THE KILIMANJARO CHALLENGE
Congratulations! You have just signed up for a challenge and an experience like no other, and one that will remain with you for the rest of your life. Making this decision in the first place completes possibly the hardest part of the process and, whilst a lot of time and effort still lies ahead, the fun and excitement really does start here.

This experience will take you entirely out of your comfort zone. Knowing how to prepare and what to expect will make a huge difference to your experience and chance of success. The accompanying pages provide you with all the information you need in four simple stages, helping you to achieve the mammoth feat of reaching the roof of Africa.
ABOUT OPEN DOORS

As Christians, we’re part of one family. All around the world, we have Christian brothers and sisters who are suffering for their faith in Jesus. Open Doors is a global support network to help our Christian family stand strong under persecution.

The work of Open Doors began in 1955 with Brother Andrew smuggling Bibles behind the Iron Curtain. Since then, the scale of violent persecution against Christians has grown. Today Open Doors works in over 50 countries, supplying Bibles, training church leaders and providing practical support and emergency relief. In Africa specifically, we work through churches and partner organisations in more than 25 countries.

HOW ARE CHRISTIANS SUFFERING IN AFRICA?

Across Africa, violent jihadists continue to attack Christians in places like Egypt, Kenya and Nigeria. At the same time, many Muslim majority countries are legitimising more radical models of Islam. The result is that believers in places like Sudan, Somalia, Algeria, Eritrea and Tunisia have virtually no space to express their faith.

Al-Shabaab have stepped up attacks in Kenya, and Islamic extremists have targeted Christians in Tanzania, the two countries that Mount Kilimanjaro sits astride. This wave of ferocious violence leaves death and destruction in its wake. Those who have survived violent persecution, or witnessed horrific attacks on their family members, are left traumatised.

The money raised through your trek will help local churches to provide trauma healing and children’s ministry to our persecuted family in Kenya.

HOW DO WE HELP?

When a Christian family is persecuted, they may lose their livelihoods, be forced to flee their homes, or the parent of the family who is the main provider may even be killed. Working through local churches and partners, Open Doors provides practical help such as emergency relief, medical supplies, trauma care, income generation projects and family support. Through local partners and Churches Open Doors also distributes Bibles and Christian literature to help sustain believers facing persecution. Few leaders in the persecuted church have had a theological education, so we offer training and discipleship in a wide range of areas to strengthen the church in some of the most dangerous parts of Africa.

In the UK and Ireland Open Doors also works to raise awareness of global persecution, mobilising prayer, support and action for persecuted Christians.

“IF ONE PART [OF THE BODY] SUFFERS, EVERY PART SUFFERS WITH IT.”
1 CORINTHIANS 12:26
Open Doors has been involved in the Church in Tanzania through partnerships with the local Church since the 1990s. Most of our involvement was focused on the Church on the island of Zanzibar. More recently, our assistance has included specific areas of the mainland. We’ve been providing Christian literature, Bible training and leadership development for church leaders. We’ve also helped Christian families to secure their livelihoods, receive support if they’ve suffered trauma from persecution and offered children’s ministries.

HOW IS OPEN DOORS HELPING TRAUMA VICTIMS?

Mary’s husband Elias was guarding his church following a spate of attacks on churches in the area. He was worried because the day before, two other church leaders had been killed in neighbouring Kenya. That night the church was attacked and he was hacked to death with a machete. Two others were injured but survived.

Mary was left a widow with a toddler and an eight-month-old baby. She says, “When I heard the news I cried so loudly that neighbours came to see what was going on. I was devastated at my children losing their father at such a young age. They needed him. Many churches have been burnt. Some church leaders have been killed, others burnt with acid. I wondered why we Christians had to suffer to the point that the persecution reached my own family. I had many questions for God. Why has this happened to me? Why am I a widow, so young? Why me?”

Following the attack, Open Doors presented trauma care training to church leaders who asked us to also train their Sunday school teachers. Grace attended and learned how to use art and games and create a safe environment to get children to talk about their experiences. Attendees also immediately applied their knowledge by working with 30 children ages 6-12 who had lived through the al-Shabaab attacks. “We have really seen healing through this,” Grace testifies.

HOW WE HELP IN TANZANIA

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*Name changed for security reasons.
At 5,895m (19,341ft), Mount Kilimanjaro is the highest mountain in Africa, the fourth highest of the world’s Seven Summits, and the highest freestanding mountain in the world. Throughout history it has evoked awe, respect and fascination, and as a result, has reached international notoriety for the challenge it presents to all those who attempt its summit.

Designated as a UNESCO World Heritage Site in 1989, Kilimanjaro is considered an outstanding example of a natural phenomenon. Standing with its snow-capped peak and glaciers in splendid isolation above the surrounding Tanzanian plains, it truly is a magnificent wonder to behold. Those attempting the summit are rewarded with five dramatically varied and beautiful vegetation zones: savannah bushland and submontane agroforest on the lower slopes, montane forest, heath and moorland, alpine desert, and ice cap. The mountain and surrounding Kilimanjaro National Park plays host to a very rich variety of plant and animal species, many listed as endangered.

Kilimanjaro is the result of volcanic activity occurring as far back as 750,000 years ago. Its close proximity to the fault line running along the Great Rift Valley led to an eruption creating an initial volcano, Shira – the oldest of the three volcanoes that collectively form Mount Kilimanjaro. When Shira later became extinct, it collapsed internally creating a wide cavity now known as the Shira Plateau. Within this structure, a later eruption resulted in the creation of a second volcano, Mawenzi – a dramatic peak that remains today. That was followed much later by a separate, enormous eruption just west of Mawenzi, but still within the Shira Plateau structure, which created a third volcano, Kibo. This huge eruption, and several more that followed on Kibo, resulted in the formation of the structure making up Mount Kilimanjaro as we know it today – atop it all, Uhuru Peak which marks its summit. Kibo remains classed as dormant rather than extinct – although eruptions are unheard of in recent times.

The first recorded attempts at Kilimanjaro’s notorious summit began in the mid-eighteenth century. However, it wasn’t until 1889 that Dr Hans Meyer, a geologist from Germany, finally reached the peak on his third attempt – beating his competitors to achieve the goal. The sentiments he recorded then are echoed by all those who achieve the same feat today:

“We were in an amiable frame of mind ourselves and, notwithstanding all the toil and trouble my self-appointed task has cost me, I don’t think I would that night have changed places with anybody in the world.”

For today’s summit attempts, the foot of Kibo can be reached by one of six official routes: Shira, Lemosho, Machame, Umbwe, Marangu or Rongai. Depending on which initial route is taken, there are three routes for reaching Uhuru Peak atop Kibo: Western Breach, Barafu or Kibo Huts. Only two routes exist for the descent: Mweka or Marangu.
The Rongai route has been carefully selected as the chosen route for this trip – with its associated ascent from Kibo Huts and descent via the Marangu route.

Officially known as Loitokitok or Nalemuru, but more commonly known as the Rongai route, this is the only trail to approach Kibo from the north near the Kenyan border. Due to being more remote than some other routes, it experiences significantly less traffic from other travellers, which results in a more enjoyable experience overall.

It is argued by some that the lower slopes from the north are more barren and less attractive than those from the west and southwest. It is true that this side of the mountain receives considerably less rainfall – another distinct advantage of approaching from this direction – and this may result in the vegetation on the lower slopes being less lush and well established. However, this is not to suggest that the walk is not attractive and diverse. This can be a beautiful walk with plenty of interesting plant and wildlife – most notably the black and white colobus monkeys and some excellent bird-life. Indeed, this route can offer the best opportunity to see the mountain’s diverse animal inhabitants, partly due to it being less heavily operated.

What Rongai may lack in terms of dense forest on day one, it more than makes up for as the climb progresses. Notably, this is the only route that specifically incorporates the camp at Mawenzi Tarn for an evening below the dramatically jagged Mawenzi peak and beside a particularly attractive natural spring. Apart from the peak itself, the views across the Shira Plateau and down the mountain into Kenya are sensational and a real highlight.

The day that follows is equally dramatic with the route directly crossing the extraordinary ‘Saddle’ of alpine desert between the two peaks of Mawenzi and Kibo. Mawenzi Tarn and the Saddle are considered spectacular enough that some individuals undertaking the Marangu route have specifically requested an additional day on top of their standard route in order to be able to divert off-course to take in these undoubted highlights. It is also worth noting that the descent for Rongai takes you down the entirely different Marangu route, allowing you to witness one side of the mountain on the way up and another on the way down, and providing variation throughout.

From a more practical perspective, Rongai is particularly advantageous as it takes place over the course of an additional day to the standard Marangu or Machame routes. It also offers one of the more gradual ascents up to Kibo, avoiding the repeated gains and losses in altitude experienced on other routes. These two factors serve as a considerable aid to successful acclimatisation and dramatically increase the overall chance of success.
RightFoot is a member of the IMEC Partnership for Responsible Travel, and the Kilimanjaro Porters Assistance Project. Our membership requires that we work with local operators who ensure the fair and proper treatment of all guides and porters working on Kilimanjaro. We take this responsibility very seriously and endeavour to ensure that the service we provide is ethical and of a high standard. We are proud therefore to work with our local partners in Tanzania, African Walking Company (AWC), who have a reputation for providing the highest level of service on the mountain and for operating ethically in all that they do. The service they provide includes:

- A dedicated Tour Leader with a Red Cross Wilderness First Aid Responder qualification, a KINAPA Chief Guide licence, vast experience, excellent communication skills and personal knowledge of all the guides.

- A thorough pre-trip briefing including general information about the Kilimanjaro region, details of the practicalities of the trek – particularly the summit day, and a check to ensure all participants have the equipment required.

- A ratio of one guide to every two participants. This is particularly important on the summit day when the harsh and testing conditions mean that some may need personal attention or encouragement.

- Guides are equipped with a medical kit and an emergency oxygen system. This is an additional safety measure that would be used during an evacuation of a participant from Kilimanjaro due to sickness.

- Camping equipment is of proven quality and specifically designed for use on Kilimanjaro. The tents used are designed for three people but are only used by two participants at a time allowing for plenty of space. The communal mess tent has aluminium chairs, tables and a bright LED light suspended from the ceiling. A toilet tent is also provided so that participants do not have to experience the somewhat unappealing National Park toilets.

- Kilimanjaro is a very busy mountain and AWC aims to look after it. All the rubbish generated is carried off the mountain and, additionally, porters are regularly paid to collect the rubbish of other more careless companies so as to keep Kilimanjaro as clean as possible.

- Tasty and nutritious food that is fresh wherever possible. The menu is specifically designed for altitude with a high liquid and carbohydrate content. A couple of local Tanzanian dishes are also included for your interest. Feedback from our participants often mentions ‘the food was outstanding’.
AWC knows just how important their Kilimanjaro crews are. A great deal of attention is paid to finding the right staff and retaining them. All staff work exclusively for AWC and training courses are offered to help them develop and progress. AWC regularly promotes from within and many current Chief Guides that started as porters, have been trained and have worked their way up through the ranks. A number of guides have also undertaken a three-month tourism course with the help of a grant from the Kilimanjaro Guide Scholarship Foundation organised through AWC.

Each Chief Guide has a licence from Kilimanjaro National Park to lead climbs and has his own team of assistant guides and camp staff that ensure an exceptional level of service on the mountain. The Chief Guide has the ultimate authority during a climb – his decisions will be final and will reflect AWC’s policy of the participant’s safety being the single highest priority.

All AWC guides know Kilimanjaro exceptionally well and climb it around twenty times every year. The guides speak English and are welcoming and helpful towards all participants. Their level of formal education varies widely but all have good logistical capabilities to manage the complexities of porters, camp routines, and cooking. AWC guides are well paid and a structure with six payment levels has been developed to ensure guides continually want and are able to improve their skills. Promotion up these levels is reward for exceptional performance. There is also a Christmas bonus to reward consistent performance by the guides over the course of the whole year.

AWC provides guides with company T-shirts, fleeces, and Mountain Equipment Ibex trousers. AWC also assists guides with down jackets, rucksacks and sleeping bags so that they are suitably equipped to guide and support you on Kilimanjaro. Except for the T-shirts, all such items have to be imported into Tanzania and, with customs duties being around 50% of the goods value, it is an expensive but highly valued operation.

AWC’s porters make the trips happen behind the scenes. Around five hundred porters work for AWC and their welfare is very important, which is why AWC is one of the founding members of the Kilimanjaro Porter Assistance Project (KPAP: www.kiliporters.org). KPAP has guidelines that must be fulfilled before membership is granted – including paying a good salary immediately after the trip, and ensuring porters have adequate clothes and food whilst on Kilimanjaro.

AWC is not only a founding member of KPAP but are also instrumental in driving forward the standard to be expected by porters, and striving to set new standards in porter welfare. For example, AWC’s porters are paid a rate in excess of the KPAP recommended minimum wage for porters, and all porters are taken care of if they are injured whilst working on Kilimanjaro.

It is very much the norm that porters might be given high quality equipment from clients which they may then sell locally for cash. However, AWC’s porters are required to have suitable mountain kit including a sleeping bag, sleeping mat, waterproofs, boots, gloves, hats, torch and warm clothes. Regular inspections are undertaken to enforce these standards and porters have to demonstrate they can meet this requirement before being assigned their next job. Over and above this, as there are no manufacturers of much of the required equipment in Tanzania, AWC regularly imports suitable kits from England. Over the years AWC has distributed at least 200 gortex waterproofs, 80 pairs of walking boots, 350 sleeping bags, 100 pairs of gloves, 50 sleeping mats, and 100 warm hats to its mountain crew.

Since 1999 AWC has provided in excess of 450,000 days of work for porters on Kilimanjaro. In this time, no porter has ever been seriously injured or died during their work on the mountain. This stands in direct contrast to the five to twenty porters that die each year on Kilimanjaro mainly through the negligence of other tour operators.
FOLUSO ALOKO

Foluso climbed Kilimanjaro in January 2017 and has some advice about fundraising:

“Set monthly targets for yourself and start fundraising early. I wrote a list of contacts and I emailed or text at least 10 people each week. I had a desk in church and that really helped raise awareness. I also sent ‘thank you’ messages and cards to each person that supported me. You can make the link to your fundraising page your email signature. Post regularly on social media and be creative with your ideas so you’re not asking for donations every time. Also, find out if your company offers matched funding. Lastly, be passionate about what you are doing and you will attract people’s interest.”
A vital part of this challenge is fundraising. The donations earned through your incredible efforts will bring hope to our persecuted church family around the world. With every step of your journey from the moment you signed up to the moment you reach the top of Mount Kilimanjaro, you’re supporting Christians who suffer for their faith.

Achieving your fundraising target will unquestionably be one of your toughest tests. However, if you set your mind to it, you really can meet and even exceed your target. The only limit to how successful you can be is your own creativity and imagination – often the freshest and perhaps even craziest ideas will be those that achieve the most.

To start you on the way, we want to suggest a few initial ideas. However, please feel free to think outside the box and come up with your own creative alternatives.

**TOP 5 FUNDRAISING TIPS**

1. *Don’t always ask, but don’t forget to either.*
   There are great rewards but also great risks when using digital avenues to promote your challenge. As tempting as it can be to post on Facebook every hour with a link to your donations page, this will turn people off. Invite your friends and audience on the adventure by engaging them with how you’re feeling, how the training is going and also why you’re passionate about the cause. However, you do still have to ask people every once in a while. If you never ask, you will never receive. A general rule would be to inspire your audience three times more than you ask.

2. *What are you passionate about?*
   People are attracted to passionate people. If you’re planning a fundraising event that you can’t wait to host and invite friends and family to then they will feel your drive and be inspired by what you’re doing. On the contrary, if you are dragging yourself to the village hall to host a quiz night that you wish you had never thought of, then don’t plan that type of event. What are your hobbies, skills and what makes you smile? Think creativity about how to link these into a fundraising event that people will come to.

   To maximise the number of people you have turning up at an event, make sure you let them know well in advance. The likelihood is the diaries of your friends and family are booked up months in advance. Get the date out there early so they can’t miss it!

4. *Get friends involved.*
   Your fundraising challenge could turn into a bit of a slow crawl to the finish line that is your target. To make sure you remain focused and supported, surround yourself with friends and family that you multiply your efforts with. Which ideas or tasks can you delegate out to free up your time and engagement with donors? Maybe they could even take on a portion of your fundraising target and host their own events through their friends and family? Don’t go alone and don’t be afraid to ask for help.

5. *Make sure you have fun along the way!*
   Your fundraising challenge will lead to some fantastic memories and events that people will talk about for a while to come. Make sure you are having fun along the way knowing that each donation will give hope and strength to Christians facing persecution. If you’re feeling discouraged at any point, take a moment to relax and think about how you can make the next push for sponsorship fun and engaging for both yourself and your supporters. Fundraising is a fun challenge to take on!
ONLINE FUNDRAISING:

Once you’ve registered for the challenge, you’ll need to set up a fundraising page. We recommend JustGiving. If you haven’t done this before, we can help when you sign up for your challenge. Spend a little time putting together your profile and include all the reasons why you’re undertaking the challenge and why you want to make a difference. Share your fundraising page with your friends and colleagues via social media, email, work intranet and any other messaging services asking them to support you. The more you’re able to spread the word about your challenge the better. Keep your social media profiles up-to-date with information about your training, the fundraising you’re undertaking, and photos. Continue to promote your challenge after the trek is complete – the fundraising can go on once you’ve returned and many may prefer to donate once they’ve seen the rigours of the challenge you’ve achieved!

RESOURCES AVAILABLE:

Here at Open Doors, we have a wide range of resources that will help you with your fundraising. Whether you would like a leaflet explaining what we do or a banner with our logo on, we would love to support you and make your fundraising as impactful and engaging as possible. When friends are informed and engaged by the cause and know where their money is going, they are more likely to give generously and joyfully.

Visit the Open Doors website to see what we can provide you with: www.opendoorsuk.org/fundraise
Make no mistake, reaching Uhuru Peak atop Mount Kilimanjaro is a gruelling and physically demanding challenge that will test all who attempt it. However, it is also a truly achievable challenge and, with the right approach, anyone can succeed.

The most sensible first step is to make an appointment to see your doctor to explain what you’re doing and check whether there are any particular personal issues you ought to be aware of when undertaking a challenge of this kind. This is particularly important for anyone with pre-existing conditions or ongoing health problems. Making an appointment for general advice can also be combined with a consultation on required vaccines and travel medication.

The biggest problem faced by those attempting Kilimanjaro is not lack of physical fitness but some degree of High Altitude Illness. Almost all participants will experience at least some of the symptoms associated with being at high altitude. Sadly however, there is no way to prepare or train yourself for the effects of altitude and the most sensible advice is simply to be aware of the condition when on the mountain and take all available precautions should you experience any symptoms.

However, this is certainly not to say that no training is required. Improving your general fitness in advance of travel really could make all the difference. The simple fact is that your fitness level will be in direct correlation with your ability not only to undertake, but also to enjoy the experiences that Kilimanjaro presents you with. Above and beyond this, the harder you have worked in advance of departure, the greater the sense of achievement come the end of the trip.

The most effective preparation directly mirrors what you’ll be doing on the mountain: walking. Take any opportunity you can find to walk – ideally over long and increasing distances. This will help to a limited extent with general fitness but, more importantly, it will help condition you to daily trekking. With this in mind, it is also highly advisable to walk in the very same walking boots that you intend to wear on the challenge. This will both wear the boots in so making them more comfortable, and allow you to become used to the boots and walking in them. It is also sensible to wear a daypack containing some of the items you’re likely to have with you on Kilimanjaro: a water bottle, fleece, and camera for example. Vary your walks and try to identify routes that allow you to experience different inclines – steep uphill and downhill as well as more gradual inclines or flat sections.

For more general fitness improvements, it is recommended that you undertake a mixture of the following:

**Cardiovascular or Aerobic Exercise:** These terms describe exercise of moderate intensity performed over a long duration. The benefits are wide-ranging, but most notably include strengthening and improved efficiency of your heart and lungs. Exercise of this nature can include jogging, cycling, swimming, rowing, using a cross-trainer, or taking part in an aerobics class – to name but a few. Any of these exercises, or perhaps a combination of them, would be of considerable benefit.

**Strength, Resistance, or Anaerobic Exercise:** These terms all describe exercise of a higher intensity performed over a very short duration, and the benefits include the strengthening and conditioning of specific muscles or muscle groups. Exercise of this nature includes the use of weights or weight machines to provide resistance. As a result, always ask for advice from a trained instructor prior to exercise to ensure the safe and correct use of all equipment. It is also possible to use the body’s own natural weight to provide resistance via exercises such as crunches, push-ups, pull-ups or lunges. For climbing Kilimanjaro in particular, it is recommended that resistance exercises that specifically strengthen the legs and back would be particularly beneficial.

Please remember that you do not need to resemble a professional athlete in order to climb Mount Kilimanjaro! Moderate and fairly regular exercise using a combination of techniques will be entirely sufficient. The aim should simply be to make you feel comfortable in undertaking physical activity, and confident of being able to trek for consecutive days over varying terrains and inclines.
High Altitude Illness refers to the three conditions that can be experienced by individuals ascending to altitudes typically higher than 2,500m: Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE), or High Altitude Pulmonary Edema (HAPE). There is no question that the biggest threat to your wellbeing on Mount Kilimanjaro is some degree of High Altitude Illness, so being aware of the risks and symptoms will help you react appropriately should it be required.

Illness at altitude occurs because of the change in atmospheric pressure as you ascend. Many people refer to the air, or oxygen in the air, as being thinner as they get higher and higher. In fact, this is not the case – the composition of air remains the same no matter the altitude. The problem is that for every 1,000m of altitude gained the atmospheric pressure drops by approximately 1/10th. The result is that it becomes harder and harder to fill your lungs as there is less pressure to push oxygen into your body. Given time however, the body will adjust to this atmospheric change through deeper and more frequent breathing, your blood thickening through the production of more red blood cells, and a faster heart beat. Much of this will happen almost immediately so easing the feeling of illness. However, your blood can take days to thicken so the body not having sufficient time to adjust can result in varying degrees of High Altitude Illness. There is an increased risk of susceptibility to High Altitude Illness for those with cardiac or pulmonary disease so consulting your doctor in advance of travel is highly recommended.

**Acute Mountain Sickness (AMS):**
AMS is a mild and commonly occurring condition for those attempting the summit of Kilimanjaro. It is usually self-limiting with symptoms including loss of appetite, nausea or vomiting, headache, fatigue, irritability, insomnia or dizziness. The majority of people climbing to this altitude will experience some degree of AMS and symptoms may take days to develop or can occur within hours. The milder versions can be managed through sufficient rest, and the use of pain-killing medication (most notably Ibuprofen) or Acetazolamide/DIAMOX. Responding to milder forms of AMS in this way may well result in the symptoms subsiding either in part or entirely. Almost all will experience some of these symptoms and the majority, whilst being sensible in their response, will be able to continue. However, symptoms should be carefully monitored for any signs of further deterioration – in which case descent should be undertaken.

**High Altitude Cerebral Edema (HACE):**
HACE is usually the result of the deterioration in condition for those suffering from severe AMS. The symptoms therefore include those of AMS but can also include hallucinations, disorientation, confusion, drowsiness, decreasing level of consciousness, blurred speech and double vision. Since HACE is the result of worsening severe AMS, it should be considered preventable by simply responding appropriately to signs of AMS in the first instance. Whilst the incidence of those experiencing HACE is less than 1%, any signs showed of the condition should be treated extremely seriously and immediate descent with supplementary oxygen undertaken.

**High Altitude Pulmonary Edema (HAPE):**
HAPE is a severe condition experienced by fewer than 1% of those at high altitude. HAPE is not always preceded by AMS and symptoms can include difficulty in breathing at rest, cough, weakness or decreased exercise performance, chest tightness or congestion, crackles or wheezing from either lung, a blue skin colour, rapid shallow breathing or a rapid heart rate.

Serious High Altitude Illness will very, very rarely develop. Our practical experience shows that, whilst you will probably suffer some mild symptoms of altitude before adapting and functioning normally, there are three key steps to achieving successful acclimatisation: drink plenty and eat well, walk slowly, and walk high/sleep low. Your guide team are trained to recognise the symptoms of High Altitude Illness and respond accordingly. They also carry an emergency oxygen system which can dramatically help with the symptoms listed above.
All participants should make an appointment with their local health centre to check that they have been suitably vaccinated. Your doctor or practice nurse will be able to advise you on what vaccines you will require according to your own individual medical history. The National Travel Health Network and Centre website [www.nathnac.org](http://www.nathnac.org) provides more information about the vaccine-preventable risks.

In addition, all participants should consult their doctor in relation to anti-malarial medication. Whilst malaria is a lower risk at high altitude, there will be times during the trip that you will be exposed to at-risk areas, so adequate awareness and protection is essential. Please follow the directions for use, but be aware that you may be required to start your medication course prior to departure.

It is also recommended that you discuss the impact of high altitude with your doctor. How altitude will affect you is unfortunately impossible to predict or prepare for. However, being aware of the potential impact of altitude and what the symptoms are is the best preparation you can make. Acetazolamide (commonly known as DIAMOX) can be used as a treatment against altitude, and should be considered if your doctor advises that it would be suitable for you. In addition, it is recommended that you bring a supply of standard painkilling medication such as paracetamol, ibuprofen or aspirin.

More information on this can be found via: [www.nathnac.org/travel/factsheets/altitude.htm](http://www.nathnac.org/travel/factsheets/altitude.htm)

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**VACCINES AND MEDICATION**

**VISAS**

This trip includes time spent in Tanzania and a tourist visa is required for entry into the country.

The application process and visa requirements can change, but details can be found via the website for the Tanzanian High Commission in the United Kingdom.

It is advisable to apply for your visa in advance of travel in order to have peace of mind at the time of entry. However, you can purchase your visa upon arrival into Tanzania. You will be required to fill in an application form upon landing and, having queued to see an immigration officer, this will be processed immediately. You will need to ensure your passport is valid for six months from the date of arrival and that you have two unused pages available. You will also need to ensure that you have sufficient currency to pay the required fee.

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**CURRENCY**

The local currency in Tanzania is Tanzanian Shillings – these can be purchased in advance of travel. However, US Dollars are also a recognised and accepted currency which can make life simpler – indeed, it is recommended that you do have US Dollars as all things related to the trek itself will be paid using this currency.

Please note that older versions of US Dollar notes are not accepted. Notes issued from 2006 onwards are accepted and you should ensure that any US Dollars you have meet this requirement.

The amount of currency you will need will be largely dependent on your own intentions and preparations. If you haven’t arranged your visas in advance, you will need at least $50 for visa application processing fees - please check on the High Commission website for the latest fee levels. You’ll also want money for tipping our guide and porter team at the conclusion of the trek – planning to have at least $150 available for this would be sensible. It’s also worth planning to have some money available to buy water, drinks or for other incidental expenses along the way. Otherwise, there will be opportunities throughout to purchase Kilimanjaro or Tanzania souvenirs, whether for yourself or as gifts, so you may also wish to have currency available should you decide to take up any such opportunities.

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More information on this can be found via: [www.nathnac.org/travel/factsheets/altitude.htm](http://www.nathnac.org/travel/factsheets/altitude.htm)
TRAVEL INSURANCE

You must take out an adequate personal insurance policy that covers you sufficiently for all aspects of this trip. Details, including policy number, insurer and emergency contact number, will be required prior to travel. Please be aware that, whilst you may have an existing policy in place, most insurers have a limit on activities of the kind included on this trip, or list a maximum altitude to which their policy will cover. Please do check the precise details of any existing policy to ensure that you do have adequate cover in place for this specific trip.

We do not specifically endorse any insurer, but we can advise that the following companies do provide cover for the activities being undertaken on this trip:

- The British Mountaineering Council (Please note: you will need to become a member of the BMC in order to apply)
- Columbus Direct
- Insure & Go
- Worldwide Travel Insurance
- STA Travel

When considering policy options please ensure that it includes an emergency contact number and provision for rescue and repatriation if required. It is also worth considering the excesses applying to the policy should a claim be made.
When preparing for Kilimanjaro, there is a balance to strike between packing enough so that you have all you need, and packing too much and therefore carrying too much weight.

Bear in mind in particular that there is a 15kg weight limit on the bag containing the majority of your belongings. This bag will be carried for you by a porter between the day’s camps. The remainder of your possessions will go into your daypack for you to carry, and suffice to say that your primary objective should be to keep this bag as light as possible. The following provides you with a list of the items that you will need; anything else should be carefully considered before being packed for travel.

It is worth noting however, that if you have extra items you want to take on the trip for when you’re off the mountain – including swimming attire, fresh clothes for dinner or other home luxuries – you will be provided with an opportunity to securely leave these at the hotel and collect them upon your return, avoiding the need to carry them up the mountain.

CLOTHING

On the ascent to Kilimanjaro’s Uhuru summit you will experience a very wide range of temperatures and settings. The key to being prepared for them all is to have a number of thin clothing layers available – allowing you to easily control your own body temperature day-to-day. This should include:

- **Thermal Underwear** [x1]: for the upper and lower body.
- **Trousers** [x2]: loose and comfortable (not jeans), and a second pair which is thick and warm.
- **Shorts** [x1]: for walking and relaxing at camp.
- **T-Shirts** [x3]: ideally with a collar for added sun-protection. Synthetic materials are generally lighter and will dry quickly.
- **Fleece** [x1]: good for both the ascent and as a warm, comfortable layer during the cold nights.
- **Jacket** [x1]: very thick and wind-breaking – essential for the ascent. Can be one-layer down or insulated jacket, or multi-layered fleece jacket.
- **Waterproofs** [x2]: jacket and trousers. You will be very glad of them if needed.
- **Socks** [x3]: thick and walk/trek-specific.
- **Gloves** [x1]: thick and wind-breaking. Glove liners are optional for added warmth.
- **Headwear** [x2]: sunhat with good-sized protective rim; thick beanie and/or balaclava.
- **Footwear** [x2]: properly sized, ankle supporting walking boots of proven quality and worn-in prior to travel are essential. Trainers for camp optional.
- **Sunglasses**: useful day-to-day but particularly so on summit day.
ESSENTIAL EQUIPMENT

- **Baggage:** a daypack with rain cover (approximately 30L capacity) to carry only the items you need on the walk from one camp to the next; a larger duffle bag or soft kitbag (approximately 70-100L capacity) in which the porter team will carry the remainder of your kit (suitcases or hard-sided bags are not suitable).

- **Sleeping Bag:** four-season with a stuff sack for storage. Sleeping bag liner is optional.

- **Sleeping Mat:** high quality and compressible. You will be very grateful for this piece of kit.

- **Water Storage:** 3-litre Platypus/Camelbak style water system; a separate plastic or metal wide-necked drinking bottle for use around the camp and on summit night.

- **Lighting:** a head-torch is essential for the ascent and useful around camp. A separate torch is optional. Don’t forget batteries!

RECOMMENDED

- **Walking Poles:** optional and depends on personal preference. Can be particularly useful on the summit descent.

- **Snacks:** a good supply of energy/snack bars is highly recommended. They are also popular with your porter team!

- **Water Flavouring Sachets:** optional but may help to take the edge off the taste of treated water – Wahoo water for example.

- **Gaiters:** optional and depends on personal preference. Can help avoid scree or water getting inside footwear.

- **Travel Pillow:** non-essential but will be very welcome if you can spare the space/weight.

- **Document Wallet:** for safekeeping of essential items such as passport, insurance certificate, money etc.

- **Camera:** you will regret it if you have nothing with which to capture this amazing experience.

- **Music:** if available, a very small, lightweight music player can help with rest and relaxation in your tent.

- **Plastic Bags:** a small stock for keeping clothes/equipment dry is recommended.

- **Water Purification:** boiled and treated water is provided, but you may prefer to treat the water further.

PERSONAL HYGIENE AND HEALTH

- **Wet-Wipes:** a good supply will be very welcome and useful for multiple purposes.

- **Anti-Bacterial Hand Spray/Gel:** a reassuring addition.

- **Travel Towel:** useful for achieving at least some level of personal hygiene.

- **Sun Cream and After Sun:** high factor protection is absolutely vital. Lip balm protection is also recommended.

- **Painkillers:** your preferred choice of paracetamol, ibuprofen or aspirin.

- **Medication:** imodium for severe diarrhoea; anti-malaria and DIAMOX tablets after consultation with your doctor.

- **Plasters/Blister Kits:** for alleviating discomfort caused by blisters.

- **Toothbrush and Toothpaste:** ideally travel sized.

- **Eye Drops:** the dusty, dry conditions can result in sore eyes. Eye drops can assist for those affected.

It is possible to rent some of these items – particularly items such as down jackets, sleeping bags, sleeping mattresses or walking poles, and other items on request. If you would like to rent items, it is advised to give advance notification and these will then be provided to you the day before the trek once in Tanzania.
An early start to the day as you depart on a 4-hour drive to the Rongai starting point. After registration, you will be introduced to your guides and porters who will remain with you for the duration of the trek. The walk begins from the attractive wooden village of Nale Moru on a small path that winds through fields of maize and potatoes before entering a pine forest. The track then starts to climb consistently, but gently through attractive forest that shelters a variety of wildlife. The forest begins to thin out and the first camp is at the edge of the moorland zone with extensive views over the Kenyan plains. This side of the mountain does not receive anywhere near as much rain as the western flank and the underfoot conditions do not deteriorate into the thick boggy mud that is not uncommon on the Machame route – that's not to say it won't rain though! Soon after this, around mid-afternoon, you will arrive at the first campsite where your camp should already be in position and a cup of tea waiting for you.

You will cross the seemingly never-ending lunar desert of the ‘Saddle’ between Mawenzi Peak and Kibo campsite, which lies at the foot of the Kibo crater wall. The open landscape affords stunning all-round views and, as you approach Kibo, you will begin to make out the winding summit path that you will take the following day. The remainder of the day is spent resting in preparation for the final ascent.

The morning consists of a walk up to the Second Cave on a steady incline and with superb views of Kibo and the Eastern icefields on the crater rim. In the afternoon the route then diverts away from the main trail across the moorland on a smaller path towards the jagged peaks of Mawenzi. The campsite is in a sheltered valley with giant Senecios near Kikelewa Caves.

A short but steep climb up grassy slopes and over several false ridges is rewarded by superb views and a tangible sense of wilderness. Vegetation is left behind shortly before reaching the next camp at Mawenzi Tarn, spectacularly situated directly beneath the towering spires of Mawenzi.

The afternoon will be free to rest or explore the surrounding area as an aid to acclimatisation.

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TREK – RACHEL JOHNS

Read about the trek from Rachel Johns who climbed Kilimanjaro in January, 2017.

“It’s so hard to try and describe the trek because it really was the most incredible thing I have ever done. The scenery every day was like nothing I have ever seen before, I remember one morning sitting eating breakfast watching the sun rise over Kenya and just feeling so in awe of it all.

There’s a Swahili phrase – ‘ushindi daima’ which means ‘victory forever’ – which reminded me that even though the night would be hard, it was only temporary, and by the end of it we would have made it to the summit of Kilimanjaro, something we would have with us for the rest of our lives.”

TREK DAY 5

10-15 HOURS – 3.1 MILES + 9.3 MILES
DESMCENT – 4,700 > 5,895M > 3,720M
The final and most demanding part of the climb takes place by torchlight departing at 12am on a switchback or zig-zagging trail through loose volcanic scree to the crater rim at Gilman’s Point (5,685m). After about 5-6 hours and all the false ridges you will encounter along the way, it may come as a surprise when you make it! There is a short rest to enjoy the spectacular sunrise over Mawenzi, followed by a 2-3 hour round trip to Uhuru Peak, passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. You won’t spend long at the summit due to the temperatures and the chance of changing weather conditions, and you are then faced with the descent, which is all too easily forgotten!

Coming down may not be as tough as going up, but it does present its own set of difficulties – mainly knee and toe related. Knee problems can be alleviated by proper use of walking poles, and toe problems should be alleviated by tightening your boots up before the descent so as to prevent your toes being crushed against the front of your boots. The descent between Gilman’s Point and Kibo is the steepest and most challenging part due to the long scree slopes. If you have the confidence and the energy, then you can scree-run down. If not, it is a long and tiring slide down the loose surface – though quicker than on the way up! You will have the chance to lie down at camp and briefly attempt to recover. In most cases the group will have split off naturally into different paces during the ascent so camp will be the place where everyone reconvenes and recounts the experience. Once all have returned, the descent from Kibo to the final camp at Horombo is a generally gradual descent that is often undertaken in a kind of post-summit daze. The remainder of the descent takes place along the busy Marangu Trail offering an entirely different perspective and view from your route up. At this point a singular desire will be forefront of your mind – to get back down – and arrival at the final camp will be a real relief!

TREK DAY 6

5-6 HOURS – 12.5 MILES – 3,720 > 1,650M
The day will begin with a ritual ceremony where the support team thanks the climbers for coming to see their mountain. The climbers respond with thanks and allocation of tips via the Chief Guide. Tips are determined at your discretion but, as a guideline, $150 per person would be a good starting point to reflect the level of service received. Your desire to get back to the resort for a return to daily comforts will only have grown stronger, and it is this that will continue to motivate you down to the Marangu Park Gate. The post-climb registration is followed by a farewell to your support team – which will usually be an emotional time due to the bonds you will have struck during your time together on the mountain. An awaiting car will then take you on a journey back to the resort where you will have a chance to relax, enjoy a swim, a meal and drink.
Daily routine on Kilimanjaro is very different to life as you know it and without all of the luxuries that you’re used to. However, there is something particularly appealing about life on the mountain and many people return saying that they miss the daily routine that they’d become so used to. So what is that routine?

You receive a morning wake up from one of your guides. He will unzip your tent and ask how you are before offering you a cup of tea or coffee, served in your tent. Shortly after you will be provided with a bowl of warm water outside your tent with which you can wash yourself as best you can – simply known as ‘washy, washy’ – and brush your teeth before getting dressed.

You then head to the communal mess tent for breakfast. Before any meal, several bowls of warm water will be placed outside the mess tent – one will include Dettol for you to thoroughly wash your hands, and the others will be plain water for rinsing off. There will also be a bucket outside the mess tent for you to place your water bottles, which will then be refilled on your behalf for the day ahead. The mess tent includes a long table and camping chairs and once everybody is seated breakfast will be served. Breakfast would typically consist of seasonal fresh fruit such as mango, banana or watermelon, porridge, cooked eggs, sausage, bacon and toast. At the end of breakfast you will also be presented with energy snacks for you to take on the day’s walk such as biscuits, bananas and chocolate bars.

After breakfast you will return to your tent to pack up your belongings – the majority going into your larger kitbag, but those you’ll need during the day going into your daypack. Your daypack will likely include your filled water system, waterproofs, clothing layers, sun cream, sunglasses, sunhat, painkillers, camera and daily snacks. Having vacated your tent you will notice that the camp around you is swiftly and efficiently dismantled and packed away as if it had never been there. This is your last chance to make sure you’ve done what you need for the day ahead – including applying sufficient sun cream. You will then all collectively set off for the next camp.

The pace will be set by your guide and will be very steady. A phrase which you will likely hear plenty of is ‘pole, pole’ (pronounced ‘poley, poley’) which simply means ‘slowly, slowly’ in Swahili. This however is more than just a phrase, it’s a principle which you should make a central part of your mindset on the mountain. Reaching your day’s camp or even the summit itself is in no way, shape or form a race. Your ability to acclimatise correctly and successfully is dependent on a gradual rate of ascent. The only way to achieve this is to take everything ‘pole, pole’ at all times. Whilst you might feel able to walk at a quicker pace, trust your guides as they are experts at what does and doesn’t work for reaching the summit. As you walk you will be passed by all your porters carrying your possessions and the mobile camp with them.

During the walk remember to keep drinking your water very, very regularly. Fluid intake improves circulation and most other bodily functions and will therefore ensure that you feel as well as possible, as well as potentially helping with any symptoms experienced due to altitude. It is recommended that you achieve a fluid intake of 4 to 5 litres per day – the entire supply from your water system as well as plenty of hot drinks and hot soup back at camp. Whilst being a slightly personal instruction, if your urine is clear and copious you are drinking enough, if not you need to start drinking more.

On longer walking days you will be supplied with a packed lunch for eating en-route. However, ordinarily you will reach the next camp in time for a hot lunch. Your porters will have beaten you there and set up the whole camp ahead of you.
allowing you to drop your bags off in your tent and then head to the mess tent – washing your hands on the way. A hot lunch will typically consist of soup, bread or pancakes, cheese, tuna, jam, peanut butter, pasta salad and cake.

After lunch you will have a chance to rest and relax – be it in your tent or with the rest of the team. However, this will only be relatively brief as you will then set off on a short acclimatisation walk to let your body sample the stress of a higher altitude before descending back down to camp. This is an important technique known as ‘walk high, sleep low’ and can offer significant relief from potential High Altitude Illness. This acclimatisation walk will be followed with another opportunity for a wash using a bowl of hot water outside your tent. Afternoon tea will then be served later in the afternoon as another opportunity to increase your fluid intake. This is quite a social and restful time allowing you to interact with the group, your guides and porters.

Dinner will usually be served relatively early and is the main meal of the day, consisting of three courses: soup and bread, a main dish such as rice, potatoes or pasta with fish, meat or vegetables, and dessert, often of fruit. This will be served in the mess tent under a bright LED torchlight suspended from the ceiling. During dinner the sun will probably have set and it will be pitch black outside by the time you leave. It is therefore sensible to plan ahead and take a pocket torch or head-torch with you. You will once again be able to put your drinking bottle into the bucket for it to be refilled for the night ahead. Whilst the days are usually very hot on Kilimanjaro, the nights are very cold and it is recommended that you dress accordingly – a fleece and thick trousers for example.

Prior to the end of dinner, your Chief Guide will come into your tent to debrief on the day just gone, and brief you on the day to follow. It is also your opportunity to ask any questions and report back on how you’re feeling. Given the temperature and lack of light outside of the mess tent, you may all wish to remain for a short while after dinner to socialise and have some down time. However, be warned – stay up too late and your guides may just come and gently encourage you that it is time for bed!

Sleeping in your tent and sleeping bag is something you will become more familiar with as the days go on. Unfortunately your nights may well be regularly interrupted by needing to use the toilet – a necessary consequence of taking on all of the fluids that your body needs. You will therefore become used to the difficulty of putting on shoes and unzipping the tent quietly in the dark to sneak out for such a purpose. However, on a clear night this will be rewarded by a staggering view of the stars – brighter than you will ever have experienced before.

This perhaps somewhat disturbed night’s sleep will then be followed by your daily wake up call, and the daily routine beginning all over again!

The exception to this routine comes on the summit day. The day before will not include an acclimatisation walk or ‘washy, washy’, and you will head to your tent to sleep much earlier in the day. If you’ve managed to sleep at all, you will then be woken shortly before midnight when you will get dressed for the summit attempt. Before leaving you will have the chance to eat – you probably won’t have any appetite but taking on whatever you can is very important and will help you with energy levels on the ascent. You will leave your camp exactly as it is as your porter team will remain here to look after everything – including your belongings. Soon after midnight you will then set off, all bundled up with nothing but your head-torch to show you the way.
It’s very likely you will be keen to express your thanks to all those who have provided so much help on your way to the summit.

A special ceremony takes place after breakfast on the morning of the ascent. This includes your entire support team offering their thanks for visiting the mountain, followed by your opportunity to thank them in return. Monetary tips are usually pooled and presented on behalf of the whole group. A spokesman will announce how much each tier of the supporting team has been allocated during the tipping ceremony and will then distribute the tips accordingly.

Additionally, you’re welcome to offer specific gifts or tips to individual members of the support team. It may be that you want to present your assistant guide with an item of clothing, or the porter who carried your bag with an additional monetary tip. Above and beyond this, a bag will ordinarily be made available for all members of the group to give any item or items they wish, be it clothing or equipment. The contents of the bag will then be distributed by the Chief Guide. It is worth giving advance consideration to what items you would like to give as gifts to your support team.

You will be amazed at how many people it takes to ensure you have a safe and enjoyable experience on your way to the summit of Kilimanjaro. For a group of 22 people, the following team would be required – broken down into tiers of responsibility:

- 1 x Trip leader
- 1 x Chief guide
- 9 x Assistant guides
- 2 x Chefs
- 13 x Helping porters
- 44 x Ordinary porters

Tips are customary but not obligatory and the final decision is at your discretion, according to your experience.
RightFoot Adventures Limited

Booking Terms and Conditions:

These Booking Conditions, together with any additional information provided to you before you book your Adventure Challenge, form the basis of your contract with RightFoot Adventures Limited, company number 07515678. The registered address is The Brewery Business Centre, Belas Yew Green, Frant, East Sussex, TN3 9YD. Please read these Booking Conditions carefully as they set out our respective rights and obligations. All bookings are accepted by RightFoot subject to these Booking Conditions. These booking conditions form the entire agreement between us.

DEFINITIONS

(a) Charity Partner means the Charity acting as booking agent on behalf of RightFoot
(b) "Project" means a project run by our Charity Partner in the country where you carry out your programme. You will have paid in full to the Project as part of your Package. This will be listed clearly on your booking receipt
(c) "Adventure Challenge" means the programme or adventure experience you are undertaking in order to raise the sponsorship for the linked Charity.
(d) "Package" means a confirmed booking for the provision of flights, accommodation, transport, Challenge participation and transfers to and from the Project to the Challenge.

1. MAKING YOUR BOOKING

You are a booking and/or payment agent to facilitating the contract between RightFoot subject to these Booking Terms and Conditions: Booking in accordance with these Booking Terms and Conditions:

2. PRICING

The price of your Package is as advertised, which includes all flights, accommodation, and internal transfers but does not include the costs of personal equipment, tips, overseas airport taxes, government imposed fees, additional food or drink or personal expenses/spending money, transport to and from the airport of departure, in the UK, or the costs of the necessary VISAs or vaccinations required for entry into the country for your specific Package.

3. ACCOMMODATION

Where applicable, if you pay by credit card we may make a charge of up to 2.5% for each payment made this way to defray costs, expenses and charges incurred by us in connection with credit card payments. If your payment is not honoured for any reason whatsoever, we are entitled to make an administration charge of £25.

4. YOUR FINANCIAL SECURITY

We provide this security by way of a bond held by a third party on our behalf.

5. RISKS & HEALTH WARNINGS

An adventure tour is not without risks. You must be adequately fit to undertake the program set out in your itinerary. You therefore take part entirely at your own risk and agree to indemnify us, our employees, agents, sub-contractors and suppliers against claims for loss or damage to personal property or for loss or consequential losses or claims through your participation in this tour arising from your own actions. You take the risk that you will be able to satisfy all immigration customs or other authorities to be granted lawful access in to all the countries on the itinerary. If you are refused access, we do not accept liability for any costs and expenses you incur in trying to return to the UK. We will give such assistance as we can in the circumstances without any obligation upon us to do so and without any liability for our actions on your behalf. We have a policy to not pay any ransom or make any payments in order to secure the release of hostages. All participants must wear safety clothing or equipment such as may be required in the country concerned or under the rules and regulations of any local service provider of any activity undertaken by you.

Your booking is accepted on the understanding that you realise the hazards involved in this kind of Adventure Challenge, particularly in consideration of the unusual activities undertaken. You acknowledge that by the very nature of our activities you are exposed to an element of personal risk and that the activities are of a personally hazardous and unpredictable nature. You consent and agree to the risks inherent in the implementation of this contract and accept as reasonable the limitations of RightFoot’s responsibility as set out in these terms and conditions.

Virtually all of our Adventure challenges take place in remote areas of the developing world. No matter how much preparation and organisation goes into any event, things can and often do go wrong. Health and safety and general operational standards of our total operation meet Western standards. If you cannot accept certain last minute changes, please rethink before booking. Please note that changes in our brochure should be taken as an indication of what each group should accomplish and not as a contractual obligation on our part.

You must be in suitable physical condition to undertake the Adventure Challenge as set out in the itinerary and be fully aware of the possible risks inherent in adventure travel. You need to be a minimum of 18 years old. The Adventure Challenges you will take part in are strenuous and you should consult a Doctor if you have any doubts about your suitability to participate in the challenges and abide by any advice given to you. We reserve the right to request a medical certificate from your doctor and from time to time may ask participants to fill out a medical questionnaire. It is your responsibility to keep us advised of any medical conditions that you have or that develop after your registration that may be relevant for your safe participation on the Adventure Challenge. If you are over the age of 65 we will ask you to ensure you fill out a medical questionnaire. For a full ATOL certificate you must hold a passport which is valid for at least 6 months from the date of your return to the UK.

A deposit toward the costs of your Package is required to confirm your booking. We will confirm the exact amount of the deposit due at the point of booking. The remaining balance is payable two months prior to departure. The remaining balance can be paid either by fund-raising the remaining amount or by simply paying the remaining amount.

After we have received your deposit payment and issued a confirmation invoice and/or ATOL receipt, a contract exists between you and us, effective at the date printed on the invoice and/or ATOL Receipt for flight inclusive bookings. A binding contract will come into effect when you receive your booking confirmation and/or ATOL receipt.

We reserve the right to refuse any booking prior to the issue of your written confirmation. If we do this, we will tell you in writing and promptly refund any money you have paid to us. In this case we shall not have any liability towards you.

We will provide you with your written confirmation either by post or by email.

5. TIME & CONFIRMATION

The price of our flight inclusive arrangements includes the amount of £2.50 per person as part of the ATOL Protection Contribution (APC) we pay to the CAA. This charge is included in the advertised prices. Not all Packages or travel services offered and sold by us will be protected by the ATOL Scheme. Please ask us to confirm what protection may apply to your booking.

6. DISABILITIES

Places are subject to availability and will be allocated on a first come, first served basis for those who properly complete the booking formalities. We reserve the right on reasonable grounds to decline your request to participate in the Adventure Challenge. Your entitlement to participate depends on us being satisfied that there are no circumstances under which we ought properly to decline your participation in the Adventure Challenge in question. Our decision on your participation shall be final and binding. In any circumstances where we decide that you may not participate in the challenge your deposit will be refunded to you in full.

Medical Treatment: It is a condition of joining any Adventure Challenge that in cases of emergency we have your authority to arrange any necessary medical or surgical treatments and to sign any required form of consent on your behalf.

7. SPONSORSHIP & FUNDRAISING

You commit to raise a minimum sponsorship payment for the challenge you are undertaking in order to raise the sponsorship for the linked Charity.

8. CANCELLATION & REFUNDS

The right to cancel your booking will result in us assuming the risk of losing the full deposit you have paid, either by you or by a charity on your behalf.

9. CONTRACT

All bookings are subject to availability. You must be at least 18 years old and hold a passport which is valid for at least 6 months from the date of your return to the UK.

The Return Flight is included in the cost of the Package and in such circumstances we will notify you of the invoice and you for any additions, with payment due 2 months prior to departure.

If there is an increase in the price of your Package of more than 10% as a result of any combination of the above you have the right to cancel your booking and receive a full refund. We will inform you of any surcharge or price increase in writing and if you wish to cancel your booking you must do so within 2 weeks of receiving our letter or invoice. Failure to cancel your booking will result in us assuming that you have elected to accept any surcharge or price increase and this will be due for payment 2 months prior to departure.

3. ACOMMODATION

The availability or provision of accommodation is subject to the ‘house rules’ of the accommodation or the Challenge may be based in a country where travel and accommodation standards are less than those used in the UK. Standards of accommodation will vary from extremely basic to adequate and in some circumstances, you may have to do without essential services. The Package is based on using twin or triple accommodation (where applicable), and a shared bathroom unless you advise us at the time of booking that you would prefer it to be provided electronically or by email. It is your responsibility to check your emails regularly and to advise of any change to your email address.

As soon as your confirmation is received, you must check the details carefully. If anything is not correct you should tell us immediately.

We regret that we cannot accept responsibility if you do not tell us about any mistake in any document within ten days of our sending it out. We will do our best to rectify any mistake notified to us outside these time limits but you must meet any costs in doing so.

The entire agreement between us.

(b) RightFoot is not responsible in cases of emergency you are exposed to the nature of many of our activities you are exposed to. You acknowledge that by the very nature of our activities you are exposed to.
### RightFoot Adventures Limited Booking Terms and Conditions:

**target set will be used by the Charity linked to you is twice the price paid by or on behalf of the person(s) affected.**

- **(a)** loss of and/or damage to any luggage or personal possessions and money. The maximum amount we will have to pay you is the excess of your insurance policy total because you are assumed to have adequate insurance in place to cover any losses of this kind.

- **(b)** Claims not falling under (a) above or involving injury, illness or death.

- **(c)** The Commonwealth of Australia as the operating carrier or transport company’s own insurers in connection with claims.

- **(d)** The Paris Convention (with respect to hotel accommodation and/or transfers) the consequences of which could not have been avoided even if all due care had been exercised, or

- **(e)** An event which either ourselves or suppliers could not, even with all due care, have forestalled or forestalled.

### 13. COMPLAINTS

- **(a)** The act(s) and/or omission(s) of the person(s) affected;

- **(b)** The act(s) and/or omission(s) of a third party connected with the provision of the services contracted for and which were unforeseeable or unavoidable; or

- **(c)** Unusual or unforeseeable circumstances beyond our control, the consequences of which could not have been avoided even if all due care had been exercised, or

- **(d)** The act(s) and/or omission(s) of a third party connected with the provision of the services contracted for and which were unforeseeable or unavoidable; or

- **(e)** Unusual or unforeseeable circumstances beyond our control, the consequences of which could not have been avoided even if all due care had been exercised, or

### 14. OUR LIABILITY TO YOU

- We will not be responsible or pay you compensation for any injury, illness, death, loss, damage or expense, cost or other claim of any description if it is caused by:

<table>
<thead>
<tr>
<th>Number of days before start of your package</th>
<th>Compensation per party</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 7 days</td>
<td>Nil</td>
</tr>
<tr>
<td>8 – 21 days</td>
<td>£25.00</td>
</tr>
<tr>
<td>22 – 49 days</td>
<td>£40.00</td>
</tr>
<tr>
<td>50 – 70 days</td>
<td>£60.00</td>
</tr>
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</table>

### 12. CANCELLATIONS OR CHANGES BY US

- It is unlikely that we will have to make changes to your package arrangements but occasionally, as we make the arrangements for your package many months ahead, we may have to make changes both before and after payment has been made and/or cancel confirmed packages.

<table>
<thead>
<tr>
<th>Number of days before departure a significant change or cancellation of your confirmed package is requested by you</th>
<th>Compensation per party</th>
</tr>
</thead>
<tbody>
<tr>
<td>more than 12 weeks</td>
<td>Nil</td>
</tr>
<tr>
<td>12 – 14 weeks</td>
<td>£25.00</td>
</tr>
<tr>
<td>15 – 28 weeks</td>
<td>£40.00</td>
</tr>
<tr>
<td>29 – 42 weeks</td>
<td>£60.00</td>
</tr>
<tr>
<td>43 – 70 weeks</td>
<td>£100.00</td>
</tr>
</tbody>
</table>

### 11. IF YOU CANCEL YOUR PACKAGE

- If you have to, or wish to, cancel your booked package, the party leader must immediately contact us and then confirm your cancellation. The day we receive your telephone notification of cancellation is the date on which your booking is cancelled. If you cancel, a cancellation charge will be levied as shown in the following table.

<table>
<thead>
<tr>
<th>Number of days before start of your package</th>
<th>Cancellation Charge</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 7 days</td>
<td>Full Deposit (including any Deposit due plus the total cost of any flights booked)</td>
</tr>
<tr>
<td>8 – 21 days</td>
<td>50% of total invoice cost including supplements</td>
</tr>
<tr>
<td>22 – 49 days</td>
<td>75% of total invoice cost including supplements</td>
</tr>
<tr>
<td>50 – 70 days</td>
<td>100% of total invoice cost including supplements</td>
</tr>
</tbody>
</table>

### 10. CHANGES BY YOU

- We limit the amount of compensation we may have to pay you if we are found liable under this clause –

- Failure to provide adequate travel insurance or to inform us of any pre-existing medical conditions, if we or our suppliers perform or fail to perform or carry out our obligations under the contract as set out below. Subject to these booking conditions, if we or our suppliers perform or arrange your contracted package arrangements negligently, taking into account all relevant factors, we will accept liability for our negligence.

- We will not be responsible or pay you compensation for any injury, illness, death, loss, damage or expense, cost or other claim of any description if it is caused by:

### 9. CUTTING YOUR TRIP SHORT

- The number of confirmed participants for each Adventure Challenge must not be less than 12 and must not exceed 29. We reserve the right to refuse to confirm a place for any participant who is not in possession of all the necessary medical certificates and/or current travel insurance. RightFoot requires that you ensure that all participants have adequate insurance cover. The number of confirmed participants for each Adventure Challenge may be affected. We regret we cannot accept liability for any claims which are not notified to ourselves and/or our suppliers strictly in accordance with this clause.

### 8. MINIMUM AND MAXIMUM NUMBERS

- Most Participants complete all elements of the package booked. However, on occasions Participants are obliged to cut short their trip for reasons such as ill health. If you are obliged to cut short your trip for whatever reason, RightFoot cannot provide a refund of National Park fees, flights or accommodation costs. Any additional accommodation and/or transfer fees, flights and accommodation costs and any medical costs incurred will be your responsibility. For the avoidance of doubt, these will not be the responsibility of RightFoot. You must ensure that you have adequate insurance in place to cover these eventualities. RightFoot requires that you take a credit card with you on the trip to cover any such unexpected costs. RightFoot are under no obligation to pay for any additional costs, but in the event that we do provide additional assistance we hereby guarantee that you will personally (if not recoverable through your insurance policy) reimburse us upon your return from the trip.

### 7. CHANGE TO PASSENGER NAMES

- If for whatever reason you are not able to take up your place on the booked package you will forfeit your Registration fee and sponsorship donations made to the Charity will not be refundable to you directly. Money will only be refunded by the Charity directly to individual donors upon written request to the Charity, unless agreed otherwise with the Charity by you.

### 6. TRAVEL INSURANCE

- Whether we can be held responsible for your personal belongings, please note that (e) g. hotel, car rental company, airline) as well as our guide immediately so that the matter can be put right. You should also complete a report form when you return from your trip. If the supplier(s) and/or their own insurers in connection with claims.

### 5. TRAVEL ADVISORY

- Where an alternative package arrangements as offered to you.

### 4. TRANSPORTATION

- You are responsible for informing the relevant supplier of the reason for your request, all changes will be subject to any applicable rate changes or extra costs incurred. You may impose higher cancellation charges.

### 3. CANCELLATION CHARGES

- The act(s) and/or omission(s) of a third party connected with the provision of the services contracted for and which were unforeseeable or unavoidable; or

<table>
<thead>
<tr>
<th>Number of days before start of your package</th>
<th>Compensation per party</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 70 days</td>
<td>£15.00</td>
</tr>
<tr>
<td>71 – 100 days</td>
<td>£25.00</td>
</tr>
<tr>
<td>101 – 149 days</td>
<td>£40.00</td>
</tr>
<tr>
<td>150 days or more</td>
<td>£60.00</td>
</tr>
</tbody>
</table>

### 2. PAYMENTS

- If you are not able to take up your place on the booked package you will forfeit your Registration fee and sponsorship donations made to the Charity will not be refundable to you directly. Money will only be refunded by the Charity directly to individual donors upon written request to the Charity, unless agreed otherwise with the Charity by you.

### 1. DESCRIPTION OF TRAVEL

- Changes to passenger names up to four weeks of your departure you may have to pay as possible. If you make a change within ten weeks of your departure, you will have to pay the full cost of the tickets originally booked. Where we are unable to assist you and you do not wish to proceed with the original booking we will treat this as a cancellation by you and cancellation fees will be payable.

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<td>£40.00</td>
</tr>
<tr>
<td>22 – 28 days</td>
<td>£60.00</td>
</tr>
<tr>
<td>29 – 42 days</td>
<td>£100.00</td>
</tr>
</tbody>
</table>

- Please note that changes to flight details are often treated as a cancellation by airlines.

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- When arranging transportation operating carrier or transport company’s own insurers in connection with claims.

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<td>29 – 42 days</td>
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</table>

### 1. DESCRIPTION OF TRAVEL

- Whether we can be held responsible for your personal belongings, please note that (e) g. hotel, car rental company, airline) as well as our guide immediately so that the matter can be put right. You should also complete a report form when you return from your trip. If the supplier(s) and/or their own insurers in connection with claims.
these international conventions and those 'Conditions of Carriage' set out in your brochure. We acknowledge that all of the terms and conditions contained in those 'Conditions of Carriage' form part of your contract for travel and that you agree to be bound by them.

(ii) In any circumstances in which a carrier is liable to you by virtue of the Denied Boarding Regulation 2004, any liability we have in such a contract with you, arising out of the same facts, is limited to the remedies provided under the Regulation as if for this purpose only we were a carrier.

(iii) When making any payment, we are entitled to deduct any money which you have received or are entitled to receive from the transport provider or hotelier for the complaint or claim in question.

(ii) It is a condition of our acceptance of liability under this clause that you notify any claim to ourselves and our supplier(s) strictly in accordance with the complaints procedure set out in these conditions.

(iii) Where any payment is made, the person receiving the payment is responsible for being satisfied that it is under 18 years must also assign to ourselves and our insurers any rights they may have to claim on your behalf.

4. RESPONSIBILITY AND LIMITATION OF LIABILITY

We are not responsible for any fault or failure which is the result of circumstances beyond our control, the consequences of which could not have been avoided even if all due care had been exercised, or in the event which we or our suppliers, even with all due care, could not foresee or forestall, and you suffer an injury or other material loss, we will offer you such prompt assistance as is reasonable in the circumstances. Please note, prompt assistance pertains to first aid and guidance only and does not relate to payment of any additional costs you may have incurred.

16. FORCE MAJEURE

We will not accept liability or pay any compensation for any circumstances to whom we or our subcontractors or suppliers are not in control. We will not accept liability or pay any compensation for any circumstances to whom we or our subcontractors or suppliers are not in control.

17. SPECIAL REQUESTS

Failure to make any special request will not be a breach of your contract. Conditional bookings cannot be accepted in any booking which is specified to be conditional on the fulfilment of a particular request.

18. ACCURACY OF PROMOTIONAL MATERIAL

All information is contained in any of our promotional material, eg brochures, advertisements, mail-shots, websites and e-shots, is based on information available at the time of publication. We reserve the right to change any information before your package is confirmed and the amended information will then form part of your contract with us. Whilst every effort is made to ensure the accuracy at the time of printing, changes or errors may occasionally occur. We reserve the right to correct errors prior to confirming your package.

19. BEHAVIOUR

We reserve the right within our reasonable discretion to terminate the package, without notice, if your or your party’s conduct or behaviour is disruptive in any way and affects the enjoyment of other persons taking part on the package. We shall not accept liability for any extra costs incurred by you or your party as a result of our doing so, and no refund will be paid to you. Aircraft captains have the right, at their absolute discretion, to refuse boarding to any person who is unacceptable under the influence of alcohol or drugs. If for this reason you are denied boarding on your outward flight, we reserve the right to treat this as a cancellation by you and you will not be entitled to a refund.

20. INSURANCE

It is a condition of your contract with us that you have the appropriate insurance cover for the duration of your trip, and that it is adequate for any extra costs incurred by you or your party as a result of any events which we have not been able to foresee or forestall, and you suffer an injury or other material loss, we will offer you such prompt assistance as is reasonable in the circumstances. Please note, prompt assistance pertains to first aid and guidance only and does not relate to payment of any additional costs you may have incurred.

21. PASSPORTS AND VISA INFORMATION FOR BOOKINGS

It is your responsibility to ensure that you and all members of your party are in possession of all necessary travel and health documents before departure. All costs incurred in obtaining such documents must be paid by you.

We will not accept any liability if you or any members of your party are refused entry onto any transport or into any country due to the failure on the part of the person concerned to carry or supply correct documentation. The following information is for guidance only and you must check the relevant websites to check the up to date advice before you travel. The passport, visa and health requirements applicable change from time to time. Repatriation, cancellation or delay to flights.

All dates and other information are published as at the time of printing, regrettably errors do occasionally occur. We reserve the right to correct errors prior to confirming your package.
HAVING SIGNED UP:
- Create your fundraising page and tell everyone about it
- Plan and start your fundraising initiatives
- Health check with GP

AT LEAST 2 MONTHS PRIOR TO DEPARTURE:
- Vaccines and medication, including prescriptions
- Arrange your travel insurance
- Ensure your passport has six months remaining and two unused pages
- Visa application (if required)
- Check and double check you have all the clothes and equipment you will need

IMMEDIATELY PRIOR TO DEPARTURE:
- Local currency / US Dollars
- Copies of your insurance certificate and emergency contact details
- Your passport