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Welcome to Moshi The Foothills of Kilimanjaro

Thank you for considering African Scenic Safaris for your Kilimanjaro climb. In order to get the most from your climb, it is important you read through this document to ensure you are fully prepared. It will also give you some interesting insights into Moshi and Kilimanjaro!

The word Moshi means “smoke” in Swahili, the national language of Tanzania. This is because the clouds that often cover the mountain resemble smoke. Moshi has a permanent population of approximately 200,000, mostly from the Chagga tribe who live on the foothills of the mountain. This number fluctuates daily, as people flock to the town from surrounding villages to do business in the markets.

Unlike other major towns in Tanzania, Moshi has maintained its charm and been relatively unaffected by the approximately 50,000 visitors who come to climb Kilimanjaro each year. It is worth taking a walk down the main street and exploring the markets, to get a sense of the town. There are shops and stalls where you can buy bright African fabrics, woodcarvings, jewellery and other souvenirs to take home. Be sure to bargain well!

What does your Kilimanjaro price include?

Your price includes park fees; camping/hut fees; rescue fees; return transport to/from the park gates; emergency oxygen; guide(s), cook(s) and porters’ salaries; VAT tax; drinking water; all food on the climb; tents; one night pre-climb accommodation with dinner & breakfast; one night post-climb accommodation with breakfast and complimentary celebration dinner; two airport transfers.

What does your Kilimanjaro price NOT include?

Tipping; hiring of personal equipment such as clothing or a sleeping bag and items of a personal nature.

For some routes a private toilet is automatically included in your package due to a lack of facilities at some public campsites. Please check your itinerary carefully. For routes where this is not included, we can arrange a private toilet upon request. Please ask for prices.

African Scenic Safaris include airport transfers and pre/post climb accommodation as part of our package. Should you prefer to make your own arrangements, please do let us know and we can provide a price excluding these elements for your trip.



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Pre-Climb Preparation

Equipment

We have sent you a comprehensive equipment list and guidance notes in a separate document. You can use this as a checklist and decide what to bring from home vs what to hire. If an item is available for hire you will find the price listed next to it. Prices are for the duration of the climb, not per day and costs can be paid in USD\$ cash at your briefing. All equipment is of good quality, however we advise bringing your own walking boots, socks and base layer clothing, as these will inevitably be a better fit than items you hire.

We realise that purchasing equipment that you intend to use only for Kilimanjaro can be costly and therefore recommend borrowing items from friends or family where possible. If you know you will need to hire some items please notify us when you return your pre-climb form (see below), one week prior to departure. Should your guide advise you to hire additional items during your briefing this can easily be arranged, however it saves time if we prepare the majority of items in advance.

Training

A good level of fitness is definitely required to climb Kilimanjaro due to the high altitude, some long days of walking and rough terrain. Don't forget the impact of temperature extremes, the exertion of life in a tent, and that you will be trekking for a number of days in succession. Anyone who leads a fairly active and healthy lifestyle should be okay. This is not a technical climb. We recommend you combine cardio exercise with endurance training, ideally walking long distances whilst carrying a backpack at least a few times in the approach to your trip. Having better cardio means you are less likely to get out of breath ordinarily and will have more energy. At altitude our hearts are forced to work harder to pump oxygen around our bodies, and it can be surprising how even a relatively gentle slope on Kilimanjaro can lead to breathlessness. Summit night takes a combination of physical fitness and mental endurance. The more physically fit you are, the less stress you are likely to put on your body and the more you will be able to enjoy the experience. It is therefore advisable to build a good amount of training into your preparations.

Visas and Vaccinations

Foreign nationals require a tourist visa to enter Tanzania. Please apply and pay online using <https://eservices.immigration.go.tz/visa>. Be aware this process can take 2 to 3 weeks. Whilst visas are available at the airport upon arrival, obtaining your visa and paying in cash this way can cause unnecessary delays. Visas cost USD\$100 per person for American passport holders or USD\$50 per person for other nationalities. You must have at least six months validity remaining on your passport.

Please seek advice from your medical centre or doctor's surgery regarding vaccinations and malaria prophylaxis. Yellow Fever vaccination is only mandatory if travelling from an infected country or passing through an infected country and stopping for more than 12 hours.



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Diamox for Altitude Adjustment

Research and our experience show that Diamox (Acetazolamide) can assist with acclimatisation. However, you **MUST check with your doctor and follow their advice, as they know your full medical history and are trained and qualified to prescribe medications.** We are not! This is particularly important if you have allergies or are taking any other medications. Doctors usually recommend you start taking the drug one or two days before your climb to see if you have any adverse effects. Alternatively, you can try taking some before you leave home to test them out. If you have any adverse effects, you should discontinue use. Your Doctor will be able to give you the most up to date information regarding dosage. This is a prescription drug in the USA, Canada, Europe and most Western countries. **We do not carry this in our medical kits therefore you need to bring your own from home, under your doctor's advice.**

Currency Exchange

For most tourism activities in Tanzania USD\$ are accepted. Please note that only notes printed after 2010 can be used. Notes printed before this are not accepted in Tanzania, and in fact most of Africa. Tanzanian Shillings will be required in Moshi restaurants, markets and for taxi services. For this you can change your USD\$ at the exchange bureaus at the airport on arrival or at the banks in town. Please do not bring travellers cheques as these are difficult to exchange and will incur a high fee. ATM's dispense Tanzanian Shillings only and often have a relatively low maximum withdrawal amount and charge high transaction fees. If you intend to use an ATM or card please ensure your bank is aware that you are travelling in order to avoid any unnecessary security measures being imposed on your account. Credit cards are only really accepted at larger hotels and supermarkets.

Insurance

As with any overseas travel it is imperative you take out the correct insurance to cover your trip. Please check the fine print of your policy to make sure it covers your Kilimanjaro climb and trekking up to 6,000m above sea level. In order to access emergency helicopter evacuation (subject to weather) from the mountain your insurance **MUST** meet this standard. Some policies operate on a reimbursement basis, which can mean a large outlay from you in the event of an emergency. Your climb price includes an evacuation service via stretcher and vehicle from the mountain. If you need more advice regarding insurance please email.

Pre-climb Declaration Forms

Closer to your climb date we will send you a pre-climb declaration form. Please complete this and return to African Scenic Safaris by email at least one week prior to arrival. It contains important information we need to prepare your national park permits, register you with the rescue services, and ensure we feed you well and keep you safe on the mountain!



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The Climb

Briefing & Equipment Checks

We recommend you plan to arrive in Tanzania a day or two ahead of your climb, in order to give yourself time to recover from your journey and rest before the trek. Once you are settled in Moshi your head guide will come to meet you for a full mountain briefing. They will check your equipment and help hire anything additional you might need. Please be prepared with your equipment packed. Whilst we realise that some people have a lot of hiking experience, for many of our climbers this is way beyond their comfort zone! We have vast experience of what equipment really does work on the mountain, and would like you to benefit from our guide's knowledge. During the briefing your guide will discuss plans and logistics for the first day of your climb, amongst other important information to help you prepare.

Valuables & Luggage

It is recommended that you leave any valuables at your hotel in Moshi or in storage at our offices, and where possible at home! Passport numbers are required to enter the park; however, you do not need to actually show your passport. A photocopy will suffice. If you do decide to leave valuables at the hotel please ensure they are signed into the hotel safe. Additional luggage you do not need to take up the mountain can also be left safely in storage at your accommodation or our offices.

We generally advise you carry your tipping money (see below) with you on the mountain, plus a means of payment for any unexpected costs should you need to be evacuated. Whilst we have complete trust in our team, there are many other people in the camps and on the trail, and we would prefer you to keep any valuables in your day sack whilst trekking and on your person at camp. Please do not leave valuables in your tent whilst eating meals in the mess tent.

Your main bag will be carried by a porter. There is a weight limit in place in order to protect the porters, therefore **your full bag must weigh no more than 15 kilos**. Please ensure this is a soft duffel bag or rucksack as many of the porters carry the bags on their heads.

Weather

Mountain weather can be very changeable and you should therefore come prepared to deal with varying conditions. Generally speaking, early mornings will warm-up as soon as the sun rises and the days are often warm and bright. You will be trekking in very clear air and will need strong UV protection. There is often more cloud around the rainforest zone and expect convection to send warm air from the hot plains below across the rainforest to precipitate at higher altitudes as rain, sleet, and snow. This happens on some, but not all, afternoons. As soon as the sun sets, the temperature drops radically and is often well below zero degrees Celsius. Nights are usually clear and frosty so please remember this when considering your clothes for summit night and choosing your sleeping bag. In recent years the best climbing seasons have become harder to predict as weather patterns are continuously shifting. Normally mid-January through to early March are dry, clear months to climb. Mid-June through to early November can also be good.



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Safety

During your Kilimanjaro climb, safety is our number one priority. Our Head Guides have Wilderness First Responder Medical Training, recognised as the highest industry standard and specialising in emergency situations within remote settings. They have also undertaken training in risk assessment and management. Should you have any pre-existing medical conditions it is extremely important you discuss this with African Scenic Safaris at time of booking and again with your head guide upon arrival.

When on the mountain your head guide will keep track of all medication you are taking and how you are feeling hour by hour. Our guides are fantastic at watching your symptoms and can help assess whether it is altitude sickness, or simply tiredness or a headache you are suffering from. They will undertake daily health checks with each climber in your group. **Should your guide decide it is necessary for you to descend due to altitude related illness, it is essential you listen and follow their advice, as it will only ever be in the interests of your health and safety.** In this situation any additional expenses, such as unplanned hotel accommodation, will need to be paid by you but can potentially be reclaimed on your travel insurance. African Scenic Safaris will help organise any accommodation required and support you with any further arrangements you need to make.

Food, Drink and Accommodation

Every day there will be a hot breakfast, for example porridge, eggs, toast and tea or coffee. Lunch can be packed or hot, dependent upon where you are on the mountain and the length of the walk that day. You will always be provided with a filling hot meal in the evening. This will usually be fresh soup followed by rice, potato or pasta and sauce, and fruit for dessert. Please ask if you would like to see our more detailed food and nutrition guidelines. Meals will be served in a mess tent with table and chairs and all utensils supplied. Should you have any **special dietary requirements, such as vegetarian, nut allergy or gluten free, we are more than happy to cater for this.** Please ensure you inform us prior to your arrival in Tanzania.

Whilst on the mountain there will be ample drinking water, as the porters collect water each morning and evening from local streams for drinking and cooking. **All water is treated** either using a Katadyn filter or with chlorine treatment tablets to ensure it is 100% safe for your consumption. You will need enough bottles or hydration bladders to be able to carry 3 to 4 litres. A combination of bottles and a hydration pack is preferable. Please see our equipment list for more details. **Disposable plastic bottles are strictly NOT permitted on Kilimanjaro.** Take care with water from the tap in your hotel as this will likely not be treated to the same standards as at home and it would be advisable to purify it first.

You will be camping on the mountain in spacious tents suitable for a mountain environment, designed for 3 people but accommodating a maximum of 2. Tents will be supplied and erected by our crew. Please ask if you would like more details or pictures of our tents. For Premium climbs tents will be larger and camp beds will also be supplied.



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Toilet and Washing Facilities

Warm bowls of washing water will be provided morning and night whilst on the mountain. Wet wipes and antibacterial gel are always useful for hygiene purposes during the day. At most of the camps there are public long drop toilets. A private toilet can be provided by us at an additional cost. For Premium climbs a private toilet and shower tent will be provided as part of your package cost.

Responsible Tourism

We are proud to do our best to protect Kilimanjaro and the people working on it! We follow guidelines for cultural and environmental protection, issued by the national park, leaving wilderness camps clean. No trash is left on the mountain. We are Travellife partners, committed to sustainable travel, and work with Carbon Tanzania to offset emissions.

Kilimanjaro Porters Assistance Project

We are a partner of the Kilimanjaro Porters Assistance Project (KPAP) & the International Mountain Explorers Connection (IMEC). These organisations raise awareness and ensure their partners provide good working conditions for all porters working on the mountain. We choose to be monitored by KPAP and are one of the leading companies in providing good conditions for our crew. For more information please visit www.kiliporters.org or www.mountainexplorers.org.

Crew Tipping Rules

African Scenic Safaris has a strict rule not permitting our crew to 'ask' for a tip at any time, as we feel this should be a matter of choice for our clients. In African culture it is not considered rude to ask for money, therefore at times cultures conflict here. If you're approached by a crew member for money or financial assistance; during your climb or even by email afterwards, please inform our office.

Tipping Recommendations

Our guides, cooks and porters all receive a salary; however, they also rely on the income they receive from tips. Our tipping guidelines are in line with KPAP and are recommended guidelines only. Below are standard tipping recommendations to be split between everyone in your group. We prefer you to distribute tips to crew members individually and directly at a ceremony held at the end of your climb. It is a good idea to bring some notes in lower denominations to assist with splitting funds.

Head Guide:	USD\$20 per day
Assistant Guide(s):	USD\$12 per day
Cook(s):	USD\$12 per day
Porters:	USD\$5-7 per day

We can advise how many climbers will be in your group and in turn how many crew members. In order to help you calculate a rough total tipping amount, we work with ratios of at least one guide per two clients and approximately four porters per client. Please remember porters carry food, gas, tents etc. in addition to your personal luggage. Private climbs are available or we can group you with other people.



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After your Climb

Safari

Kilimanjaro climbs and an African safari are the highlights of travelling to this part of the world. If you have not already done so, please feel free to talk to us about adding a safari to your trip. We offer private lodge safaris, camping safaris or can group you together with other single travellers to help lower the costs. Parks such as Serengeti National Park, Tarangire, Lake Manyara and Ngorongoro Crater are highlights. In addition, there are many cultural trips we can add to your safari, including visiting a Maasai village or the Hadzabe Tribe at Lake Eyasi.

Feedback

African Scenic Safaris values every single person who travels with us. We appreciate any and all feedback from clients and would be happy for you to discuss your experience with us. In addition, if you have a few moments to write a review on TripAdvisor, we would very much appreciate it.

The majority of our marketing images were taken by our guests, who have been extremely generous granting permission to use them. If you have any pictures of your trip that you are willing to share for these purposes, we would be extremely grateful!

Questions

Climbing Kilimanjaro is an incredible adventure, but can feel overwhelming after reading all this information! If you have any questions at all, no matter how small, or forget something you read, please feel free to email our team. We are excited to be a part of your adventure!