

**OXFAM  
KILIMANJARO TREK  
20 - 30 SEPTEMBER 2007**

**INFORMATION PACK**

**Tanzania General**

The United Republic of Tanzania is situated on the Indian Ocean and is surrounded by Kenya, Uganda, Burundi, Rwanda, the Democratic Republic of Congo, Zambia, Malawi and Mozambique. Near Mount Kilimanjaro is Dar es Salaam, the capital city of Tanzania and a major port.

Mount Kilimanjaro, at 5895m (19,341ft) is Africa's highest mountain, it is a major attraction for mountaineers. Very warm clothes are required for the last section of the climb. The ascent takes about three days, allowing for time to acclimatise before tackling the final trek to the summit.

Within Tanzania's national parks, which extend over some 33,660 sq km(13,000 sq miles), can be found one of the largest, wildest animal populations in the world. The parks play host to wildebeest, monkey, antelope, lion, cheetah, crocodile, gazelle and flamingo to name but a few. It offers some of the best wildlife spotting opportunities on the continent. The Selous Game Reserve is larger than Switzerland and covers one sixth of Tanzania's land surface.

A few facts and figures

<b>Full country name:</b>	United Republic of Tanzania
<b>Area:</b>	945,090 sq km (364,879 sq mi)
<b>Population:</b>	38.4 million (UN estimate 2005).
<b>Capital city:</b>	Dar Es Salaam (Dodoma – administrative capital)
<b>People:</b>	99% native African (100+ tribes), 1% Asian, European & Arabic
<b>Languages:</b>	Swahili, English, indigenous.
<b>Religion:</b>	40% Christian, 33% Muslim, 20% indigenous beliefs
<b>Government:</b>	Federal Republic (multi-party state)
<b>President:</b>	Jakaya Kikwete since 2005.
<b>Major industries:</b>	Tobacco, sugar, sisal, diamond and gold mining, oil refining,
<b>Dialing to the UK:</b>	Telephone numbers should be prefixed with 0044, omit first '0'
<b>Time:</b>	3 hours ahead of the UK
<b>Electricity:</b>	220/240 volts AC, 50Hz. Plugs are round 2-pin or flat 3-pin.

**Society and Conduct**

Tanzania's 100 or more different tribal groups are mostly of Bantu origin. The Arab influence on Zanzibar and Pemba islands is evident in the people, who are a mix of Shirazia (from Persia), Arabs, Comorians (from the Comoros Islands) and Bantu from the mainland, though the latter predominate. Asians are a significant minority especially in the towns and cities.

Europeans (either by descent or expatriate) are a smaller minority. The major non-Bantu people on the mainland are the Masai (Nilotic speakers) and they can be found in the north-eastern section of the country.

Swahili and English are the official languages. Due to the tribal diversity of the country, there are also many local African tongues. Outside the cities and towns, far fewer local people speak English.

The two main religions are Christianity and Islam. Hindus make up about a quarter of the population also.

Tanzanian music and dance dominates much of East Africa. It has a strong rhythm and it is well known for its hard-hitting lyrics. The country's Swahili-based sounds are kept very much alive by a thriving dance-band scene. Remmy Ongala is the country's best known export.

When meeting and parting, hands are always shaken; this applies throughout the country in both rural and urban areas. It is the convention to use the right hand, not the left, to shake hands. The standard greeting when addressing an individual is *Jambo* to which the reply is also *Jambo*. The greeting for a group is *Hamjambo* to which the reply is *Hatujambo*.

## **Weather**

The weather in Tanzania is greatly influenced by geographic location. The best time to visit from late June to October or January to early March; but heavy rain, snow and thunderstorms can affect mountains at any time.

Precipitation on the summit is about 100mm. per year; this coupled with the very porous ash soils results in the Saddle being considered a high altitude desert. Rain and, higher up, snow, can however be encountered at any time of year – even in the driest periods.

Temperatures vary considerably with height and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m frosts can be encountered at night while day time temperatures range from 5 to 15°C. Night time temperatures on the summit can be well below freezing eg minus 25 -30 C

## **Responsible Tourism Policy**

The following are the policy guidelines in respect of responsible tourism that we have set ourselves. We cannot claim that we have yet achieved every point to our complete satisfaction. However, we strive to achieve them wherever possible. Tourists will always want to visit the places where we take charity groups and we want to preserve them for future generations.

- We use locally owned and run services by preference. As far as possible, we subcontract services to qualified local companies. This way the money is more evenly spread in the economy.
- Where possible we use locally owned and run accommodation.
- We use local equipment and vehicles when we can and hire them from local qualified agencies.
- In most destinations we aim to purchase our food from locally produced sources.

- We employ local guides and whenever possible arrange for them to give cultural talks about the area to promote inter-cultural understanding and encourage people to respect the society they are visiting.
- We encourage participants through our Tour Managers, pre-event literature and daily briefings to act in a responsible way and respect the local customs e.g. appropriate dress code, use water sparingly, ask permission to take photographs etc.
- We are in the process of finalising a Code of Conduct for participants.
- We always bear in mind environmental and cultural issues when looking at challenges we develop.
- We ensure that our events are appropriate to local conditions and operate within the limits set by local infrastructure.
- We regularly review our suggested packing lists to make sure they contain equipment which help prevent potential damage to the local environment.
- We take responsibility for maintaining the environment and not leaving litter behind. We take our own bin bags to destinations where they are difficult to procure.
- We take note of any changes to the local environment through our Tour Manager event reports and act accordingly.
- In the office we take inspiration from the book "Change the World 9 to 5". We recycle our printer cartridges, paper is always reused where possible before recycling and we have started to use recycled paper for our mailings, brochures and registration packs. We provide fair trade tea and coffee for staff and visitors.

## Maps

A map of the overall route will be distributed to everyone at the start of the event.

## Typical Day

- Wake up call usually 6.00 - 6.30 am. Breakfast from 7.00 - 7.30 am. The guide will advise the wake up time the night before.
- By 8am everyone will have warmed up, been briefed by the guides and ready to go.
- We will stop every 30 minutes for water and breaks, depending on temperature and ability/standard of the group.
- You will carry lunch and water in your day pack. There will also be 2 porters per person to carry their luggage and food supplies.
- Mid morning and mid afternoon – there will be short water / snack breaks.
- The lunch break will last for approximately 1 – 1 ½ hours.
- Each evening everyone will eat together this will be followed by a group briefing on the next day's trek.

**The summit day** will be a tough day. The group will **set off just after midnight**. The day will

begin with a 5 hour ascent up the steepest and most difficult part of the challenge to Gilman's Point at an altitude of 5685m. At this point participants will have officially achieved the point to receive a certificate for your climb. You may choose to return to Kibo Hut with a guide or for those able the climb will continue for a further 2 hours to Uhuru Peak, 5895m to reach the highest point in Africa.

The guides will separate the groups into fast/slow/medium trekkers if necessary. They will always be in mobile phone contact to communicate with each other. If possible the group will all trek together.

Do not under-estimate the descent. It is gradual at first, then loose scree which takes the group down to a rough path. We recommend that you bring a walking pole or two practise with poles during training sessions on descents if you decide to bring them.

## Support

- A member of the Classic Tours team will meet the group at London to distribute flight tickets and ensure that the check in procedure runs smoothly.
- Classic Tours Tour Manager throughout the trek.
- UK doctor
- Guides who will trek with you are knowledgeable about the country and route.
- There are radio posts on the mountain, which are used in an emergency.
- There will be 2 porters per person – one for luggage and one for food. Please bear this in mind when packing as there is a weight restriction of 12kg for the porter to carry luggage. For a group of 30: 2 guides, 2 assistant guides approx, 48-50 porters.

## Safety

- A risk assessment is carried out for the event, making necessary arrangements for ensuring the safety of all the participants and reducing risk of accident and injury. A copy of this is available on request.
- **Doctor**- A doctor will accompany the group on the Kilimanjaro expedition.
- **Medical conditions** – Please advise of any change to the original medical form you filled out on registration. Details of all pre-existing conditions are passed to the group doctor. The local agent requires all participants to have a medical form signed by their doctor, regardless of whether the participant has declared a medical condition.
- **Medical Supplies** – A first-aid kit will be supplied locally in addition to the Classic Tours kit and the group doctor's kit. In addition bring their own first-aid kit and regular medication.
- **Altitude** – This will be the biggest risk, second to being unfit. You will be briefed on the symptoms before and during the trek.

## Medical facilities on Kilimanjaro

There is no medical centre on the climb of Mount Kilimanjaro so if an emergency occurs when it is not possible to get a vehicle to the person:

-Guides would go to a radio post to communicate to the Park Ranger requesting a rescue service.

-The participant will be brought down by the porters and taken to hospital.

-This service will have to be paid for by the participant and then claimed from their insurance. It is vital to have adequate cover for this challenge.

- Only first-aid supplies only will be available during the trek.
- Oxygen and a portable pressure chamber will be with the group during the trek.
- For injured/seriously ill participants the park has a rescue service who will rescue & take the person down to the gate, they can also arrange transport to the nearest hospital - this has to be paid by the participant.
- There are no medical facilities at the huts on Kilimanjaro.
- The length of time it takes for a stretcher carrier to reach the group depends on how soon the message gets to them. On Marangu Route radio contact is available.
- Usually if the early signs of the patient is not so good we do not take them up at all as it is too risky - but the doctor and guides together can help judge this. You will be reminded to talk to staff if they start to feel unwell.
- The highest point with vehicle access is just about half way between the Marangu Gate & Mandara Hut.
- The nearest major hospital from Marangu Gate is the KCMC, Moshi, about 2hrs drive from the park gate.
- Insurance must include medical evacuation and trekking above 5,000m on a charity event.

## Health

- A medical questionnaire should have been completed and returned to Classic at Least 8 weeks before departure.
- The advice given on vaccinations is a guideline only, and we strongly recommend that all participants consult their own doctor as things do change.

## Tanzania

**A yellow fever vaccination** is required. The cost of the vaccination is approximately £35 (September 2005). It is advisable for participants to make arrangements to have this vaccination well in advance. Some GPs and larger health centres have the facility to give this vaccine. The Fleet Street Travel Clinic provides a walk in service for urgent cases.

**Typhoid, polio, tetanus and hepatitis A** should be up-to-date.

**Malaria** is a risk. Prescribed dosages of anti-malarial prophylactics must be taken – please consult your doctor. Use repellents to avoid being bitten. The disease is carried only by the female anopheles mosquito, which comes out at night.

**HIV and AIDS** are prevalent in Tanzania. HIV and AIDS are an emerging epidemic which kill more people than malaria. It is therefore advisable to take the necessary precautions.

**Rabies** - unless you are planning to handle animals an inoculation against rabies should be unnecessary. If you do get bitten you must start a course of treatment immediately. This is a guideline – please seek professional advice.

**Bilharzia** (small unpleasant worm using freshwater snails as its intermediate host) is present. You should be safe in very cold or fast flowing water but to be safe stay out of all fresh water except swimming pools which are well-chlorinated and maintained.

Following WHO guidelines issued in 1973, a **cholera** vaccination certificate is no longer a condition of entry to Tanzania. However, cholera is a serious risk in this country and precautions are essential. Please consult your GP.

**Sunburn** - the sun is fierce, always wear a hat with brim and use a high factor sun block 20+ SPF. Take a scarf to protect the back of your neck and long sleeved shirts/trousers especially for the higher sections of the trek.

**Headaches** are normal when climbing Mount Kilimanjaro due to the altitude and you are advised to drink water to reduce them. If anyone feels sick on the mountain they should advise the guide immediately so they can decide whether or not to continue the climb to the summit. This will help eliminate any further medical emergencies.

Don't walk around barefoot (there are numerous small nasty worms and insects on the ground). To minimise your chances of being bitten always wear shoes, socks and trousers when walking through undergrowth and use a torch at night.

**Stomach bugs** - Washing hands before eating, not eating in dirty establishments or touching food which has been left lying around and drinking bottled / purified water and drinks without ice should prevent this.

If you get diarrhoea the biggest problem is dehydration: drink lots of clean water (remember to pack some water purification tablets) with Dioralyte (rehydration mixture) and carry on eating normally.

## **SunSmart**

Classic Tours has committed to support SunSmart - the UK's national skincare protection campaign. The campaign works to make people aware of the dangers of sunburn and excess sun exposure, and effective methods of sun protection. In order to honour this commitment we will be ensuring:

- Everyone carries their sunscreen on their person whilst trekking
- At break stops participants are reminded to re-apply cream.
- Participants will be advised to seek shade at break stops.
- Where possible avoid trekking during hottest part of day.

## Altitude Sickness

- Most people will start to feel the effects of altitude sickness on the second day of the trek where the altitude is over 3,000m (3761m). It's worse for some than others but generally people gradually acclimatise and forget about the symptoms because they start to recede and / or they get used to them. Symptoms include shortness of breath, accelerated pulse, mild to thumping headaches, nausea, a general feeling of "woolly-headedness".
- The majority of participants will feel ok by the time they leave but the symptoms will recur on the next 3-4 days of trekking on the way to the summit of Uhuru Peak.
- In general it's a case of discomfort rather than being incapacitated. People shouldn't be paranoid about it or allow it to ruin their enjoyment of the trek.
- Altitude sickness can be fatal but is entirely preventable. The key to avoiding problems is to acclimatise. The group will spend 2 days under 3,000, overnight on the first day of the trek will be at 2744m.
- You should be aware of the possible ill effects of high altitude before they go and people with heart and lung problems or high/low blood pressure should get advice from their doctor before participating.
- The lack of oxygen at high altitudes affects most people to some extent. A number of measures can be taken to help prevent altitude sickness:
  - Ascend slowly - observe how the guides and porters move.
  - Drink extra fluids. The air will be dry and cold and moisture is lost as you breathe.
  - Avoid alcohol as it may increase the risk of dehydration.
  - Eat light, high-carbohydrate meals for more energy.
  - Avoid sedatives.
  - Drink the coca tea (mate de coca) available locally.
  - Take diamox (prescribed tablet)
- Mild altitude sickness will generally abate after a day or so but if the symptoms persist (or become worse) the only treatment is to descend – even 500 metres can help.
- If anyone experiences very bad altitude sickness at the Mandara Hut and we feel that they are not able to do the trek we would give them a couple of days to acclimatise. If they then showed no signs of improvement, our agents would book them into accommodation in Kilimanjaro for the week and organise local excursions.
- Fit climbers are 17% likely to suffer from some form of altitude sickness whereas unfit climbers are 43% likely to suffer.
- Various books written by experts on trekking and climbing at altitude recommend that the prescription drug Diamox can help with acclimatisation. Anyone interested should consult their doctor for advice.

## Travel Insurance

- You must have adequate travel insurance cover to participate in the trek.
- Classic Tours can organise travel insurance at a cost of £52 per person. Contact Oxfam for a form or download the Classic Kit Insurance Application in the Key Forms section of My Challenge, Climb Kili.
- Participants will receive a receipt and we will add these names to the group insurance list. For anyone wanting to stay on after the event we have a special rate of £56 for 24 day cover. Please note that these rates are for 16 – 65 year olds only. Anyone aged 66 or over should contact Classic Tours on 020 7619 0066 for separate rates.
- There is no obligation to take Classic Tours insurance however participants must be adequately covered to go on the event – trekking above 5,000 metres, helicopter medical evacuation and repatriation must be included in the cover, trekking on a charity event.

**Training** – see the training advice in the Climb Kili section of My Challenge

**This route is made harder by the altitude and long dirt road sections. It is very important that trekkers are aware of the importance of preparation beforehand. No-one should take part without undertaking suitable training.**

## Suggested Packing List for Kilimanjaro

### Luggage

- Day pack (approx 35 litres) for carrying while trekking e.g. water, lunch, camera, sun cream, tissues, small medical kit, layers – ideally with chest and waist strap
- Kit bag – this is what the porters will be carrying for you (up to 12kg only) and should be large, soft and light, no frame, wheels or straps eg sailing bag/waterproof duffel bag or a large sports holdall are ideal
- Small lockable rucksack for items not required during the trek (to be left at the hotel at the base of the mountain)
- Water proof cover or liner (or bin liner)
- Carrier bags/bin bags - useful for dirty washing or wet clothing
- Zippered plastic bags (optional)

### Equipment

- Sleeping Bag – 4 season (preferably with hood) this must be suitable for minus 20 °C
- Fleece or silk sleeping bag liner (optional)
- 1-2 telescopic walking poles (with rubber tips)– to help leg control on descent (if you bring these it is essential to use during training sessions before you go)
- Head torch and pocket torch with spare bulbs and batteries
- Whistle and penknife
- Water bottles x 2 (2 litre) or bladder (eg platypus)
- Water purification tablets or iodine drops (with flavouring if you prefer)
- Sunglasses (suitable for snow and sun). For those taking contact lenses, remember to pack contact lens solution, your glasses and prescription sunglasses if you have them

- Binoculars (optional)
- Camera and film (optional)
- Money belt
- Anti-bacterial wet wipes, tissues
- Toilet paper (bio-degradable)
- Ear plugs
- Sun cream (minimum factor 15) and lip salve with SPF
- Bring a few of your favourite snacks e.g. dried fruit, chocolate and throat sweets
- Travel towel
- Padlocks are useful to keep luggage secure

### **Boots and socks**

- Walking boots – *must be worn in*
- Insoles / foot beds (optional)
- Trainers for general walking / late night toilet visits
- Warm walking socks (not cotton)

### **Clothing**

Layers of warm clothing:

- Base-layer (long sleeved tops and long johns) should be 'wicking' fabric eg knitted polyester
- Second layer: medium weight fleece and pullover
- Long nylon or acrylic walking trousers
- Outer layer: waterproof jacket and trousers (preferably breathable ones)
- Warm jacket for nights at altitude
- Good gloves – suitable for sub zero temperatures with glove liners and/or warm mittens
- 1 warm hat and/or balaclava
- T-shirt and shorts for lower altitudes
- 1 Sun hat with broad brim
- 1 Scarf to protect the neck and shield face from dust
- Something slightly smarter for dinner on last night
- 1 pair of gaiters (optional – to protect trouser legs on snow/scree)

**Small personal medical kit** - antiseptic ointment, plasters, ankle/knee support, bandage, headache tablets, sting relief, Dioralyte, Ciprofloxacin or equivalent diarrhoea remedy, blister treatment (eg compeed), Diamox (under medical advice), toothache and ulcer treatment insect repellent containing DEET, ladies should bring sanitary products just in case, isotonic powders or equivalent (these replace minerals lost through sweat), regular medication

Copy of insurance policy, passport and visa

- You need to be prepared for conditions ranging from tropical to arctic-like with extreme high-winds and sub-freezing temperatures. Multiple insulating layers of clothes, sturdy rain gear, alpine sunglasses, sunblock and sturdy hiking boots are vital.
- Pack as lightly as possible, have a practice pack before you go and check the weight.
- On the mountain there is a luggage limit of 15kg – porters can carry up to 12kg of this

luggage. Participants can leave what they don't need during the trek at the Hotel in Marangu.

- Bring a lockable smaller bag to leave at the hotel in Marangu to collect after the trek.
- All money and passport should be kept in a money wallet rather than a day rucksack for safety.
- This list is not exhaustive and also some items may not be required during the trip but it is better to have them than not!

### **Discount at Nomad Travellers Store & Medical Centre**

Nomad Travellers Store and medical centre specialise in travel clothing, equipment, travel essentials, medical supplies and vaccinations. They offer all participants a **10% discount** on purchases (including mail order and vaccinations but excluding pharmacy items). To receive your discount quote reference "Classic Tours 07".

To request the Nomad Travellers Store colour catalogue telephone 020 8889 7014 or e-mail [orders@nomadtravel.co.uk](mailto:orders@nomadtravel.co.uk) remembering to give your full postal address. For Travel Health advice and vaccination recommendations telephone 09068 633414 (calls 60p per minute) and you will be able to discuss your queries directly with their clinic nurse or pharmacist.

Nomad have 5 branches:

- |  |                    |
|--|--------------------|
| • 3 – 4 Wellington Terrace, Turnpike Lane, London N8 0PX | Tel 020 8889 7014  |
| • 40 Bernard Street, Russell Square, London WC1N 1LJ     | Tel 020 7833 4114  |
| • 52 Grosvenor Gardens, Victoria, London                 | Tel: 0207 823 5823 |
| • 43 Queen's Road, Clifton, Bristol                      | Tel: 0117 922 6567 |
| • 6 Civic Centre Road, Southampton, SO14 7FL             | Tel: 02380 234920  |

### **Discount at Trek Hire UK**

Trek Hire UK rent top quality expedition equipment to individuals such as sleeping bags, walking poles, rucksacks and clothing. They offer all participants a 10% discount on rentals subject to a minimum order. To receive your discount quote reference "Classic Tours 21". To find out more information about this service, you can log on to their website [www.trekhireuk.com](http://www.trekhireuk.com), telephone 01732 865858 or email [sales@trekhireuk.com](mailto:sales@trekhireuk.com)

Orders can either be posted or collected in person at their outlet store in Kent:

Unit 6, Wintersell Farm,  
Dwelley Lane,  
Edenbridge,  
Kent TN8 6QD  
Tel 01732 865858, Fax 01732 868383

### **Drink**

- Only drink bottled water or boiled water with water purification tablets.
- Don't drink tap water unless you purify it yourself.
- Don't have ice cubes in drinks.
- Bottled / boiled water should also be used for cleaning teeth.

The local staff will arrange for boiled and filtered drinking water to be provided whilst on the mountain every day of the trek in the morning. Participants are recommended to bring water purification tablets. At every hut bottled water is available for sale (subject to availability) at a cost of approx US\$ 1 – 1.5 per 1 litre bottle.

Milk is pasteurised and dairy products are safe for consumption.

## Food

The most popular food in Tanzania is *ugali*, which is made by boiling maize meal until it forms a dough-like substance. It is often eaten as a side dish with stew, vegetables or meat. Tanzanians also like goat, chicken and mutton. Another popular dish is *Pilau*, a rice dish made with curry, cumin, hot peppers and cinnamon. The Maasai diet is interesting because it consists of five things: meat, milk, blood, tree bark and honey. Tea is a very popular beverage.

The food provided on the trek will be wholesome and tasty to provide energy whilst climbing Mount Kilimanjaro.

Here is an example of what will be provided at meal times.

Breakfast	Fruit, porridge, toast, jam, eggs, juice, tea, coffee
Lunch Boxes	Bread, egg, biscuits, soup, tea, fruit
Hot Lunch at Mandara Hut	Soup, chips, chicken or spaghetti bolognaise
	Vegetables and fruit
Snack breaks:	Hot drink, peanuts, biscuits
Hot Dinner	Soup and bread or chapati
	Rice or macaroni or spaghetti with cheese
	Beef or fish or chicken
	Vegetables
	Fresh fruit, tea, coffee, hot chocolate

The local guides have recommended you should eat as much as you can at lower altitude because the higher you go the more you lose your appetite.

We need to know in advance of any special dietary requirements for the airlines and ground handlers.

Vegetarian and gluten free diets can be catered for however if any participant has any unusual dietary requests we will try and help but it would be the responsibility of the individual to organise i.e. they may have to bring some of their own products.

Vegetarians must stay vegetarians and meat eaters should understand that vegetarian meals are pre allocated for vegetarians. This will avoid the possibility of some participants missing out on meals because someone else has eaten them.

All meals are provided with the exception of lunch on Day 9 and lunch and dinner on departure day.

Bring a few of your favourite snacks for the hike, eg dried fruit, chocolate

### Accommodation (subject to change)

- Huts on the mountain will be 8-12 per room, Hotels will be twin, triple or quad share
- Hotel details will be provided nearer to the time
- Accommodation will be single sex. Married couples/partners must be made aware that it will not be automatically possible to share.
- Mosquito nets will not be required on the climb of Kilimanjaro and at each hut a mattress will be provided. In the hotels Mosquito nets will be provided where there are not mosquito proof windows.

### Flight details (subject to change)

- Flights have been confirmed with Kenya Airways

<p><b>Outbound Flight</b>          Date: 20 September          Depart: London Heathrow          Arrive: Nairobi          Timings: 20:00 / 06:30 (arrive next day – 21 September)          Flight no: KQ101</p>
<p>Date: 21 September          Depart: Nairobi          Arrive: Kilimanjaro          Timings: 08:00 / 08:50 hrs          Flight no: KQ6724</p>

<p><b>Return Flight (for those not visiting the project)</b>          Date: 29 September          Depart: Kilimanjaro          Arrive: Nairobi          Timings: 06:00 / 06.50          Flight No: KQ6723</p>	<p><b>Return Flight (for those visiting the project)</b>          Date: 29 September          Depart: Kilimanjaro          Arrive: Nairobi          Timings: 06:00 / 06.50          Flight No: KQ6723</p>
<p>Date: 29 September          Depart: Nairobi          Arrive: London Heathrow          Timings: 23:50 / 06:45 hrs (arrive next day – 30 September)</p>	<p>Date: 29 September          Depart: Nairobi          Arrive: Mombasa          Timings: 08:30 / 09:30          Flight no: KQ602</p>

Flight no: KQ102	
	Date: 30 September Depart Mombasa Arrive: Nairobi Timings: 06:00 / 07:00 Flight no: KQ617
	Date: 30 September Depart: Nairobi Arrive: London Heathrow Timings: 11:35 / 18:30 hrs Flight no: KQ104

- Airline – Kenya Airways
- London Heathrow Terminal 4
- Luggage allowance per person 20 kilos (44lbs)
- Check in approx. 3 hours prior to departure. A representative from Classic Tours will meet the group at a pre-arranged place and hand out flight tickets.
- Tanzania is 3 hours ahead of the UK
- Flight arrangements for all our events are arranged through scheduled airlines over which we have no control. Consequently we cannot be held responsible for any flight delays, cancellations or overbookings.

### **Airport Tax**

- Current airport Tax is £55.50 (rate current in June 2007), including the new Green Tax. *These rates are subject to change up until the tickets have been issued. Classic Tours will keep Oxfam updated of any changes.*
- Pre-paid airport tax is included in your fundraising but is subject to change up until ticketing: therefore this may affect the final fundraising total required.

### **Flight Extensions after the Trek**

Anyone wishing to stay on after the trek should contact our flight agents, Peltours, using the extension form provided once flight deposits have been paid. The administration charge for changing the flight is £35 provided the participant takes exactly the same return routing. Return dates are subject to availability.

Kenya Airways only 10% of the group to extend their stay, so for a group of 40 people this is only 4 people. Applications will be processed on a first come, first served basis. Participants

can extend their journey in Kilimanjaro or Nairobi, but if they stay on in Kilimanjaro they will miss the project visit.

Deadline for extensions is Friday 22 June 2007. No applications will be processed after this date. Participants should be advised to apply as soon as possible.

## **Passports / Visas**

You must have at least 6 months validity on their passport from the date of return to the UK. If not, we suggest that they obtain a new one between now and the event.

You will require a visa for Tanzania and also for Kenya as they leave the airport in Nairobi.

### **Tanzania Visa Application**

Tanzania High Commission

3 Stratford Place

London

W1 1AF

Tel: 020 7499 8951

Fax: 0207 495 8817

Website: [www.tanzania-online.gov.uk](http://www.tanzania-online.gov.uk)

Consular Section is open from 10.00am - 12.30pm

- You will be sent an application form together with a sample of how to complete it.
- Online visa application forms: [http://www.tanzania-online.gov.uk/visa/application\\_form.pdf](http://www.tanzania-online.gov.uk/visa/application_form.pdf)
- Tourist visa for UK passport is £38.00 for a single visit at the current cost

Full instructions will be given out about 10 weeks prior to departure.

### **Kenya Visa Application**

- These are guidelines for British citizens. If there are any non- British citizens then they should contact Oxfam.
- British citizens travelling to Kenya require entry visas for Kenya at a cost of £30 - *current cost, subject to change*
- Contact details of the Kenya High Commission:  
Kenya High Commission  
45 Portland Place,  
London  
W1N 4AS  
Tel: 020 7636 2371  
Fax: 020 7323 6717

Opening hours: Morning: 09:30 - 12.00 hrs (Presentation)

Afternoon: 14:00 – 15:30 hrs (For collection 3 working days after presentation)



## **Optional Tours**

No optional tours on this event, project visit instead.

## **Project Visit**

The project visit will take place on 29 September during the day in Mombasa. Those that wish to take part will fly from Nairobi to Mombasa on 29 September, returning to Nairobi on 30 September for their flight to London.

## **Tips / Gratuities**

The local crew and guides work extremely hard and if at the end of the trek participants would like to show their appreciation we suggest a tip of £25 - 30 per person. This is a 7 day trek and there are a lot of porters, guides and cooks that this tip is shared between so for 2007 we have increased the suggested amount. This will be collected by the charity representative during the tour and given to the staff leader at the end of the tour to share out.

## **Photography**

The scenery is superb, the people are beautiful and much of the time the light is wonderful. Best of all the parks abound with animals so used to cameras that they almost line up to pose. The trek up Mount Kilimanjaro will also provide excellent opportunities for photos. Work out how much film you think you are going to need, double the amount, then double it again.

Film is readily available in the large cities.

Tanzanian people will not let you take a picture of them without charging you - this can apply if you are shooting general street scenes or if you happen to include them by accident in the background of a shot. In some areas a permit may be required also.

Taking photos of anything to do with the police, military or the state is strictly illegal and you could lose your film, your camera or even end up in jail.

## **Local Agent and High Commission**

Roy Safaris Limited

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Arusha

Tanzania

Tel: 00255 27 250 2115 / 250 8010

Fax: 00255 27 254 8892

Email: [RoySafaris@intafrika.com](mailto:RoySafaris@intafrika.com)

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British High Commission

*Street address:* Umoja House, Garden Avenue, Dar es Salaam, Tanzania

*Postal address:* PO Box 9200, Dar es Salaam, Tanzania

Tel: 00 255 22 211 0101

Fax: 00 255 22 211 0102 (political) *or* 0297 (consular/visa) *or* 0112 (management) *or* 0080 (commercial).

E-mail: [bhc.dar@fco.gov.uk](mailto:bhc.dar@fco.gov.uk)

The Duty Officer phone number for emergency calls only outside office hours is 00255 744 242242

## **Booking Conditions**

You should have read and agreed to be bound by the Classic Tours Booking Conditions – See **Key Forms** sections.

## **Useful References**

[www.lonelyplanet.com](http://www.lonelyplanet.com) (country information)

[www.travel-guides.com](http://www.travel-guides.com) (country information)

[www.fco.gov.uk](http://www.fco.gov.uk) (travel advice from the Foreign Office)

[www.britishnewmedia.com/clock.html](http://www.britishnewmedia.com/clock.html) (to check local times)