL) to 2980m ASL. This day takes 4-5 hours, a gradual ascent through thick cloud forest. Arrive in camp and relax, enjoying the incredible views of Kibo Peak. A candlelit dinner will be served before retiring to your tented accommodation for the night.

Day 3 The Shira Plateau – Tuesday 1st August

After breakfast a steep ascent takes you along the Machame ridge line, gradually working its way up to the Shira Plateau. Spectacular views of Kibo Peak follow you the whole way. Lunch will be taken en-route, before arriving onto the Shira Plateau at early afternoon, and camp near Shira Hut at 3,840m ASL (5-6 hrs). From here the true vista of your surroundings become apparent, with spectacular views both of Kibo Peak, and out west towards Mt Meru and the Maasai Highlands. The afternoon gives you good resting opportunities, combined with a full and hearty dinner. You then retire to your tented accommodation for the night.

Day 4 Acclimatization – Wednesday 2nd August

After breakfast you head east, across the plateau on a gradual incline. The gradual ascent over the Shira Plateau takes you up to an altitude of 4,400m ASL, providing valuable acclimatization. With lunch en-route, you will descend in the afternoon down to Barranco Campsite, set at the base of the Barranco Wall at 3,950m ASL. Barranco Campsite offers some of the most spectacular views of Kibo Peak. After another hearty dinner retire to your tented accommodation for the night.

Day 5 The Barranco Wall and Karanga Valley – Thursday 3rd August

After a very early breakfast you head east up the Barranco Wall, a height gain of 700ft. From here you continue over the ridges and valleys to the Karanga Valley. Lunch will be taken en-route and you'll arrive into camp in the early afternoon, a 5-6hr walk. Dinner will be served and you'll retire to your tented accommodation for the night.

Day 6 The Karanga Valley and Barafu – Friday 4th August

After a comfortable breakfast you'll now head steeply into the face of Kibo Peak ascending up to Barafu Camp. The journey is short, only taking around 2-3hrs but it is taken very slowly. Lunch will be served upon arrival at Barafu Camp around 13:00. You'll be encouraged to retire to your tent in the mid-afternoon for the night.

Day 7 The Roof of Africa – Saturday 5th August

Beginning at midnight, breakfast is served and you begin an extremely slow ascent across the scree slopes towards Stella Point. First light comes up around 05:30AM, and you should reach Stella Point for around sun-rise. From Stella Point it is a gentle ascent around to Uhuru Peak: The Roof of Africa. After admiring some of the views, you descend back to Stella Point and down to Barafu. Here you can rest up for one or two hours with lunch being served. Then start the descent to our final campsite (3100m) at Mweka forest and a well earned nights rest!

Day 8 Off Kilimanjaro – Sunday 6th August

After breakfast you descend down to Mweka Gate, a gradual decline through the heath and cloud forest. At Mweka Gate you'll be collected and transferred to your hotel in Moshi, a half hour drive. Enjoy the very welcoming shower and hot lunch before receiving your Uhuru Peak Certificates! The afternoon can be spent as free time. In the evening you travel into Moshi town for a celebratory meal and drinks.

Most of you today will be flying home or preparing to fly home in the next day or so. Do any last minute souvenir shopping, take any last minute photos. Say Goodbye to Beautiful Tanzania!

Kit List for Kilimanjaro

- **Sturdy worn in waterproof hiking boots:** Possibly the most important part of your kit. Get them fitted properly and be willing to invest in a decent pair. You need to wear them in so it might be worth buying these first. If they don't fit well or aren't worn in you'll pay for it on the trip.
- **Thick thermal walking socks:** these can be very expensive but shop around and you could find a bargain. You can also purchase even warmer 'high altitude' socks that might be useful for summit day. *Socks made from merino wool are usually good quality and effective.*

- **Trainers/Running Shoes or sandals:** for use around camp (and obviously back in Moshi/when travelling). Sandals aren't the best idea on the mountain as it can be very muddy if it has rained and you don't want mud in between your toes when you're walking around camp!
- **Lightweight Trekking trousers:** You need to think about how comfortable you're going to be. Obviously jeans are out of the question. Combat pants with waterproof over trousers are fine but even better are in all in one waterproof trekking trousers that were breathable, windproof and waterproof. *Craghopper or Berghaus all make suitable trousers, which will be comfortable.*
- **Waterproof windproof over trousers:** if you're not going to have the all-in-one technical trousers these are essential. *These are vital on summit night because by being windproof they provide another layer of warmth.*
- **Gaiters:** Useful as it is so much easier to take off your muddy gaiters when you get to camp exhausted than getting into your tent with muddy waterproof trousers on.
- **Thermal undertrousers/longjans:** very thick tights could be used but comfortable thermal base layers are essential. In the second half of the trek you'll never take these off, they need to be very warm and comfortable. Temperatures can drop below -15 so warm clothes are vital.
- **Waterproof windproof outdoor jacket with hood:** You're likely to get wet and it gets VERY cold so a wind and waterproof coat is important, as are the trousers. *Quality jackets have a waterproof/breathable membrane in them, most commonly 'gore tex' or e-vent. Jackets with these membranes are obviously more expensive however offer exceptional waterproofing and breathability. A good quality waterproof also helps keep out the wind.*

Top Tip – If you have a waterproof with goretex or e-vent, avoid spraying aerosols or insect repellents near them, as they will de-waterproof them in seconds.

- **3-4 Base layer tops:** you can buy many technical base layer t-shirts, which are breathable and wick-away moisture etc. Normal t-shirts are fine too though; you'll need to layer whatever you take for summit day. *Although cotton t-shirts make you sweat, more, which when cold, then cools and can make you colder.*
- **Fleeces:** It will be useful to have a midweight or lightweight fleece as well as a heavy weight fleece so that you can layer or not depending on the temperature and comfort. An alternative option instead of a heavy weight fleece is to purchase a soft shell.
- **Underwear:** speaks for itself
- **Thermal Hat/balaclava:** Rather than a balaclava you can take a hat and a neck gaiter. Whichever option you choose it is essential that you have something to cover everything as it is extremely cold as you set off for the summit that you won't want any flesh on show. *Neck gaiters come in a range of styles however the multi-purpose 'buffs' are also handy because they can be folded in a variety of ways, such as underneath a woolly hat, which not only gives extra warmth but stops your head from getting itchy!*
- **Thermal torso clothing:** *(as with long-jans) Ensure that it has long sleeves.*
- **Thermal waterproof windproof Gloves:** Ski gloves do the same job and places like Sportsworld/Sportsdirect often have them at good prices. As long as they're VERY warm, waterproof and windproof you don't need to spend the earth. *A good idea is to have some inner gloves. These are relatively inexpensive, but are useful because they not only provide additional warmth, but it also means when you have to take your larger gloves off to get something out of your bag, tie a bootlace etc, your hands are not completely exposed.*
- **Down Jacket:** However not essential, if you can afford one/ acquire one, it is worth having. Although not effective in the rain, you will only need it on summit night (where chance of rain is very low)

A Note on Clothing

The key idea with clothing is **layers!** It is a lot better to have lots of thinner layers than a few really thick layers, this is because:

- Having layers, traps air between them, this is warmed up from the heat from your body, consequently warming you up.
 - It is a lot easier to maintain a comfortable body temperature, by being able to remove/add layers when necessary.
 - If a thick layer gets wet, for any reason, you may not have enough other layers to keep you warm.
- **Sleeping bag 3-4+ season:** Another very important item. Again, it is going to be extremely cold and so you need to make sure your sleeping bag is warm enough and up to spec. Have the patience to search around and you can save a lot of money. *If your budget stretches a down sleeping bag is recommended. It is surprising how beneficial a good night's sleep is, firstly so you are not tired for the next day's walking. Secondly if you are feeling ill being able to sleep well works wonders! If you don't want to get a down sleeping bag, it may be best investing in a sleeping bag liner (covered later).*
 - **Sleeping mat:** The primary use of a roll mat is not to provide comfort, it is again to provide a layer of warm air between you and the ground, without one you will be extremely cold. However the secondary use is to provide comfort, you can purchase standard foam roll mats really cheaply, in a wide range of places. However if you want a bit more comfort I recommend buying an inflatable one, you will really feel the benefits, as often you are sleeping on rocky ground, and as previously mentioned a good night's sleep can work wonders!
 - **Sleeping bag liner:** useful for adding to the warmth of your bag and also to use alone throughout the rest of your travels when it is considerably warmer. *There are two main types cotton and silk, the silk tends to be more expensive, however a little bit more compact in size.*
 - You might want to consider a small roll up travel pillow but it's by no means an essential. *Top – tip, put your fleece inside the bag your sleeping bag comes in, to make a pillow!*
 - **Head torch/ Head lamp:** This is essential for the summit climb as you set off at night and also for trips to the loo in the dark. If you intend to volunteer in a village there may not be any electricity and so the same applies. (Bring spare batteries and bulbs just in case)
 - **Water bottle or platypus/ camelback:** You need to drink a lot of water throughout the climb and the easier you can access it the better. We advise a platypus or other bladder system as it encourages you to drink when you might feel too tired to stop and reach for your bottle. On the other hand stopping and getting your bottle out would give you a rest but there are times when you need to keep on plodding because if you stop you feel like you'll never start again. You also might not want to stop/hold up the group and so just don't drink where as a platypus allows you to drink whenever you need it. A combination of the two is the best bet.
 - **Rucksack/Backpack 60-65L:** The porters will be carrying this on the trek but it needs to be comfortable for you for the rest of the trip. A waterproof cover is important too. I would waterproof the inside of your bag as well but if your bag is on the roof of a bus (or on a porters back) in the rain or being thrown about it is useful to have a cover on it protecting it.
 - **Daysack 35L:** This is what you will wear and have access to as you are walking. It will contain your water, packed lunch, waterproofs or extra layers, sun cream etc and a small first aid kit. It will not be heavy though it can seem it when you're exhausted and as you're walking with it on all day it needs to be comfortable and adjusted well. The same applies for waterproofing as with your large bag.

- **Rucksack liner/waterproof bags:** Even with a waterproof cover for your rucksacks it is useful to waterproof everything in your bag either splitting things up for easy access into smaller liners or using a liner to proof the whole of the bag, there are lots of liners in the shops though heavy duty bin bags work equally well.

You can buy cheap thick plastic bags (about £2), to line your bag, from loads of walking shops. Even if your bag has a waterproof cover or claims to be waterproof, chances are water will still get in, and the last thing you want after a long day is wet gear!

- **Sun hat**
- **Sun glasses**
- **Very High Factor Sun Block**

Remember you are above cloud cover for much of the climb and very close to the equator so the sun is extremely hot. In addition to this, side effects of some anti-malarials include increased susceptibility to sunburn so you need to be careful. Not only can it make you feel uncomfortable if you burn but sunstroke will affect your performance. Sunglasses are necessary for snow-blindness too.

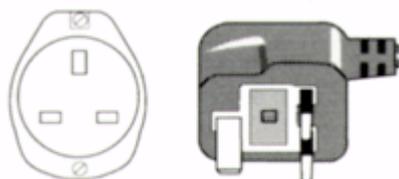
- **Walking poles:** DEFINITELY recommended. There's no need to buy expensive ones, but they help a lot.
- **Toilet kit:** On the mountain you won't be able to wash properly. You will get a bowl of hot water at night and in the morning so you can make as much use of that as you can but generally speaking we found baby wipe washes the most effective.
 - Baby wipes/wet-ones etc
 - Toilet roll
 - Tissue
 - Tooth-brush (tooth brush holder useful)
 - Tooth-paste
 - Travel towel (good as it is quick drying and compact)
 - Soap/all purpose soap/gel (hands and face get very dusty and dirty it feels good to clean them properly before you eat)
 - Nail Brush (something we didn't have but wanted so much!)
 - Hairbrush
 - Alcolgel/No water wash (essential!! Take lots, you'll use it all the time!!!)

After Kili you'll obviously need your usual toiletries and can wash your hair and be clean again.

- **Useful extra's:**
 - Duct tape (solves all manner of problems)
 - String/Washing line. (Very useful when volunteering for drying washing etc.)
- **Treated Mosquito net:** You won't need a net on the climb as the tent protects you and mosquitoes aren't prevalent at altitude, but if you intend to stay on afterwards it is worth getting one.

- **Extra's:**

- Camera!
- Notepad and pen for diary keeping.
- Music
- Photo copy all your important documents and keep them in a separate envelope to the originals. You can also scan these documents in and attach them to an email, then email yourself/family/friends with the info. This means you/family/friends can access the documents in an emergency.
- You will need an adapter to fit a flat 3 pin socket (if your items are not from the UK) to charge electrical items in Tanzania, please see below:



- **Food:** As you will know, food on the mountain is all provided, it might be worth taking some energy bars/sweets however for an extra boost during the climb. (Weight watchers bars are great for a big boost as they are intended to replace a meal!)

It may be worth taking some dehydrated meals, which you can buy from walking and camping shops for about £3. You just add boiling water, which the porters will be more than happy to provide. These are handy on mountain, as there is nothing worse than not fancying the food provided, because you feel ill or because it's getting a little repetitive. However much you don't want to eat, you know you have to, so you have the energy to do the climb. Make sure you buy something that really appeals to you, as if you don't fancy it in the shop there is no way you will fancy it if you have altitude sickness! Try to find something that really appeals to you, such as a chocolate pudding etc. If you are ill on the mountain, this type of comfort food might be just what you need to pick you up!

FAQ'S

Frequently Asked Questions about Tanzanian Visa's

Can someone else apply for a visa on behalf of another?

Answer. Yes, provided that, all the requirements are completed and the application form is duly filled in and properly signed. MAD will email you the forms.

Can someone else collect the visa/passport on other's behalf?

Answer. Yes, as long as he/she will bring the collection number and/or letter of authority to pick up with identification card.

In Visa application form, what is reference in Tanzania?

Answer. Name, address and phone number of your contact person in Tanzania, if you don't have contact person, the name, address and phone number of hotel/accommodation while in Tanzania.

Can someone get visa upon arrival?

Answer. Yes, and it is very quick and easy.

When will be the start date of the visa? What are the Maximum days of stay in Tanzania?

Answer. Visa is valid from the date of issue. 90 days from the date of entry/arrival.

On the Visa application form, what do you mean by saying "Means of Financial Support"?

Answer. It means, sponsor of your trip (company, organisation, employer, family or self-support).

Is Yellow fever vaccination necessary?

Officially, it is not compulsory if you are travelling straight to Tanzania from U.K/US. or just connecting flights from any airports in the World. (If you are entering Tanzania through other Countries, please refer to the visa section of our website for more information). To be absolutely safe you should get one done, particularly as we are traveling around Moshi during our stay and some may be exploring afterwards.

Frequently Asked Questions about Kilimanjaro

Do I need to train for the climb?

Yes you do. However, Henry Stedman (who writes the book on 'Kilimanjaro – The Trekking Guide to Africa's Highest Mountain, 3rd Edition) has seen many examples of the less fit people make it to the top of kili over the super-fit who push themselves too hard too early and are stopped from doing the final leg due to early symptoms of altitude sickness.

Who do you recommend for travel insurance for this trip - when selecting insurance are there any specific requirements that the policy needs to cover?

Our travel partners STA Travel can help you organise Travel Insurance. They cover for treks up to 6000m (Kilimanjaro is 5,895!) some don't or they do at an extra cost. Your policy will need to cover adventure challenges and altitude. Check with the insurance company for further requirements. Contact us and we will provide our Support Manager's details at their head office – they have a dedicated member of staff who deals with Mad Calls if you don't already have a policy that you can upgrade.

What money should I take?

We tell people not to take travellers cheques but take dollars for Zanzibar and shillings for Tanzania to avoid the money problems. Dollars are the best currency to take with you to Tanzania. These can easily be converted into Tanzanian shillings at a bureau de change, or there are Barclay's ATM's in Tanzania that dispense Tanzanian shillings although many ATM's only accept Visa cards and they tend to charge between £1 and £3 per transaction. It is easier to pay in Tanzanian shillings for most things and you will get a better deal, but dollars are accepted also. Some banks and bureau de change, however not all, except traveller's cheques.

I am Asthmatic, can I take part?

Everyone will need to fill out a medical form prior to the trip but we insist you check with your GP who will be able to advise you how to prepare.

What type of bag do I carry - a day bag for water and lunch/ snacks or a full kit bag i.e. how much will it weigh?

You will just need to carry a day bag for water, lunch, snacks, sun cream, hat, camera and sun glasses. Don't worry, it won't weigh very much, there are porters to carry your main bag.

How much should I tip the porters?

Generally it is expected that porters and guides will be tipped once the trek is over (they do such an amazing job you will want to tip them by the end of the trek). On average there will be 3 guides per person. The industry standard is around £150 to £180 for your entire week which is then divided amongst all the local guide team.

If I am unable to complete the climb and need to come down, will I have to pay the porters?

No, this is included in the trekking fee.

Should I take my mobile/cell phone?

Remember calling from abroad on a phone can cost a bomb. If you do want to take it you will need to check with your mobile phone provider. Alternatively, you can buy a Tanzanian SIM card. There are really cheap (about 15,000 Tzs) and calls back to the UK/US are relatively inexpensive, they work on a pay as you go system, and buying credit is very easy and it is available at loads of shops/people sell them on the streets (just make sure you buy it from an official vendor, they will be wearing a tabard, with mobile phone companies sponsorship on it.) There are two main mobile phone companies in Tanzania: Zain and Vodacom. If you choose this option make sure your phone is unlocked before arriving in Tanzania.

ARRIVAL & OTHER COMPLICATIONS

We don't expect any problems (and nor should you!) but if for any reason you are unable to commence your group trip as scheduled, please contact the Madventurer HQ (volunteer@madventurer.com).

If you arrive on the first day of the Challenge you will get collected for free from the airport in Kilimanjaro. It may take you up to an hour to clear immigration, change your cash at the forex counter, collect your bags from the conveyor belt, and clear customs. Once you are outside in the busy pick up area your crew will meet you but if you have not made contact with our crew within 30 minutes, stay in the pick up area inside the barriers and please give the crew a ring on their emergency contact number, which you should take from www.madventurer.com before you travel.

Please do not leave the airport without talking to our crew first. Crew will be wearing a Mad t-shirt or carrying a Madventurer sign and be wary of any porters who will say that they may be from Madventurer to carry your bags as they will want paying.

No refund is available on missed transfers or portions of your trip owing to a different flight arrival or delayed flight arrival. Any additional cost incurred in order to meet up with your group is at your own expense.

Pre-trip accommodation - *If you arrive early*

If you arrive early and would like to chill out before the start of your project then we recommend staying at Haria Hotel. All pre-trip accommodation/transport needs to be budgeted for separately.

If you book pre-trip accommodation please remember to take down the hotels contact details and booking information (including airport pick-up details) before you set off. If you have any problems give the hotel a ring directly. Please also take our overseas crew's number and give them a call if you have any emergencies.

Check hotel reception for a message from your Leader about what time you will be picked up on day one.

If you book Pre-trip accommodation at Haria Hotel please ensure you follow the booking up with a reminder call/email a few days before you head off. You may need to re-confirm your booking and flight arrival details if you have booked an airport pick-up.

Pre-trip accommodation:

- **Accommodation address: Haria Hotel, PO Box 8344, Moshi, Tanzania**
- **Contact number at Hotel: Tel +255 6563 18841**

Joining Point Instructions

If arriving on day 1 of the itinerary a complimentary airport pickup is provided.

Accommodation on the first night (Sunday)

The first few nights of your challenge in Moshi you will be staying at Haria Hotel or a hotel chosen by our overseas crew. The accommodation will depend on final group numbers, arrival times and availability.

Finishing Point Instructions – Haria Hotel, Moshi**IMPORTANT INFORMATION****Valuable or sentimental items**

You are strongly advised not to take items of a valuable or personal nature like iPods, expensive jewellery/clothing etc. If you do decide to take digital cameras or phones please make sure these are covered in your personal travel insurance policy. Every policy will differ slightly so it's best to enquire about personal item cover.

Health

All travellers need to be in good physical health in order to participate fully in the group travel experience. If, in the opinion of our group leader, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund. We therefore ask that you read the itinerary in these trip notes thoroughly and then realistically self-assess your physical ability to complete the trip as described. Please consult with your doctor if you have any doubts.

For more general information on vaccinations and health please refer to the Inter Health link on our website, you will be given more info when you book up. For individual health advice you will need to visit your own doctor or travel nurse directly as well. They are the only one's that can recommend individual advice as they will have your medical records and details of any allergies etc.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping, participating in optional activities and tipping. Please also remember the following specific recommendations when planning your trip.

Any tip that you wish to give your local guides or leader in recognition of excellent service is always appreciated. **However please be wary of giving anyone large amounts of cash claiming that it's for school, medical, or family emergencies.**

Departure Tax

All departure taxes should be included in your international flight ticket.

Emergency Funds

Please make sure you have access to additional emergency funds, to be used when unforeseen incidents or circumstances outside our control (e.g. a natural disaster, or an outbreak of swine or bird flu) necessitate a change to our planned itinerary. This change may have to be decided prior to departure. This is a rare occurrence but it is well worth being prepared! The amount will depend on your length of stay and any pre or post tour travel. We also recommend using Western Union for emergency cash when you are overseas (www.ukmoneytransfer.com). Friends/family members can send a money transfer however it's best to contact our Mad HQ first for more details.

Emergency Contact

In the case of a genuine crisis or emergency, Madventure can be reached via our emergency contact details for our crew which can be found by going to: www.madventure.com and go to 'Contact'. This will take you to a list of our overseas crew emergency mobile contact details.

Your fellow travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience.

Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Please note that due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure. We encourage our travellers to join the Madventurer facebook group and post their details if they wish to be contacted by other travellers.

Group Leader

Every project has a leader – the person directly responsible for running the project. All leaders are trained including first aid training. They are selected for their knowledge of the country they are working in and their ability to act as a liaison between you and your host community.

Leaders are there to set things up, ensure the smooth running of the trek and deal with any unexpected situations. It's important to remember, however, that this adventure is a team activity, and they are team leaders. Your leader is trained & equipped to deal with any emergency situation which may arise. They are also there to make sure you have a good time and get the most out of the adventure. If you have any ideas, please talk to your leader.

If you are unsatisfied or unhappy with anything whilst on your trek then it's very important that you speak to your overseas crew first, in order for them to help rectify the problem. Please don't leave this until the end or until you get home, **as it's very difficult for us to be able to do anything about it then.** You can, of course, always contact Madventurer HQ from overseas at any time if you wish to.

All trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your experience and help you have the best time possible. We endeavour to provide the services of an experienced leader however, due to the seasonality of travel; situations may arise where your leader is new to a particular region or training other group leaders. You can expect your leader to have a general knowledge of the country visited on the trip, including historical, cultural, religious and social aspects.

Responsible travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

A couple of rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our 'Madventurers'.

Madventure's philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Madventure has a strict zero-tolerance policy on the use of illegal drugs. Penalties are severe if you are caught with drugs in Africa, and there is very little either Madventure or the British High Commission can do for anyone convicted of a crime under African law.

Local Dress

Women should dress modestly especially when visiting villages. T-shirts and shorts are fine, shorts that cover the knees should be worn, vests/tank tops that show the shoulders or stomach are not appropriate. (Please note these recommendations come straight from the village chiefs/village elders and local NGOs themselves).

Cultural Sensitivity

Please remember that you are representing your country as well as The Mad Foundation. Always take time to treat people with respect and, although things may not happen as quickly and easily as they would back home, be patient and understanding. An ability to keep calm when frustrated will win you many friends and will also improve your time in general.

Safety & Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a **(hidden)** money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery, iPods, expensive cameras etc at home - you won't need it while travelling. A lock is recommended for securing your luggage.

In most areas there is little to fear from violence, although foreigners can be a tempting target for pickpockets and con men. Never leave things lying around since they will certainly be stolen and be alert at all times, particularly in crowded areas or after changing money. Valuables should be kept in a locked compartment in your luggage at all times. Purses should be worn in hidden money belts and not on display or left lying around. If in doubt leave all valuables at home. We understand that you may want to bring your phone for security reasons but please make sure this is covered in your travel insurance policy.

Please do not get complacent with your items when you are out and about as the cost of a mobile phone, laptop or a purse lying around is open temptation and could feed a family in Africa for several months. Valuables like these are open displays of wealth so please be respectful when using them, and again never leave them lying around unattended.

During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Madventure itinerary, and Madventure makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

When off the Mountain it is worth splitting your money between various places and keeping a small amount of cash as a reserve in case of emergencies. Many of our Madventurers use a money belt to contain the bulk of their money and keep daily amounts in a wallet. If the money belt is visible, then it is USELESS. **The money belts/purses worn round the neck or as bum bags should NEVER be worn, as they could make you a target for mugging.** Please check your travel insurance for how much money you are covered for carrying, as part of your travel insurance policy.

You can use your wallet to pay for daily items so that you don't need to expose the money belt. Some Madventurers choose to carry two wallets for increased security / bargaining ability at markets [claiming to only have a certain amount of money left].

Be careful where you walk after dark and never walk alone at night, particularly in unlit areas. Take taxis in cities at night if you have to travel, and around unfamiliar areas, and try to stick with other people.

You will be given a full briefing at your orientation meeting when you arrive in country on safety in country during the trek. This will cover all areas from theft, taking public transport, sun/altitude exposure and safety on the mountain.



The MAD Foundation Charity

The MAD foundation (Reg No 1111805) is dedicated to empowering global communities through sustainable service, transformative learning, and adventurous exploration. MAD works with the communities at a grassroots level to develop much needed community resources, or to supply extra funds needed for development projects throughout the year.

To date the MAD Foundation has helped build and renovate schools and pre-schools, built orphanages, clinics, workshops, water and sanitation systems, provided scholarships throughout Africa, South America, and South East Asia, life-changing projects which are not or can not be funded by government.

The MAD Foundation is constantly challenged by the need to raise funds to allow us to assist more communities in the developing world.

Without the support of donators, sponsors, supporters, volunteers, MAD Foundation Trustees (who donate their time for free) our valuable work would not exist.

Giving to charity can take many forms and whilst a monetary donation will always be most welcome there are other ways in which you can support us. Please help us to keep the developing world helping itself; in any way that you can.

If you would like to help out or find out more about the MAD Foundation then please contact our very own Chief John Lawler on foundation@madventurer.com for information on how you can fundraise and make a donation. We have fundraising packs available on request.

Present and past volunteer and trek participants also continue to raise funds after they had left by setting up a JustGiving account. Our overseas crew and MAD Foundation trustees help to allocate funds to chosen projects during the year.

For more info on our registered charity the MAD Foundation (Reg No 1111805) go to www.madfoundation.org

Or check out our JustGiving page on <http://www.justgiving.com/madfoundation> for more info on what past volunteers have helped supply funds for.

Best of luck and Happy Travels

Mad HQ!

