



# Oshwal Kilimanjaro Trek 2017

in aid of Oshwal Medical Camp 2018

*Join us for an Oshwal adventure of a lifetime!!*

Information Pack – dated 27 May 2017

E&OE

## Oshwal Kilimanjaro Trek 2017

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# Vision

Inspire young Oshwals to embark upon an adventure of a lifetime to help the underprivileged through the relief of poverty, advance of education and protection of health, in line with Jain teachings.

### Medical Camp

Back in December 2010, Oshwal Association of the UK raised c£150,000 to help the underprivileged in Jamnagar, India, as part of worldwide efforts by Oshwal and provided over 31,000 items of aid, such as artificial foot and hand aids, crutches, waist, collar & knee belts, tricycles and wheelchairs, hearing aids, etc. and in so doing the lives of many underprivileged was improved.

As part of 2018, when our Association will be celebrating 50 golden years in the UK, our community has embarked upon putting together another medical camp to provide many items to aid the disabled and those with special needs as well as to cater for other medical needs such as slight, dental and health.

The medical camp will be held in February 2018 at Oshwal Centre, in Jamnagar, India, and we are aiming to raise c£150,000+ of funds to help us host this medical camp.

To this end, Oshwal Youth are leading the cause by undertaking a fundraising trek, where we will be joined by some of our fellow Oshwals from Kenya to climb the worlds highest free-standing mountain – Kilimanjaro, in Tanzania.



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# Fundraising Ideas

## Oshwal Trekkers Group Target £50,000

Individual Minimum Target £1,000

Each participant will be expected to raise a minimum of £1,000 for Oshwal Association of the UK, for the Oshwal Medical Camp 2018, and as with keeping with the Oshwal ethos, all your own costs are independent of donations raised.

Here are some suggested fundraising ideas, but be as creative as you can!

- Fun runs
- Bake sales
- Dinner and dance
- Busking
- Personal collection
- Raffles

### Methods of Payment

All funds raised for medical camp should be made payable to “Oshwal Association of the UK”.

#### Cheque

Payable to “Oshwal Association of the UK” Please post to:

Oshwal Centre, Coopers Lane Road, Northaw, Herts. EN6 4DG.

Please note **your name & address** on the back of the cheque.

#### BACS / On Line

Please Remit to: Oshwal Association of the UK

Bank: Barclays Bank plc

Account No: 00757969

Sort Code: 20-35-90

Please quote **KILI2017** and **your first name** as a reference.

#### Online Donation through our Website

You can also donate through our website, using the link as follows:

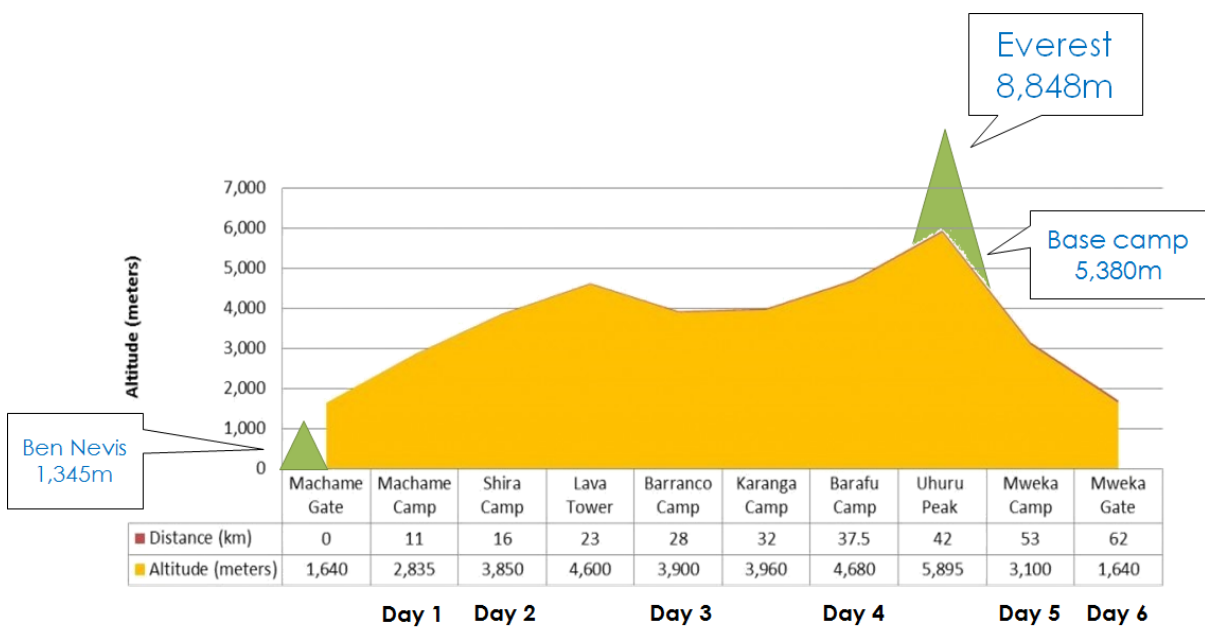
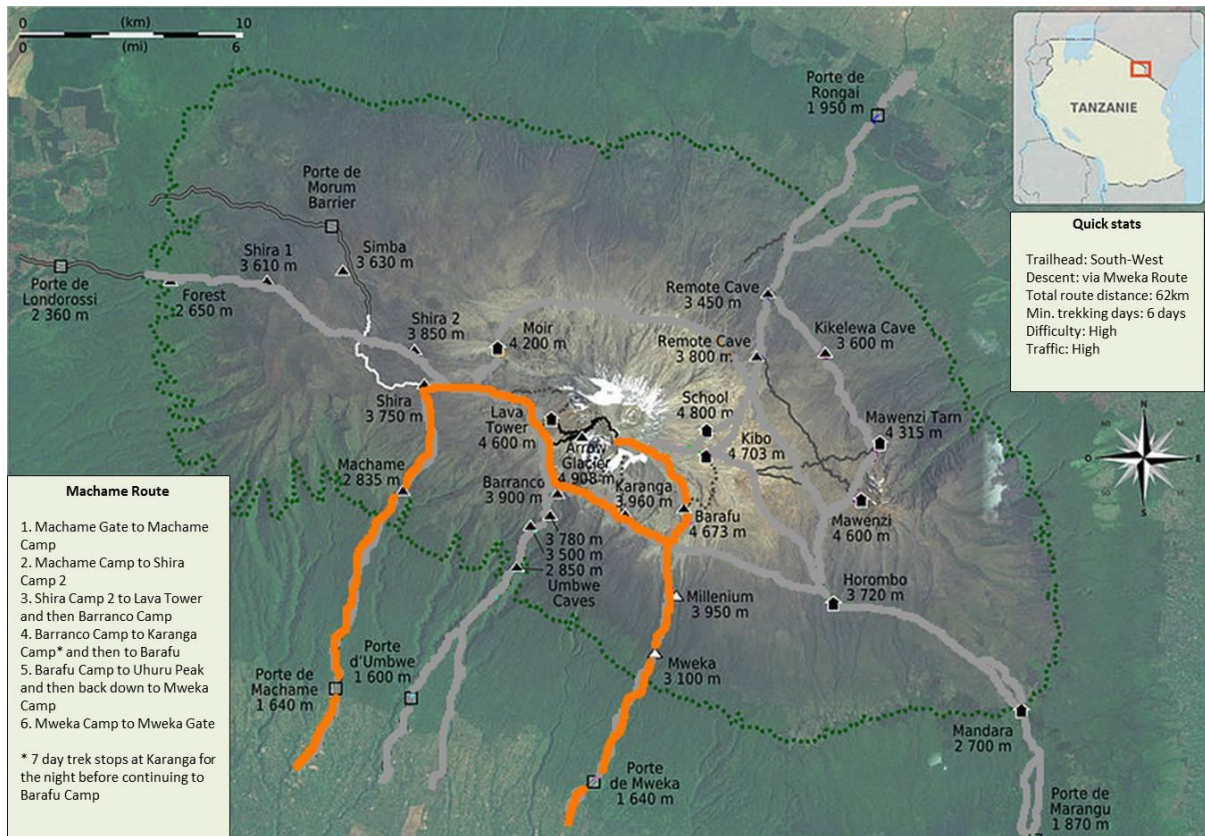
[www.oshwal.org.uk/donation](http://www.oshwal.org.uk/donation)



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## Introduction to Kilimanjaro



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# Important Disclaimer

Trekking is generally a safe and beneficial activity but needs to be practised judiciously, correctly and cautiously. As with any physical activity there is a risk of injury associated. The participants by trekking organised on a voluntary basis, by Oshwal Association of the UK, expressly assumes ALL risks, full responsibility and liability for participating in trekking and related training sessions. Participating in the trek and related training sessions is entirely at participant's risk and any loss damage, injury or any other mishap will not be the responsibility of the organiser. If an individual experiences pain at any stage of the trek or during the related training sessions, the individual must stop immediately and seek qualified medical help. If in doubt, whether to take part in the trek and the related training sessions, please consult your doctor for advice before joining. The organiser does NOT take any responsibility and will NOT be liable for any claims resulting from taking part in the trek or the related training sessions. By taking part in the Oshwal Kilimanjaro Trek you are agreeing to this disclaimer.

You MUST be over 18 years to take part in this trek.

You MUST consult your own doctor to ensure that you are fit and healthy to undertake the Kilimanjaro trek.

You MUST arrange to get your own travel vaccinations before you travel.

You MUST arrange your own Travel and Medical insurance for the trek and optional holiday.

You MUST book your own international return flights to/from London-Kenya.

You MUST book your own place with the travel company directly for this trek.

# Payment Arrangements

Fund raised for medical camp – payable directly to “Oshwal Association of the UK” – see page 3 of this info for details.

Payment for Kilimanjaro Trek – payable directly to travel company “Taifatel Limited”\*

\* We will send you payment details once you have registered with Oshwal up for the Kilimanjaro trek, by completing the online form:

[www.oshwal.org.uk/event/kilimanjaro](http://www.oshwal.org.uk/event/kilimanjaro)

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# What is included?

- Shuttle transfer –Nairobi – Moshi – Nairobi
- Packed Lunch on Day 1 Nairobi to Moshi
- AMREF Flying Doctors evacuation cover only valid in Kenya/Tanzania (please note you need a comprehensive mountain climbing insurance cover. We recommend World Nomads. It is extremely important to do so.)
- 2 nights' accommodation at Mountain Inn on half board basis (sharing)
- Kilimanjaro National Park (KINAPA) conservation fees (entry fees)
- Kilimanjaro National Park compulsory rescue fees
- Kilimanjaro National Park camping fees
- KINAPA trained and certified English speaking guide/s
- KINAPA trained and certified porters (1 porter per person for personal mountain luggage of 15kg max.)
- KINAPA trained and certified cook / chef, utensils, cutlery, crockery etc.
- All meals on the mountain on full board basis -VEGETARIAN
- Camping chairs, tables, dining tent
- Four or three season light dome tent per two passenger sharing
- Transfer from Moshi to Machame Park Gate per group
- Transfer from Mweka Park Gate to Moshi per group
- Safe and luggage storage at Mountain Inn while on trek
- Boiled drinking water on trek (from first camp onwards)
- Basic first aid kit per group

## **Oshwal Kilimanjaro Trek 2017**

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# What is excluded?

- Personal expenses
- Visas or entry document for both Kenya and Tanzania. Oshwal holds no responsibility for a country's refuse to entry.
- Tips / gratuities
- Additional transfers from park gates to Moshi
- Personal mountain equipment such as sleeping bags, walking poles, mattresses, duffel bags etc. (please request prices)
- Medical & Travel Insurance
- Beverages such as soft drinks, alcohol etc. and water on first day of trek
- Metal water bottles, hard plastic water bottles, water bladders etc. (please note: no soft plastics are permitted by Kilimanjaro National Park on the mountain, therefore you are recommended to carry drinking containers as specified)
- Items of personal nature

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# Kilimanjaro Itinerary

### Saturday 2nd Sept 2017

Latest arrival into Nairobi, Kenya

You **MUST** have arrived in Nairobi by Saturday 2nd Sept 2017 as it will be a very early start from Oshwal Centre, Nairobi, on Sunday 3rd Sept 2017.

### DAY 1: Sunday 3rd Sept 2017

Arrival in Moshi

Depart Nairobi (from Oshwal Centre) very early morning on shuttle bus for Moshi. Arrival at Mountain Inn. Pre-climb briefing on trek. Overnight Leopard Hotel, Moshi (D)

### DAY 2: Monday 4th Sept 2017

Machame Gate (1490m) to Machame camp (2980m)

7 hour trek about 18km

After breakfast, start climb at Machame Gate (1800m) through montane forest. Overnight Machame Camp (3000m) (B, L, D)

### DAY 3: Tuesday 5th Sept 2017

Machame camp (2980m) to Shira camp (3840m)

6 hours trek about 9km

Trek through grassy moorland and heather crossing through Shira Plateau. Overnight Shira Camp (3845m) (B, L, D)

### DAY 4: Wednesday 6th Sept 2017

Shira camp (3840m) to Lava Tower (4630m) to Barranco camp (3950m)

7 hours trek about 15km

Continue through the heather and moorland, crossing scree slopes and a river valley. Overnight Barranco Camp (3960m) (B, L, D)



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### DAY 5: Thursday 7th Sept 2017

Barranco camp (3950m) to Barafu camp (4550m)

7 hours trek about 13km

Today you will enter the alpine desert zone and climb up the Barranco Wall. Overnight Barafu Camp (4650m) (B, L, D)

### DAY 6: Friday 8th Sept 2017

Summit from Barafu camp (4550m) to Uhuru Peak (5895m) to Mweka (3100m)

8 hours to reach Uhuru Peak (7km ascent) followed by 8 hours descent (23km)

No doubt this is the hardest day but also the greatest reward for reaching the Summit!!

Around mid-night, start for the summit to Stella Point (5740m) and then continue to Uhuru Peak (5895m). Descend via Barafu Campsite and then into the heather and moorland. Overnight Mweka Camp (3080m) (B, L, D)

### DAY 7: Saturday 9th Sept 2017

Mweka camp (3100m) to Mweka Gate (1980m)

Continue your descent through the forest zone of the mountain to Mweka Gate (1680m). Transfer to Moshi. Overnight Leopard Hotel, Moshi (B, D)

### DAY 8: Sunday 10th Sept 2017

Back to Nairobi

After breakfast check out and return to Nairobi (B)

### Return to UK

You are advised to book your return flight to UK on or after **Monday 11th Sept 2017**. Of course, you are free to stay in Nairobi or travel elsewhere for a holiday should you wish to.

**The official Oshwal Kilimanjaro Trek will start from Nairobi on Sunday 3rd September 2017 and end upon return to Nairobi on Sunday 10th September 2017.**

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# Mountain Guides



### Michael Gitahi Gichigo

Michael has over 24 years of experience as a Mountain Guide since 1993, having successfully climbed Mt. Kilimanjaro 396 times already as well as having successfully climbed Mt. Kenya 564 times already!



### Wencelous Tarimo

Wencelous has over 18 years of experience as a Mountain Guide since 1998, having successfully climbed Mt. Kilimanjaro 397 times already!!

# Oshwal Trekkers

For a full list of Oshwal Trekkers registered to go on the trek, please see our website:

[www.oshwal.org.uk/youth/trek](http://www.oshwal.org.uk/youth/trek)

# Trekking Kit List

## Packing List Recommended

- Anorak/parka with hood (waterproof) x 1
- Down jacket x 1
- Sweater/fleece x 1
- Thermal top x 2
- T-shirts x 3, long sleeve shirts x 2-3
- Waterproof trousers or ski pants x 1
- Warm trousers x 2
- Hiking shorts/trousers x 1
- Long thermal pants x 1
- Thermal underwear
- Socks thin and thick x 6
- Hiking boots
- Gaiters
- Comfortable closed shoes (for around camp)
- Mittens and ski gloves
- Balaclava and woollen hat
- Sunglasses
- Scarf
- Sun hat
- Day pack, approximately 30 litres
- Refillable water bottles - 3 x 1 litre (disposable plastic containers are not allowed on the mountain)
- Good quality, super-warm 4-season sleeping bag (these can be borrowed from our local operator in Tanzania but this service is on a request basis only - please book your bag at time of booking)
- Thermarest or trekking roll mat. (not required on Marangu route)
- Small first aid kit
- Headache tablets
- Imodium (loperamide)
- Climbers may like to consult their Doctor about acetazolamide (Diamox), a drug that many find mitigates the ill effects of altitude, headache, diarrhoea & vomiting.
- Hand towel
- Wet wipes
- Toiletries
- Head torch and flashlight with spare batteries (needed for summit night)
- Sunblock and high SPF lip balm
- Camera, film, extra batteries - you will not be able to recharge on the mountain but can at the hotel before and after the climb.

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### Equipment Hire

Additional hiking equipment can be hired locally. However, on a trek such as this, tried and tested equipment purchased from home may be more comfortable and of a better fit. If you do require any gear, please speak to your leader at the welcome meeting on day 1. Below is a list of some of the equipment available and the rough rental costs.

- Sleeping bag - \$25 (must be requested through your booking agent prior to departure)
- Thermarest/trekking roll mat - \$20
- Trekking poles – \$10
- Waterproof trekking boots - \$30
- Gaiters - \$10
- 30 litre day pack - \$20
- Ski sunglasses/Sun goggles - \$10
- Waterproof jackets/hooded parkas - \$15
- Warm fleece sweater - \$10
- Light hiking trousers and shorts - \$10 each
- Warm hiking trousers - \$15
- Trekking t-shirts/long-sleeved shirts - \$10 each
- Mittens/ski gloves/scarf/sun hat - \$10 each
- Balaclava/ski mask- \$5

# Accommodation Details

## Leopard Hotel

[www.leopardhotel.com](http://www.leopardhotel.com)

The Moshi Leopard Hotel was established in 1997 as a locally owned, family run business and has become a tradition in the Kilimanjaro area. Located along Market Street and centrally placed within the shopping and business area of Moshi, the hotel offers a panoramic view of Mount Kilimanjaro.

The hotel is only 35 minutes from the Kilimanjaro International Airport and only 5 minutes from the Moshi airport or the bus station.

# Travel Company for Trek

## Taifatel Limited – Untamed Adventures

### Postal Address

PO Box 85149-80100, Mombasa

### Office Address

Samburu Road, Husseinali Building, Mombasa

# Tanzania

## General Information

### Capital

The official capital of Tanzania is Dodoma, where parliament and some government offices are located. However, Dar es Salaam remains the principal commercial city of Tanzania and the defacto seat of most government institutions.

### Area

945,203 square kilometres.

### Population

Estimated population of 43,739,000.

### Language

English and Swahili, although there are over 100 tribal dialects.

### Currency

The official unit of currency is the Tanzanian shilling (TZS). The tourism industry generally prices everything in US Dollars and this is the preferred unit of currency when looking to exchange money. You will rely heavily on cash here so ideally bring a mixture of large and small denominations. Please note that Tanzanian banks and shops will not accept US dollar notes issued before 2001.

Major currencies can be exchanged in large towns and foreign exchange bureaus usually offer a better rate on traveller's cheques than banks do.

### Time Zone

GMT +2hrs ahead in summer, GMT+3 hrs ahead in winter.

### Dialling Code

+ 255

### Electricity

Tanzania is powered by a 250V/50HZ, AC network. Plugs and sockets vary in style, though by far the most common is the British 3 pin plug.

### Geography

A land of plains, lakes and mountains with a narrow coastal belt, Tanzania is East Africa's largest country. The bulk of its 945,203sq km is a highland plateau, some of it desert or semi-desert and the rest savannah and scattered bush.

### Climate

Tanzania's geography is one of the most varied and unique in the world. It contains Africa's highest point, Mount Kilimanjaro (5,895 m/19,341 ft.) as well as lakes, mountains and many natural parks.



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The climate of Tanzania ranges from hot and humid on the coast, to a more temperate climate in the elevated centre of the country. Tanzania has two rainy seasons; a long heavy one from March to May and a shorter, lighter one from November to January but this can vary from year to year.

### Health and Safety

Risks Tanzania is generally a safe, hassle-free country and your chances of experiencing any trouble in Tanzania are slim but simple common sense should still be demonstrated. Avoid wearing flashy jewellery and keep your money and other valuables well hidden. Avoid external money pouches, dangling backpacks and camera bags. When bargaining or discussing prices, you should not do so with your money or wallet in your hand. Do not wander around at night – always use taxis. Be sceptical of anyone who approaches you on the street asking whether you remember them from the airport, hotel etc. Keep the side windows up in vehicles when stopped in traffic and keep your bags out of sight (e.g. on the floor behind your legs).

Foreign Office Advice The Foreign and Commonwealth office (FCO) helps British nationals stay safe abroad by offering straightforward travel advice, top tips and up-to-date country information to help you plan your holiday. They also provide travel advice for specific countries including the areas of a country that may be risky to visit, what the likelihood of terrorist activities are and any health issues that you should be aware of. The information is updated regularly so by selecting the country you plan to travel to, you can make sure that you are properly informed before you travel:

<http://www.fco.gov.uk/en/travel-and-living-abroad>

### Travel Visa

You will need to following the process outlined by the Tanzania High Commission in London, see their website:

<http://tanzaniahighcommission.co.uk>

Also, remember to see the Kenya High Commission website for Kenya visa on their website:

<http://kenyahighcom.org.uk>

## FAQs

### Should I train?

Although you don't have to be super fit, a basic level of fitness certainly helps – as does a positive mental attitude. If you possess a good level of fitness and a determined attitude you should be successful.

We would advise that you train as this will greatly enhance your enjoyment of the trek and serve to increase your confidence, as well as your chances of successfully completing the challenge. Some training can be easily incorporated into your day-to-day life, such as walking to work rather than taking public transport, repeatedly climbing sets of stairs at home/at work etc. If you are a member of a gym they may be able to put together a suitable training schedule for you.

Training for your trek will lower the chances of becoming injured and help you develop the physical endurance and mental stamina required for your challenge.

If you're not used to walking for long distances it may also be useful to try at least one proper 'practice' hike to break in all your equipment. Trekking practice prior to your departure is the best method of preparation as it will help develop the muscles required for your challenge. Using the correct equipment goes hand in hand with fitness levels on these challenges. Good properly worn in walking boots are an absolute essential.

### Wellbeing whilst trekking

It is important to do what you can to avoid injury whilst trekking: Be sure that your toenails are trimmed short so they don't catch on your boots. This is especially important during descent.

Make sure you do not overload your daypack as this could cause pain to your shoulders/back. The heaviest item in your daypack should be your water, so your daypack should get lighter as the day goes on. If your daypack feels uncomfortable at any point, stop and readjust it.

Ensure that your feet and other extremities are kept warm and dry at all times. There have been cases of people not adequately dressed getting frost bite at high altitude due to the freezing temperatures.

Remember – although the temperatures at the top may not seem cold, wind chill can reduce this temperature even further. Always be prepared with something to cover your face, warm gloves and thick walking socks.

We advise that you take some plasters/a blister prevention kit with you to keep your feet in good condition. Don't lace your boots too tightly/loosely and if they feel uncomfortable readjust them and apply plasters when necessary.

Walking poles (hireable) can aid your trek – providing additional support and balance. Walking poles also helps to significantly reduce knee strain, particular during descent.

### How far will we trek per day?

This is measured in hours walk rather than miles. Most days you will walk 4-5 hours before lunch and then 2 hours in the afternoon.

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### Would the route change depending on the weather or other circumstances?

No

### What happens if you get sick?

Basic medical help will be at hand i.e. a first aid kit. However, if health concerns are serious porters will assist you down to the base of the mountain and onward to a clinic or hospital if necessary.

### What happens if I get altitude sickness?

The most immediate treatment for serious altitude sickness is rapid descent. If upon reaching the final campsite before the ascent, your guide judges you to have serious symptoms of altitude symptoms you may be advised not to continue the final ascent.

### Is bottled oxygen necessary or available on the climb?

Oxygen may be available on an emergency basis or at an added cost.

### What if I'm slow?

There is a guide for every 3-4 trekkers, so that you can move at your own pace. Our guides will kindly remind you, "pole pole" (go slowly)

By walking slowly and taking your time you give your body a better chance to acclimatise to the altitude.

### What kind of weather to expect during the climb?

You will experience a great range of weather on the mountain from warm hikes in the forest to arctic cold near the glaciers.

### Can I bring electrical equipment?

Yes you may but very cold temperatures may cause your device to stop working during your trek.

### Will I see wildlife?

Wildlife is in abundance throughout your climb especially in the tropical rainforest belt from 6,000 to 9,000 feet. These animals do not present as harmful to you.

### Vaccinations

A yellow fever vaccination certificate will also be mandatory for travellers. It is highly recommended that you check that you are up to date with the following vaccinations for this trip: Primary courses and boosters for Diphtheria, tetanus, polio, typhoid, hepatitis A, hepatitis B, cholera, yellow fever and rabies.

# Contact

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