

recommend that you thoroughly read the Exodus grading system as outlined in the Walking & Trekking Brochure before booking this trip.

Walking Conditions

Most of the trails on the Kilimanjaro trek are well defined and of good quality but some forest sections are often slippery and moorland paths can be very wet in poor weather conditions.

The final ascent to Uhuru peak is almost exclusively on scree and loose rock without permanent footpaths but no technical skills are required. During the course of the trip we shall spend time at both high and low altitude, experiencing both extremely cold and quite hot conditions. Please note that this is graded as a C/D trek in our Walking Brochure; you will need complete confidence in your physical ability to attempt this trek. You should be prepared for an early start every day on Kilimanjaro.



Altitude

The rate of ascent to high altitude on Kilimanjaro is rapid because of the shape and isolated nature of the mountain. In spite of careful pacing and adequate hydration, it is probable that many trekkers will experience mild altitude sickness. Most recover quickly; but those affected by serious altitude problems will need to descend to a lower altitude with a member of the local staff and probably abandon the trek in the interests of safety. Please report any symptoms of altitude illness to our Guides immediately and be prepared to follow their advice. The decision of the Senior Local Guide in such situations will be final.

Over 30,000 people attempt the climb of Kilimanjaro annually and there are, on average, two or three fatalities from Acute Mountain Sickness (AMS) every year. These fatalities are always the result of the failure to undertake a rapid descent quickly enough. Our Guides have had formal training to recognise and deal quickly with the symptoms of AMS, whilst our medical box contains drugs to facilitate a rapid descent together with an evacuation plan from each campsite on Kilimanjaro. Please note that thorough training and preparation still offer no guarantees in the remote and abnormal conditions that exist at higher altitudes on Kilimanjaro.

Female travellers please note there is some evidence to suggest that the regularity of the menstrual cycle is disrupted at altitude, this disruption has been known to bring on unexpected periods.

JOINING THE TRIP IN LONDON

12 days, normally depart London Wed, return Sun

Itinerary Start

The group flight from London is an overnight flight departing the day before Day 1 of the itinerary below

Flights from London

We normally use the scheduled services of Kenya Airways or Ethiopian Airlines (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note

timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

UK Regional Flights

Exodus can arrange flights from the majority of the UK's regional airports that are more flexible and convenient than if booked separately. Please contact our sales team for details.

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1.5 hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

Airport transfers

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus have booked it. Those arriving from London on non-group flights should read the airport transfer section below for information on reaching the start point. Please check with the Exodus office if you are unsure whether or not a transfer is included.

JOINING THE TRIP IN ARUSHA

10 days, normally start Arusha Thu, end Arusha Sat.

Itinerary Start

Your trip normally starts at our hotel in Arusha in the of Day 1 of the itinerary described below. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure. Hotel check-in times are normally from around 12pm.

Airport Transfers

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight - please check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

If you would like us to organise a private transfer, the cost is £55 per vehicle (max, 5 persons) and is payable before departure. Please ensure that you provide us with all relevant information at least 2 weeks before departure.



Information about travel to Arusha from Nairobi can also be obtained from the London office.

The cost of a taxi is likely to be about £40 should you decide to make your way independently.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

LAND ONLY ITINERARY

The entries in bold at the end of each day indicate the type of accommodation normally used (if different standards of accommodation are used - see accommodation section below for key to codes), and meals included (B=Breakfast, L=Lunch, D=Dinner)

Day 1 (Day 2 Ex London) Arusha

Start Arusha. The afternoon is free to relax in the hotel gardens, use the pool, or explore this busy market town. Unless you are told otherwise on arrival, you should be in the hotel reception at 13.00 hours when the trip briefing will take place. Please bring with you your passport and insurance details, and your air ticket details. The briefing will cover all aspects of your trip and will include the distribution of any hired equipment you have booked. **CH (D)**

Day 2 (Day 3 Ex London) Start our Climb

In the morning we transfer by 4WD vehicles to Londerossi (2250 m), passing between the slopes of Kilimanjaro and the horseshoe-shaped volcanic crater of Mt. Meru (a distance of about 120 km). After completing the necessary registration formalities, we drive on for a short distance through farmland and plantations to reach the Lemosho roadhead. The last 5 km of the road to the park gate is of poor quality, particularly after rain, and the drive there should be considered part of the adventure. We often have our lunch in the glades before starting to walk. It is an easy day of walking up a small path through beautiful and lush forest, this area has a variety of game including buffalo. We camp at Lemosho Forest camp (2650 m). Approx 2-3 hours walking. **FC (B,L,D)**

Day 3 (Day 4 Ex London) Ascend to Shira Plateau

The trail starts out in the lush rich montane forest before ascending into the moorland zone of giant heather. The trail climbs steadily with views across the plains opening out as we reach the rim of the Shira Plateau. There is a tangible sense of wilderness especially if the afternoon mists come in. We camp in the centre of the plateau at "Shira One" (3550 m). Approx 6-7 hours walking. **FC (B,L,D)**

Day 4 (Day 5 Ex London) Shira Plateau

An easy day to help acclimatisation and to explore the grassy moorland and the volcanic rock formations of the plateau. We walk to the summit of Shira Cathedral, a huge buttress of rock surrounded by steep spires and pinnacles. There is a tangible sense of wilderness here (especially when the afternoon mists come in!) and the views from our camp near Shira Hut (3840m) of Mt. Meru floating on the clouds are simply unforgettable. The afternoon is free to relax. Approx 4-5 hours walking. **FC (B,L,D)**

Day 5 (Day 6 Ex London) Great Barranco valley

A morning of gentle ascent and panoramic views, walking on lava ridges beneath the glaciers of the Western Breach. After lunch near the Lava Tower junction (4550m), we descend to the bottom of the Great Barranco valley (3900m), sheltered by towering cliffs and with extensive views of the plains far below. Approx 5-7 hours walking. **FC (B,L,D)**

Day 6 (Day 7 Ex London) To Karanga

A short steep climb up the famed Barranco Wall leads us to an undulating trail on the south-eastern flank of Kibo, with superb vistas of the Southern Icefields. The terrain changes to volcanic scree, with pockets of lush vegetation in sheltered hollows, and a powerful sense of mountain wilderness. Our next camp is at Karanga (4000m) a short distance away, the valley floor has the last water point on the approach to Barafu, whilst we camp on the higher sides of the valley with views towards the glaciers of the southern icefields. Approx 4-5 hours walking. **FC (B,L,D)**



Day 7 (Day 8 Ex London) Ascend to Barafu

The trail follows an easy path on compacted scree with wide views including the Barafu Ridge where our camp lies, the trail climbs unrelentingly to reach the Barafu campsite (4600m) for lunch. There is a short acclimatisation walk to the plateau at the bottom of the Southeast valley (4800m). The remainder of the day is spent resting in preparation for the final ascent before a very early night. Approx 3-5 hours walking. **FC (B,L,D)**



Day 8 (Day 9 Ex London) Summit Day

We will start our ascent by torchlight around midnight so that we can be up on the Crater rim by sunrise. The steep climb over loose volcanic scree has some well-graded zigzags and a slow but steady pace will take us to Stella Point (5735m), in about five or six hours. We will rest there for a short time to enjoy the sunrise over Mawenzi. Those who are still feeling strong can make the two hour round trip from here along the crater rim to Uhuru Peak (5,896m), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to Barafu is surprisingly fast, and after some refreshment, we continue to descend to reach our final campsite (3800m) at Millenium camp. Most of us will be too tired to notice the beauty of the forest surrounding the crowded campsite. This is an extremely long and hard day with between 11 and 15 hours of walking at high altitude. **FC (B,L,D)**

Day 9 (Day 10 Ex London) Descend to Arusha

A sustained descent on a well-constructed path through lovely tropical forest alive with birdsong and boasting lush undergrowth with considerable botanical interest. Our route winds down to the National Park gate at Mweka (1650m); and on through coffee and banana farms to Mweka village. The shower, the beer, and the swimming pool are tantalisingly close! We return by private bus or 4WD vehicle to Arusha (a distance of about 100 km). Approx 4-6 hours walking. **CH (B,L,D)**

Day 10 (Day 11 Ex London) End Arusha

End Arusha. The morning can be spent resting in the hotel garden by the pool or exploring Arusha for souvenirs. Or another early start for a morning safari in Arusha National Park, with a direct transfer from there to the airport, is an optional excursion. Arusha National Park has good birdlife, a variety of larger mammals, including a large giraffe population, and is set attractively beneath the slopes of Mt Meru. This safari has to be pre booked before leaving for the climb on Day 2. Those remaining in Arusha take an afternoon transfer back to Kilimanjaro airport. Those not flying back to UK with the group will leave us in Arusha. **(B)**

For those on group flights, these depart in the afternoon and will arrive in the UK the following day.

ACCOMMODATION

Accommodation in Arusha is at Ilboru Safari Lodge on a twin share basis with private facilities in a tourist class hotel. The lodge has attractive gardens and a large refreshing swimming pool.

We camp on a twin share basis in spacious modern geodesic three-person dome tents, which are roomy with 2 doors and 2 porches.

There is a large communal tent, which is used for dining and at other times in the event of inclement weather. A private toilet tent is provided, since the standard of the national park toilets are rather low. At all the accommodation used mosquito nets are provided.

Full Service Trekking

The Kilimanjaro climb is based on full service camping, so you need only carry your daypack during the walks. Local porters carry all other baggage and equipment and cooking and camp work is their responsibility. All communal camping and kitchen equipment is provided and local staff takes care of all the other chores, including erecting and taking down the tents.

Single Accommodation: A single supplement is available for this tour, the cost is £150 and applies to both the tent and hotel nights.

Extra Accommodation: We can arrange extra nights accommodation before or after the trip in Arusha or at Kia Lodge a 3 min drive from Kilimanjaro airport. Please ask for a quote.

KEY TO ACCOMMODATION: We indicate in the itinerary what type of accommodation is provided on each day. The descriptions are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

CH Comfortable Hotel, Lodge or Gite - twin rooms with en suite facilities, reliable electricity and water supply, good service and some added amenities.

FC Full-service Camping - two person tents sometimes in a private or public campsite that contains a communal ablutions block and other amenities and sometimes in a wild camp with toilet tents and mess tent or dining equipment provided. All camp chores are done for you from erecting / dismantling of your tent, to cooking & washing up.

FOOD & TRANSPORT

Food

In the itinerary we state which meals are included on which day. On trek the emphasis is on a varied and well balanced diet with a greater amount of fresh fruit and soup to maximise the daily intake of fluids.

Vegetarians are well catered for but please inform us before departure of any special dietary requests. Please note that in Tanzania the availability of certain specialized products for restricted diets, e.g. gluten-free or dairy-free, is minimal or non-existent and we strongly recommend you bring these specialized dietary items from home.

You may find it beneficial to bring some 'summit snacks' with you from home; summit day is a long trekking day and high energy snacks are not readily available locally in Tanzania.

All meals during the climb are included. Please allow about £25 for the two lunches (day 1 and 10) not included in the brochure price

Water

Whilst the water we provide on Kilimanjaro is suitable for drinking you may wish to be extra safe and treat it with your own water purification tablets. The EU banned iodine to be used to purify water on 25 Oct 2009. The cheapest alternative is to use chlorine tablets. The major difference is chlorine doesn't eliminate giardia. Biox Aqua drops or tablets are the best available alternative for sale in the UK as they kill giardia and cryptosporidium.

Transport

The transfer between Arusha and Londorossi is by 4WD vehicle. Minibuses or 4WD vehicles are used for the transfer from Mweka to Arusha, and for the journeys between Kilimanjaro Airport and Arusha. The optional safari to Arusha National Park uses long wheelbase 4WD vehicles with roofs that can be raised or removed during game drives.

WEATHER

Although Tanzania lies in the tropics, the temperature depends more on altitude than on season. Northern Tanzania has temperatures ranging from 16 C to 23 C in August, rising to 18 C to 28 C in February. The 'long rains', during which we do not operate trips, occur from late March to May, and there are intermittent 'short rains'

in November and December, though the latter have no great effect on mountain climbs.

Kilimanjaro can be climbed at any time of the year but it is usually very wet in the rain forest in April and May. January and February are the warmest months. Above the cloud line the days are warm and pleasant, with temperatures in sunlight often above 20 C, but the nights can get very cold. It is possible for temperatures to get as low as -20 C at Barafu campsite, our highest overnight stop. The daily weather pattern on the mountain tends to be clear mornings with an afternoon cloud build-up that often clears before sunset. In the (European) summer, the weather is usually cloudy at lower altitudes and often sunny above 3,500 m. Please note that mountain weather conditions are never totally predictable and we may meet wet and snowy conditions at any time.



RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment.

Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company. Exodus trips are designed to allow a high degree of economic benefit to the local communities; we buy local produce, eat local food and use local services, thus ensuring that as much money as possible is retained within the local economies and the host communities. With our responsible tourism policy we are continually reassessing our holidays, trying at all times to ensure that they are socially, economically and environmentally sound.

Awards for our work on Responsible Tourism

2009 British Travel awards: small tour operator commendation

2006. British Travel Awards: Environmentally Responsible Tourism Company.

2004. Responsible Travel Awards: Best Tour Operator.

For full details of our Responsible Tourism Policy please visit:

www.exodus.co.uk/responsible-travel.

On Kilimanjaro, we have built a number of standards into our mountain services.

All client and staff cooking is done on gas stoves (rather than firewood) and all rubbish is carried off the mountain. Hot washing water in bowls is provided to avoid polluting the streams. All very simple but highly effective measures that represent little more than applied commonsense to the experienced traveller, but are still something of a novelty in Tanzania.

Porter welfare is another important part of our staff policy. You may be surprised to learn that, after the Kilimanjaro Park Fees, portage is easily the largest single ground cost element on the climb and so the temptation for unscrupulous operators to reduce this cost always



exists. Treatment of local staff is one of the major differences we have identified in the operational standards offered by tour operators in Tanzania.

We pay one of the highest salaries on Kilimanjaro, and we pay it immediately after the trek.

We are one of the few companies who meet the National Park guidelines in this area.

We ensure that the porters have sufficient food and fuel for the trek.

We provide communal sleeping tents for all staff on all camping routes.

Sick porters have access to the same medical box as our clients and do not lose part of their salary because of illness.

Exodus actively supports the training and education of our local staff during the rainy seasons in Tanzania and is currently working towards providing English language training in Arusha, Tarakea, and Marangu.

Exodus is a member of the International Mountain Explorers Connection (IMEC) which is a not-for-profit organisation based out of Boulder, Colorado. Through its Kilimanjaro Porters Assistance Project (KPAP) in Moshi, IMEC's focus is improving the working conditions of the porters on Kilimanjaro.

These initiatives do not mean that we are 'soft' employers; indeed, we have found that it is easier to obtain high standards of service when staff are treated fairly. Our local coordinators, The African Walking Company, very much share these aims and are actively working with the management of Kilimanjaro National Park to improve visitor facilities, the treatment of local staff, and the training of local guides.

Tanzania Porter Education Project

During the long rains (April-June), the non-trekking season, Exodus funds a project to teach English to its porters and other local staff; over 500 to date. Being able to converse with clients in English is an essential skill and this successful initiative has enabled porters to become cooks, assistant guides and even chief guides. With your support our aim is to develop this programme further in the future and provide continued education to our porters during times when work is limited. These skills can also help with employment opportunities for our guides, who can also work as teachers and/or classroom assistants.

See our responsible tourism page for more information or to make a tax free donation to the project. <http://www.exodus.co.uk/responsible-travel/our-projects/tanzania-porter-education-project?>

PRACTICAL INFORMATION

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

British passport holders and most European and Commonwealth Passport holders can obtain visas either on arrival or before departure, on arrival in Tanzania, this currently costs \$50 (April 2010).

Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

For information on how to obtain visas please call Travcour on 020 7223 5295 or visit their website: <http://www.travcour.com/exodus>

Vaccinations and Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

Vaccination against Yellow Fever is necessary for this trip, and you must bring a valid certificate of vaccination.

Please note that although Tanzania does not officially require proof of Yellow Fever vaccination, at most airports and other points of entry you are now required to show a certificate of vaccination

Recommended vaccinations for this trip are: Polio, Tetanus, Typhoid, Hepatitis A.

Malaria prophylaxis is essential on this trip, and we suggest that you seek advice from your GP or travel health clinic about which malaria tablets to take.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your GP or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

Nomad Travel Clinics are experts in preparing people for travel, providing expert advice on vaccinations, anti-malarial and staying healthy whilst overseas. We have arranged a special 10% discount for Exodus passengers on any vaccinations that you may require. For information visit the community section of our website or click on this link www.nomadtravel.co.uk/exodus.

For additional information please visit: www.fitfortravel.scot.nhs.uk

Altitude Warning

This trip goes to high altitudes where there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatise to these altitudes, but you should be aware that it is still possible for you to be affected. Although rare, a number of medical conditions can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), or unsure of your physical ability, we recommend that you seek medical advice prior to booking.

Advice varies, but the consensus on how to combat altitude sickness seems to be to drink plenty of non-alcoholic fluid (at least 4 litres per day) and rest for the first few hours when you reach altitude. When hiking, do not hurry - take your time, enjoy the scenery and give your body a chance to catch up. If you are breathing hard, you are probably ascending too quickly.

If you are not taking out Exodus Travel Insurance, please ensure that your policy does cover you up to the maximum altitude on this trip, and includes helicopter evacuation. Please take proof of this with you on the trip, as you will need to show it to the leader.

Insurance - are you adequately covered?

Please ask for details of the Exodus insurance policy that has been tailored to provide specific cover for our trips. It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. For further information please see the insurance section of the Exodus Travel Advice guide or visit www.exodus.co.uk/about-exodus/travel-insurance

Local Time

GMT + 2 hours

Group, Staff and Support

The group will generally be between 4 and 12 people. There will be a local leader and drivers and local guides where needed.

The trip is accompanied by an experienced and licensed local Tanzanian mountain guide, and appropriate local staff. **We have a guiding ratio of 2:1 while on trek.** The minimum age of clients on this trip is 16 years. We have reduced the minimum age on all our Lemosho route treks from 18 to 16; we believe with the additional day of acclimatisation this trek should be manageable by strong 16 or 17 year olds with previous experience of sustained trekking and possibly altitude.

Please Note Each 16 and 17 year old must be accompanied by an adult on the trek and must pay an additional fee of £100 (in advance) for

an accompanying guide, this guide will give support throughout and be on hand should they need to come off the mountain at any point in the trek.

The minimum age of clients on this trip is 16 years. Please note that children aged 16 or 17 years of age must be accompanied by (and share accommodation with) a parent or legal guardian.

MONEY MATTERS

Exodus and Local Payments

There is no local payment on this holiday. Exodus no longer uses local payments to cover part of the cost of the holiday.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus continues to offer the best balance between value for money and operational quality.

Kilimanjaro Tax

Please note there is a compulsory Kilimanjaro National Park of \$855 (approximately £510): this should be paid with your final balance, eight weeks prior to departure when the exact sterling price will be set, dependent on exchange rate. This tax constitutes part of the trip costs and therefore is non refundable should you have to cancel.

Currency Information

The national currency of Tanzania is the Tanzanian Shilling (TZS), with an exchange rate of 1940 to the UK£ and 1300 to the US\$.

Exchange rates are correct at the time of publication.

The Tanzanian unit of currency is the shilling (TZS).

The Tanzanian Shilling (TZS) is often written 1/- (one shilling). Shillings may not be imported or exported. There is no restriction on the import of foreign currency provided it is declared on arrival. On leaving Tanzania you may convert any amount of TZS into hard currency provided that you have a currency exchange receipt.

Exchange rates are correct at the time of publication.

We recommend that you take most of your money in US dollars issued from 2003 or newer with the big head design on them. Bring a sensible mix of denominations, and it is useful to bring a small amount in cash US dollars. It is best to change money at the airport in Kilimanjaro on arrival.

Commission Free Holiday Currency

For your commission free holiday currency, pre loaded cash cards and travellers cheques delivered directly to your door at very competitive rates, visit us on www.currency-express.com/exodus and receive free delivery on orders over £300.

ATM availability/Credit Card Acceptance/Travellers cheques

There are ATM machines in Arusha. It is possible to change traveller's cheques but this is becoming more difficult and time consuming and can also attract a commission so are not recommended. They do however offer security and can usually be replaced quickly if lost or stolen. Bring cheques from either Thomas Cook or American Express, as cheques from lesser-known banks may not be accepted.

Extra Expenses and Spending Money

Luggage to be carried by porters on the Kilimanjaro trek is limited to 15kgs per person. Any client wishing to take extra luggage should allow \$85 per porter, which is payable in US dollars cash to our local agents at the commencement of the climb. It is impossible to spend much money on the mountain climb but both alcohol and souvenirs are readily available in Arusha.

If anyone needs to leave the group at any point during the trip (for reasons such as an early descent from Kilimanjaro due to altitude sickness), all expenses incurred until rejoining the group on the itinerary described in these Trip Notes are the responsibility of the individual(s) concerned and should be paid to our local operators before leaving Tanzania. These additional expenses should be covered by your personal travel insurance, and as such an insurance letter detailing this will be provided locally to assist with any claim.

See also Food section above for extra expenses.

Optional Excursions (approximate costs, depending on group sizes)

A day trip to Arusha National Park costs from US\$120 per person, based on a minimum of 4 people in the group and includes a picnic lunch.

Tippling (leader and local staff)

In Tanzania it is customary to tip your local staff. Although this is not compulsory, we should point out that it is expected and you should allow between \$70 and \$110 for the staff on Kilimanjaro. This is also the amount recommended by IMEC and KPAP. It is also normal to give small tips in restaurants, to luggage porters, and to drivers.

WHAT TO TAKE

Essential Equipment and Clothing

This should be read in conjunction with our 'What to Pack' section in your Travel Advice booklet (sent when you book).

You will need the following:

This should be read in conjunction with our 'What to Pack' section in the Travel Advice booklet and our recommended Kilimanjaro high altitude kit list (sent on booking).

All luggage for the Kilimanjaro climb should be packed in a soft kitbag or duffel bag.

All camping equipment is provided except for your own personal equipment.

You will need the following:

4/5 seasons sleeping bag; sleeping mat; good quality boots well worn-in (leather recommended); 4 seasons duvet jacket; fleece jacket or equivalent; thermal underwear, 2 x 1 litre water bottle; waterproof jacket and trousers; 2 pairs of gloves; warm hat or balaclava; sunglasses; sunhat; thick socks; head torch (with spare batteries, possible freezing temperatures at altitude can affect your batteries, so we recommend a couple of spare sets!); 30-40 litre daypack; warm sweater(s); high factor (at least 30+) sun cream for the twin exposure to high altitude and equatorial sun. We recommend summit snacks (see food section above).

Whilst climbing Kilimanjaro you can leave clean clothes and other items at the hotel in Arusha.

A first aid kit is carried on each trek, however you should bring your own first aid kit with diarrhoea treatment, painkillers, rehydration sachets, insect repellent (with DEET), plasters and a blister treatment kit.

Duvet jackets and sleeping bags are available for hire from Trek Hire UK (<http://www.trekhireuk.com/>). Trek Hire UK can also provide a range of trekking essentials and accessories, from rucksacks to trekking poles. Please note that supplies are limited, and it is advisable to reserve any equipment as early as possible. For trips to Kilimanjaro, Nepal and Peru, certain items such as duvet jackets, sleeping bags and thick mattresses can be hired through our local agents. These must be pre-booked through the Exodus office to ensure availability. Please call for details.

Much of the equipment mentioned above is available at very competitive prices from Nomad: Exodus clients receive a 15% discount. Please visit www.nomadtravel.co.uk/exodus

Baggage and Baggage Allowance

If you live in the UK or Ireland we provide an Exodus kitbag to pack your luggage in whilst on trek. Please note that if you book close to the departure date we cannot guarantee that your kitbag will arrive before your trip starts. If this is the case please use a suitable alternative. Unfortunately it is not possible for us to supply kitbags for those who book from outside of the UK or Ireland.

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg. We recommend packing only one piece of checked baggage. As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check www.baa.com and/or the airline's website for the latest information prior to your departure.

In the unlikely event of any of your luggage being misplaced or damaged, a Property Irregularity Report (PIR) must be filed with the

appropriate airline if you subsequently wish to make a claim against the airline or on your travel insurance. This must be done at the airport where your baggage arrived, or should have arrived.

Reading List:

Exodus suggests below a series of books, guides or maps that may be useful or interesting for your trip.

Tanzania, Lonely Planet (2002), Predominantly practical in content and aimed at independent travellers. Includes Zanzibar and Pemba.

Guide to Tanzania, Philip Briggs (Bradt Publications 4th edition), Another excellent general guidebook.

Trekking in East Africa, Lonely Planet (2003), Guide to all the popular trekking destinations in Tanzania, Kenya, Uganda, Malawi and Ethiopia.

Kilimanjaro - A trekking guide to Africa's highest mountain, Henry Stedman, Trailblazer Guides

The Tree Where Man Was Born, Peter Matthiessen (The Harvill Press 1994), A beautiful description of the peoples and landscape of East Africa in the early 70's.

Kilimanjaro, John Reader (Elm Tree Books 1982), A coffee table book that makes an excellent souvenir of the trip.

Kilimanjaro: To The Roof of Africa, Audrey Salkeld (National Geographic Books 2002), Another coffee table book that would make an excellent souvenir of the trip.

Maps:

West Col productions have printed an excellent map and guide to Mt. Kilimanjaro (1:75 000). This maps is generally available from Stanfords and other good map/book shops. There is also a good Bartholomew "East Africa" map. Locally produced maps of Kilimanjaro are available in Marangu, as is a revised version of the West Col map at a scale of 1:50000.

For further information contact Stanfords at Long Acre, London, WC2E 9LP. Tel: 020 7836 1321. Website: www.stanfords.co.uk.

If you are interested in any of these books then you can order them from our very own Exodus shop, 'Exodus Travel Essentials' in partnership with Amazon.

If you are interested in any of these books then you can order them from our own Exodus shop, 'Exodus Travel Essentials' in partnership with Amazon.

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JOIN THE EXODUS ONLINE COMMUNITY

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Compass Café forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Compass Cafe you'll need to join My Exodus. It's free, registration is simple and easy... so what are you waiting for?

<http://www.exodus.co.uk/community>

IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operates a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

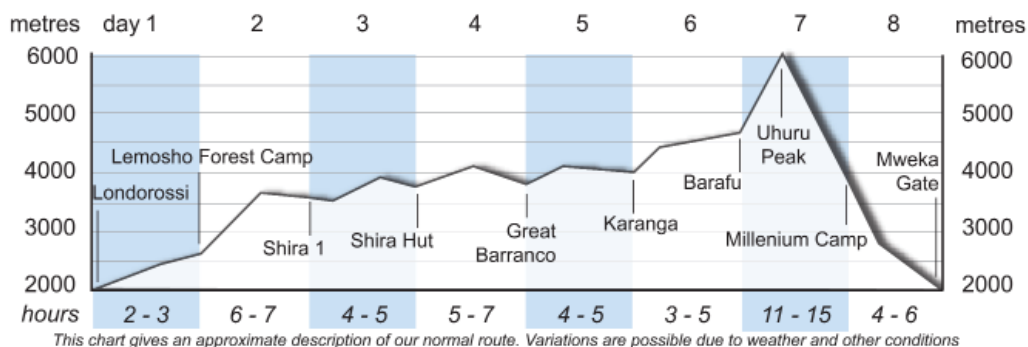
Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at www.exodus.co.uk/about-exodus/essential-information?

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

ALTITUDE PROFILE



HOW TO BOOK YOUR TRIP

1. **Check availability** Go online to check availability, or contact us by phone or email.

2. **Secure your place** You can provisionally hold a place on this trip, usually for between three and seven days.

3. **Complete your booking and payment** When you're ready to book, go to www.exodus.co.uk for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

Book with confidence Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

