




KILIMANJARO

SUMMIT ON INTERNATIONAL WOMEN'S DAY

MARCH 2-10 2015



W H  A

TRAVEL

GET READY TO TAKE A STAND ON
THE ROOF OF AFRICA LIKE WHOA



It's so exciting to have so many incredible women (like you!) taking on the challenge of climbing to the roof of Africa together! We know first hand that this is an experience that will change the way you look at yourself and the world forever.

We wholeheartedly believe in the power of women coming together to help one another because there is no limit to what this power can accomplish! It's one of the many reasons why with every WHOA experience we connect with local women and their causes. We need to share our respective and collective journeys and empower one another to become our best selves.

Summiting Mount Kilimanjaro is the accomplishment of a lifetime. Nothing worth having comes easy, but we promise you can do this! And rest easy knowing, you've got our support and that of world class guides to help every step of the way. We know you're mentally strong enough for this, and on the following pages you'll find lots of important information to make sure you're physically prepared too. Please read it thoroughly and if you have any questions, you know where to find us!

Allison + Danielle





T H E B R E A K D O W N



THE BREAKDOWN

MARCH 2 // JAMBO AND GET READY

Arrival at Kilimanjaro airport (JRO). We'll pick you up from the airport and bring you to the hotel in Moshi. You'll have the day to relax, pick up rental gear and meet some of the others in the group. We'll all get together for a WHOA welcome dinner that night!

MARCH 3 // DWENDE - LET'S GO

Machame Gate to Machame Camp (Elevation: 1,800 - 3,000 m)

Hiking Time: 5 - 7 hours (Distance: 11 km)

We'll drive from Moshi to the gate where the Machame route begins! We'll start the trek in the early afternoon on a winding trail through lush rainforest. It tends to be misty and foggy here (it's a rainforest after all)! Be sure to keep an eye out for all the colorful flowers, like the Impatiens Kilimanjari, and Colobus Monkeys as we make our way to the Machame Camp.



THE BREAKDOWN

MARCH 4 // POLE, POLE...

Machame Camp to Shira Camp (3,000 - 3,840 m)

Hiking Time: 4 - 6 hours (Distance: 5 km)

After breakfast, we'll leave the glades of the rainforest and enter a completely new climate zone, the heath. It's characterized by everlasting flowers, grass and mosses. After a little scrambling above the tree line we'll make our way to Shira camp just in time to relax before enjoying a beautiful sunset over Mount Meru.

MARCH 5 // IT'S ALL ABOUT ACCLIMATIZING

Shira Camp to Barranco Camp via Lava Tower (3,840 - 4,600 - 3,950 m)

Hiking Time: 6 - 8 hours (Distance: 10 km)

From the Shira Plateau, we'll head upwards through a barren surreal landscape to Lava Tower, which is our highest elevation so far at 4,600 m. After resting there for a snack and some acclimatization, we'll head down through a forest of wild Senecio Kilimanjari trees to our camp that's in valley beside Barranco Wall.





THE BREAKDOWN

MARCH 6 // TAKE IT EASY

Barranco Camp to Karanga Camp (3,950 - 4,000 m)

Hiking Time: 4 - 5 hours (Distance: 5 km)

In the morning, we'll tackle the famous the fun challenge of steep scrambling that is the Barranco Wall. At the top, you'll be rewarded with some of the most amazing views and photo ops on Kili! This is a short day that again helps us acclimatize and rest at Karanga camp.

MARCH 7 // ALPINE DESERT, HERE WE COME

Karanga Camp to Barafu Camp (4,000 - 4,600 m)

Hiking Time: 4 - 5 hours (Distance: 4 km)

After breakfast and taking in some great views of the summit on the early morning light, we'll make our way up to Barafu Çamp through the barren Alpine Desert. We'll get there in the early afternoon to eat and rest up because this night is the big night we've been waiting for!





THE BREAKDOWN

MARCH 8 // SUMMIT OR BUST!

Barafu Camp to Summit to Mweka Hut (4,600 - 5,895 - 3,100 m)

Hiking Time: 7 - 8 hours ascent / 4 - 6 hours descent (Distance: 5 km ascent / 12 km descent)

Around midnight, we'll put on our head lamps and start our ascent to the summit under thousands of stars. It's a steep and long night, the most mentally and physically challenging part of the trek. The rhythm and energy of our group in combination with the guides Swahili chants will help you keep going! We should get to Stella Point (5,670 m) as the sun is rising over Mawenzi peak. From there, it's an easy 1-hour ascent along the Furtwängler Glacier to the highest point in Africa- UHURU PEAK! After taking in the views (and getting your picture in front of the iconic yellow and green sign), you'll make your way back down in the skree to Barafu for lunch. In the late afternoon, after a quick nap, we'll make our way to camp back through the moorland and heath into the rainforest.



THE BREAKDOWN

MARCH 9 // BACK TO SEA LEVEL

Mweka Camp to Moshi (3,100 - 1,800 m)

Hiking Time: 3 - 4 hours

After our last breakfast with our new mountain family, we'll start our final descent down through the rainforest to the Mweka Park Gate. We'll have a lunch (complete with some celebratory food and drinks) before driving back to the hotel in Moshi for much deserved warm showers. At night, we'll celebrate with dinner and our certificate ceremony!



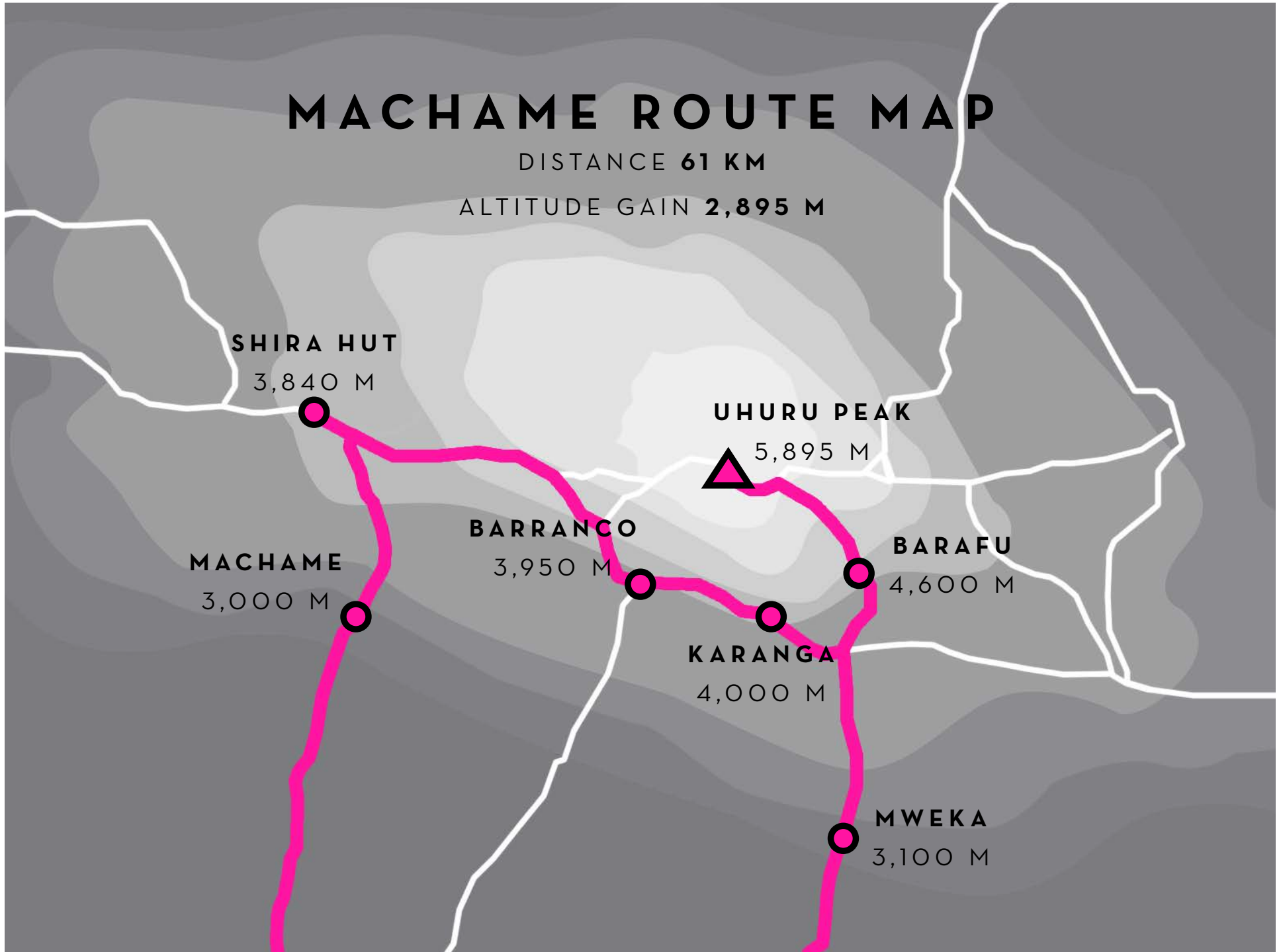
MARCH 10 // GIVE BACK

We'll spend the day connecting with local women and helping to give back to the causes that are near and dear to them. This is always a very special experience that gives more meaning to the whole adventure! You can depart in the evening, or transfer to your WHOA Add-On.

MACHAME ROUTE MAP

DISTANCE 61 KM

ALTITUDE GAIN 2,895 M





KILIMANJARO PACKING GUIDE



KILIMANJARO PACKING GUIDE

Use our Kilimanjaro packing list as a guide for what to bring, but also use your own best judgement and discretion when packing. Try to pack as light as possible and bring only the essentials on the mountain. Your large duffel (which will be carried by a porter) has a strict 30 lb weight limit (this includes your sleeping bag). While you're on Kilimanjaro, you'll be able to store additional luggage for the rest of your travels safely at the hotel.

We always choose climbing dates that are during the dry seasons, but remember that no one can predict what the weather will do on Kili (that's part of the adventure)! January-March and June-October are the recommended months and usually full of cloud free days and mild weather, relatively speaking. On average, the temperature during the day at 4,000 m tends to be 15°C (50°F) and -10°C (14°F) at night. At the summit, temperatures are usually about 5°C (41°F) during the day and around -20°C (-4°F) at night. It sounds cold, but remember you'll be moving, and with the right layers and proper gear, it's nothing you can't handle!

Your local outdoor outfitter is a great resource if you have any questions regarding the specifics of what you need. Tell them what you are doing and they'll be able to help you make sure you're getting the proper gear for Kili conditions. Keep in mind, you can rent equipment to cut down on costs (more on that in the FAQ). As usual, never hesitate to reach out to us if you have any concerns or questions. Be sure to check out our [WHAT TO WEAR TO UHURU PEAK GEAR GUIDE](#) and [5 NOT SO COMMON MUST-HAVES FOR YOUR TREK](#) on the [LIKE WHOA BLOG](#).

For the days off the mountain know that Tanzania is warm and casual. We recommend packing light dresses, tops, capris and comfortable sandals and/or sneakers (walking is the best way to get around town). Bring a light sweater or scarf to cover your shoulders when it cools down in the evenings and when visiting town. When visiting a local advocacy group or school, out of respect for the local culture, wear skirts, dresses or pants that cover your knees and tops that cover your shoulders and are not low cut. If you are going on a safari pack earth tones like khaki, brown and dull green (avoid bright colors and blue particularly as it attracts tsetse flies).



KILIMANJARO PACKING GUIDE

3-4 TOPS

Lightweight and wicking so you can layer and re-wear. They can be tanks, short or long sleeve tees (or a mixture of all three).

3-4 PANTS

You'll want your day/hiking pants and a pair you can change into at the campsite. They can be running tights, yoga pants or cargos. Bring at least one pair of shorts or capris for the hotter days and make sure they're rugged, sporty and most importantly that you're comfy in them.

3-4 THIN TO MEDIUM LAYERS

Fleeces, thin down jacket/vests that you can easily carry in your daypack and layer together.

OUTER LAYER JACKET

A warm waterproof/resistant jacket with a hood to layer on the outside is a must-have at high altitudes (it also doubles as a pillow!)

RAIN PONCHO

Sometimes it's too hot and uncomfortable to wear a waterproof jacket, so a poncho is good to throw on to protect you and your day pack from water. If you don't bring a poncho, bring a light weight waterproof jacket.

WIND & WATERPROOF OUTER LAYER PANTS

To layer on in the case of rain and on summit night.

5-6 PAIRS UNDERWEAR

It's not a bad idea to invest in the quick dry wicking kind (no joke, y'all!)

4-5 PAIRS WARM SOCKS

REI makes great wool ones that are made specially for trekking. Bring a few weights (heavier for nights and lighter for the hotter days). Bring liner socks to prevent blisters too!

2-3 PAIRS GLOVES

Medium weight fleece gloves, thin liners to layer, and, most importantly, a pair of super warm thermal outer gloves or mittens.

1-2 THERMAL BASE LAYERS

WARM HAT & SUN HAT

Something with a brim for sunny days warm beanie for cold nights (helps disguise dirty hair too!)

2-3 SPORTS BRAS

CAMP SHOES

Bring closed toed, easy to slip on shoes for camp and going to the bathroom at night. The last thing you want to do is put your hiking boots back on after a long day. We love CROCS! They're lightweight and perfect for hanging out at camp. (OPTIONAL)

HIKING BOOTS

You need something Gore-Tex and make sure they're adequately broken in!

TRAIL SHOES

A pair of trail runners or light hiking shoes to wear at camps.

1 LARGE WATERPROOF DUFFEL

To hold all your gear and clothing for the trek. A porter will carry it to each camp for you. It must be less than 30 lbs all packed (approx 75-90 liters).

DAY PACK

Basic backpack that you will wear everyday to carry extra layers, snacks, etc... Something around 28L is perfect. We recommend getting one with a built in rain cover and that is compatible with a water bladder and hose.

WATER BLADDER AND WATER BOTTLE

We recommend getting a 3L Camelbak with an insulated tube and cap. It's the easiest way to carry/drink water, and hydrating is SO important. Bring an additional 1 L water bottle/nalgene too.



KILIMANJARO PACKING GUIDE

4 SEASON SLEEPING BAG

This can be rented through us for an additional charge on the ground in Tanzania. Thermarest sleeping mats are provided to everyone free of charge.

SLEEPING BAG LINER

BALACLAVA

Not to be confused with a Baklava, this is a quadruple threat- great for head, ears, neck and face warmth.

HEADLAMP AND EXTRA BATTERIES

SUN BLOCK & POLARIZED SUN GLASSES

Protect yourself from the fierce equatorial sun! Reapply high SPF sunblock often and make sure your sunglasses are Polarized.

BUFF (OR BANDANNA)

An all around great piece to always have with you. You can use it as a neck gaiter, head band, sweat rag, etc...

GAITERS

Worn over the top part of your shoe and lower pant leg, these help protect your feet from any water, dirt and pebbles that might try to sneak in. Especially great for downhill.

TREKKING POLES

MEDS

Bring any personal meds you'll need including, but not limited to: Ibuprofen, Pepto, Imodium, anti-histamine, contact solution... And specially for this adventure: Diamox (more on that in FAQ), anti-malaria medicine and Cipro.

FIRST AID KIT

We'll have all this stuff on hand, but make sure you have Neosporin, lip balm, Vaseline, bug spray, band-aids, moleskin, duct tape, anti bacterial gel etc...

PASSPORT

Make sure it's valid for 6 months after your adventure dates. Have an extra photocopy of it on hand too. Always keep an eye on your valuables!

CAMERA, EXTRA MEMORY CARDS AND BATTERIES

There are so many amazing photo ops! Make sure your batteries are all charged up and bring a spare and/or extra battery chargers. Bring waterproof bags/ cases to store all your electronics.

TOOTHBRUSH & TOOTHPASTE

QUICK DRY TOWEL & LOTS OF WET WIPES

Who needs running water and a shower?

LUGGAGE LOCKS

ALWAYS lock your duffel on the mountain when it's not with you. Better safe than sorry.

BAGS

Ziplock, grocery, garbage bags, etc... You'll want to bring along several plastic bags in all shapes and sizes to organize, protect and pack dirty clothing and gear.

SNACKS!

There's plenty of food provided at meals, but bring lots of extra snacks. The days can be long and you want to keep your energy up. Bring nutrient rich things like Cliff Bars, trail mix and electrolyte powder. Also, it's common to lose your appetite at high altitude, so bring comforts like Cheez-Its, peanut butter crackers and gummy bears.

CASH

Bring small bills for additional tips, meals, drinks and souvenirs. Most places take US dollars but they must be marked past 2006.



FREQUENTLY ASKED QUESTIONS



FREQUENTLY ASKED QUESTIONS

WHAT IS KILIMANJARO AND WHY IS IT SO SPECIAL?

Kilimanjaro is the tallest free-standing mountain in the world! It has the highest peak in Africa, Uhuru Peak (5,895 m), making it one of the seven summits. While classified as a mountain, Kilimanjaro is actually made up of three volcanic cones that were formed by the Great Rift Valley. They are Shira (3,962 m), Mawenzi (5,159 m), and Kibo (5,895 m). The other two volcanic formations are extinct, but some believe Kibo could erupt again one day. The last major eruption was around 360,000 years ago, but some volcanic activity was recorded just 200 years ago. Despite the strong equatorial sun, there is a glacier at the top of Kilimanjaro. Its brilliant white color is what allows it to survive as it reflects most of the sun's heat. The icecap has shrunk in size by more than 80 percent since 1912, and it's predicted that it will be gone in 15 years, perhaps sooner.

WHAT'S A NORMAL DAY ON THE MOUNTAIN LIKE?

Every day is a completely different adventure, but there are definitely variables that remain constant. As you can imagine, we have very early mornings, followed by a full day of hiking at a slow pace (this is to help your body acclimatize). Breaks for pictures and resting are common and we always stop for lunch and snacks. When we get to our camps in the evening, we encourage you to enjoy the spectacular views and unwind a bit before dinner. Our crew will carry all the gear and your large duffel from camp to camp for you and will have it set up by the time you reach the camp in the early evenings. Did we mention how amazing these guys are!? You will always have a certified local guide with you when you're trekking (there's a 1:4 guide/climber ratio). The importance of having competent, high quality guides and porters cannot be overstated when it comes to climbing Kilimanjaro... they love the mountain and know it best! All of our guides have received extensive training in first aid, mountain rescue, wildlife and are registered with the Kilimanjaro National Park (KINAPA).

WHAT DOES THE GIVING BACK COMPONENT ENTAIL?

Empowering and connecting with women in the region is at the heart of every giving back project we do. It's extremely important to us that the work we do is sustainable, fills a need and is of value to our partners. For that reason, the projects change depending on the needs of our nonprofit partners and the abilities and desires of our group. In each case, we do due diligence to seek out local nonprofit partners that are doing great, sustainable work, and we work closely with them to understand their needs and create an experience that will truly be of value to them. Overall, we strive to create experiential giving back projects that do more than give money, but also foster meaningful connections. 5% of the cost paid for each adventure is donated to our nonprofit partners and the projects we carry out with them.



FREQUENTLY ASKED QUESTIONS

WHAT AIRPORT DO I FLY INTO? DO I NEED A VISA?

Plan on flying into Kilimanjaro (JRO) as there are several flights that fly in and out every day. Flights to Africa from the United States are almost always overnight flights, so whatever day you plan to arrive you will want to leave a day earlier to ensure you arrive at your desired time. We recommend booking your air travel 3-6 months before your adventure start date.

For travel to Tanzania you need an up to date passport (valid 6 months after your adventure dates) and tourist Visa (approximately \$100). You may purchase your Tanzanian Visa when you get to JRO, but we HIGHLY recommend getting it beforehand to avoid lines and complications at the airport. You can find out more info about visas by visiting the Tanzanian Embassy website for your country. If you're a US citizen, click here to go to the [US TANZANIAN EMBASSY WEBSITE](#).

WHAT SHOTS & VACCINATIONS DO I NEED?

It's mandatory you see your doctor and have our medical forms signed by your physician before hiking Kilimanjaro with us. You can get the medical forms anytime on our site in the [DOWNLOAD CENTER](#) or [CLICK HERE](#). Please review the [TANZANIAN TRAVELER'S HEALTH SECTION ON THE CDC WEBSITE](#) for the most current vaccination listings, as they change and are updated often. Make sure you get and/or bring with you a signed International Certificate of Vaccination (it's a small yellow card) as proof of your yellow fever vaccination if you are traveling from an at risk country. It's worth noting that even though you have to visit a doctor, you can usually obtain shots through your local health department at a lower cost than through a physician.

WHAT IF I DON'T HAVE ALL THIS GEAR? CAN I RENT IT?

Yes! You can rent a lot of your gear in Tanzania with our local outfitter. We'll be sending out a separate rental form before your adventure for you to indicate what you plan to rent in Tanzania and the prices. Common items to rent, include: sleeping bag, trekking poles, and waterproof jackets/pants. Also, look online for great deals on gear.



FREQUENTLY ASKED QUESTIONS

HOW DO I TRAIN FOR KILIMANJARO?

It's a physical and mental undertaking, so being in good shape is definitely important! Having strong, conditioned legs makes it easier to walk up and downhill all day. General aerobic fitness will allow the body to function efficiently with less oxygen and withstand the stress of consecutive days of hiking and camping. The best exercise you can do is hike, after all, that's what you will be doing on the mountain! Ideally, try to train a few days a week walking and/or jogging on inclines to simulate the ascension on Kilimanjaro. (If you don't have trails accessible treadmill or stair climber will do just fine.) On Kilimanjaro, you'll walk slowly for prolonged periods of time and be carrying less than 12 lbs on your back. So, in your training, it's best to increase the time and distance while keeping a slow pace. If you can walk for 4 to 6 hours, with moderate elevation changes while carrying some weight, then you're probably be in good shape for the real deal. As with all training, for the last 2 weeks leading up to the big event, you should taper off and rest so your body has time to recover. While you're training, don't forget to break in your boots to prevent blisters! Also, try to wear the day pack you intend to carry so your shoulders/back/hips get used to the points of contact and weight.

If you have an unhealthy lifestyle, use the climb as your motivation to change! Eat healthier. Drink less. Don't smoke. Get more sleep. Don't worry. Be happy! And remember, physical training is just one part of getting in shape. Having a positive attitude and a bigger reason will work wonders for you when get tired and need that extra boost!

WHAT IS HIGH ALTITUDE SICKNESS?

It's common for hikers to feel symptoms of the altitude on the mountain. We take safety VERY SERIOUSLY and our guides are experts at gauging symptoms. They will accompany you down if you are showing signs of acute mountain sickness (AMS) that could be serious. We have a packet on [HIGH ALTITUDE TRAVEL NOTES & SAFETY INFORMATION](#) in the [DOWNLOAD CENTER](#) on our website. We highly recommend reading this thoroughly and understanding the various types of altitude sickness before you start the Kilimanjaro trek. Be educated, but don't over think it - drink lots of water and know that your guides will be watching and taking great care of you. It is normal to experience: headaches, mild nausea and/or loss of appetite, but you'll be so distracted by how amazing the views are that you won't notice!



FREQUENTLY ASKED QUESTIONS

WHAT'S INCLUDED IN THE PRICE? WHAT'S NOT INCLUDED?

Included: 7-day hike of Kilimanjaro, 2-days/nights in Moshi (1 before and 1 after hike), accommodation and all meals during hike, welcome dinner, breakfast at hotel, guides, porters, park permits, guide and mountain crew tips, transfer to and from JRO*, transfer and return transfer to Kilimanjaro entrance gate, celebratory dinner, and transport to and from giving back project... plus all the extra WHOA TLC you need! Not Included: Flights, gear, WHOA Add-Ons, travel insurance, visas, and additional food/tips

*Transfers to/from JRO are included only if you arrive between 7am-10pm on adventure start/end dates. If you arrive outside of these dates or times, there is an additional \$50 charge for the transfer.

WHAT'S THE TIPPING SITUATION?

It is customary that trekkers tip the mountain crew of guides and porters a total \$200. On your WHOA Kilimanjaro climb the tip is included in the price paid. The tip will be divided appropriately between the head guides, assistant guides, cooks, and porters and distributed on the last morning in a thank you ceremony. We do this to streamline the process, keep it fair and avoid any awkwardness. (Not to mention it's more convenient for everyone as you don't have to carry that cash with you on the mountain). It is common to give an additional tip to the porter who carries your duffel during the duration of the hike and to the guide who assists you to the summit (about \$20-\$30). If you decide to tip additionally to these individuals, please do this at the conclusion of the hike. We value and are extremely appreciative our crew! They help make this experience what it is and it's so important to compensate our local Kili crew appropriately and according to standard tipping practices. If you are staying on for a safari or game ride, we recommend tipping \$8-15 per client per day (according to your budget and satisfaction).

DO I NEED TRAVEL INSURANCE?

For the Kilimanjaro adventure, we require all participants to have medical and travel insurance. Check with your insurance carrier to see what is covered during international adventure travel. We like World Nomads, Allianz and Travel Guard for adventure travel insurance, but it's always a good idea to ask around and do your own research.

HOW CAN I MAKE SURE I GET THE MOST OUT THIS EXPERIENCE?

This truly is a once in a life time experience that will stay with you long after it's over! Make sure you include your family and friends that can't come along. Bring a family heirloom or special photo to the top and have them join you in the training. Also, embrace the group of your new mountain family of fellow trekkers, guides and porters. You're all in this together and are going to experience extreme highs and lows. Lift others up when they are down and they will do the same when you need it! Take in the views and share lots of laughter with one another and the days will fly by.

TOGETHER WE CAN DO MORE
THAN CLIMB MOUNTAINS
WE CAN MOVE THEM

