“Every mountain top is within reach if you just keep climbing.”

GET YOUR ADVENTURE ON
#YCIKILICLIMB2016

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INTRODUCTION

WELCOME TO THE YCI KILIMANJARO CLIMB

Get your adventure on, cross Mount Kilimanjaro off your bucket list, and support YCI’s game changing youth and innovation solutions for global youth employment and sustainable livelihoods. Stretching nearly 6000 meters into the sky, we will take on Africa’s highest peak along the breathtaking Machame route. Traverse high-alpine deserts, glistening ice fields, scenic forests and dramatic plateaus before reaching the top of the world.

This guide has been designed to help you paint a picture of what the climb will entail, and help you prepare for the journey.

If you have any questions please feel free to contact:

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IMPORTANT DATES

APRIL 15, 2016: Registration deadline
JUNE 25, 2016: Climb fees are due
JULY 16-23, 2016: YCI Kilimanjaro Climb
COMMON QUESTIONS & CONSIDERATIONS

VALUABLES & LUGGAGE
It is recommended that you leave any valuables at your hotel in Moshi. Passport are required to enter the park, and it is necessary to carry passports on the mountain in case of mountain evacuation to Nairobi. Additional luggage that you do not need to take up the mountain can also be safely left at your hotel.

Your main bag on the mountain will be carried by a porter. There is a weight limit in place in order to protect the porters and therefore your full bag must weigh no more than 18 kilos. Please ensure that this is a soft holdall or rucksack as many of the porters carry the bags on their heads.

FOOD, DRINK AND ACCOMMODATION:
Every day there will be a hot breakfast (e.g. porridge, eggs, toast and tea or coffee) to start the day. Lunch can be packed or hot, dependent upon where you are on the mountain and the length of the walk that day. You will always be provided with a filling hot meal in the evening (e.g. soup followed by rice, potato or pasta and sauce, and usually fruit for dessert).

There will be ample drinking water as the porters collect water each morning and evening from local water sources for drinking and cooking.

All of the water is boiled and therefore iodine drops or tablets are optional whilst trekking. If you decide to use water from the stream or from hotels it would be best to purify it first. You will need enough water bottles or hydration systems to be able to carry up to 4 litres of water. A combination of bottles and a hydration system is preferable. You will be camping on the mountain in two person tents, which will be supplied.

TOILET AND WASHING FACILITIES
Hot water is provided for washing in morning and evening and the climb itinerary includes a portable toilet with the tent.

HOW FIT DO I NEED TO BE?
A good level of fitness is definitely required due to the high altitude, basic facilities, and rough terrain. Don’t forget the impact of temperature extremes and high altitude and remember that you will be trekking for a number of days in succession. Anyone who leads a fairly active and moderately healthy lifestyle should be okay, but the more you exercise before the climb, the more you will enjoy it!

WEATHER
Mountain weather can be very changeable and you should therefore come prepared to deal with varying conditions. Generally speaking, early mornings will warm-up as soon as the sun rises and the days will be warm and bright. You will be trekking in very clear air and will need strong UV protection. As soon as the sun sets however, the temperature drops radically and is often well below zero degrees. Nights are usually clear and frosty so please remember this when considering your clothes for summit night and choosing your sleeping bag.

When doing the climb in June through to late October you should expect a little more cloud around the rainforest zone. You should also expect convection to send warm air from the hot plains below across the rainforest to precipitate at higher altitudes as rain, sleet, and snow. This happens on some, but not all, afternoons.
SAFETY

SAFETY AND INSURANCE
During your Kilimanjaro climb, safety is our number one priority. Our guides are fantastic at watching your symptoms and can help you assess whether it is altitude sickness, or just tiredness or a headache that you are suffering from. Should you have any pre-existing medical conditions it is extremely important that you discuss this with African Scenic Safaris at time of booking and again with your head guide upon arrival.

When on the mountain your head guide will keep track of all medication you are taking and how you are feeling hour by hour. Should your guide decide that it is necessary for you to descend due to altitude related illness, it is essential that you listen to and follow their advice, as it will only ever be in the interests of your health and safety. In this situation any additional expenses, such as unplanned hotel accommodation, will need to be paid by you but may be reclaimed on your travel insurance. African Scenic Safaris will of course help to organise any accommodation required and support you with all further arrangements you may need to make.

As with any overseas travel it is recommended that you take out travel insurance. Please check the fine print of your policy to make sure it covers your Kilimanjaro climb. YCI provides AIG medical and emergency evacuation insurance and mountain evacuation insurance for the duration of the climb, but additional travel insurance needs to be procured. Be sure to review the full details of the Emergency Medical Procedures for this trip.

DIAMOX TABLETS FOR ALTITUDE ADJUSTMENT
It has been shown that the use of Diamox assists in altitude acclimatization. Our tour guide, African Scenic Safari, recommends that you use Diamox on your climb. This drug will vastly decrease your problems with the altitude by speeding up the acclimatization process; however, please check this with your doctor before leaving home. You should start two days before your climb to see if you have any adverse effects to the drug. Alternatively you can try taking some before you leave home to test them out. If you have any adverse effects, you should discontinue using it.

African Scenic has reported a significant decrease in altitude problems and a greater summit success rate amongst those taking Diamox. This is a prescription drug, therefore you need to bring your own.

RESPONSIBLE TOURISM
African Scenic Safaris is proud to say that we do our best to protect Kilimanjaro and the people working in it. No rubbish is left on the mountain. We follow the local guidelines on cultural and environmental protection issued by the National Park; we leave the wilderness camps clean and carry off glass and tin.

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EQUIPMENT LIST

PACKING
When climbing Kilimanjaro, your gear is critically important. Keep in mind that the closer you get to
your climb, the more time you will be investing in training and fundraising and the less time you will
have to collect your gear, so begin gathering your gear early! Try to avoid bringing cotton clothing,
as when it gets wet it will not dry on the mountain and it is not sweat-wicking. Instead it’s best to
choose polypro, merino wool, silk or fleece fabrics.

Please use this list as a checklist for packing:

CLOTHING
Hiking clothes for daily wear (layers of short and long
sleeved t-shirts, thin fleece)
Thick Fleece
Hiking pants – One lightweight and one warmer pair
Hiking shorts
Thermals (tops/bottoms)
Waterproof Jacket (NOT water resistant)
Waterproof Pants
Poncho (optional)
Warm Jacket (skiing or down jacket)
Thick walking Socks (at least 4 pairs)
Mountain Boots (waterproof with ankle protection)
Gaiters (to wear over shoes & keep them dry)
Hat (warm hat and sun hat)
Bandana or Buff
Balaclava
Gloves (thin liner and thick waterproof/windproof gloves)
Running shoes for the evenings (optional)

HEALTH & HYGIENE
Sunscreen
Lip Balm (with sun protection)
Energy bars and/or energy gel (Plan for 2 per day
minimum)
Biscuits and snacks
Bandages and Band-Aids for blisters
Personal basic first aid Kit

MEDICATION
• Diamox (altitude sickness tablets)
• Headache tablets
• Diarrhoea tablets
• Personal Medication
Hand wipes and antibacterial gel
Toilet Roll
Small wash kit (toothbrush and paste, soap and flannel)
Small towel

BAGGAGE & SLEEPING
Sleeping Mattress
Sleeping Bag (comfort rating approximately -15°C)
Rucksack (main bag for porters to carry – must be soft)
Waterproof cover to go over main rucksack
Day Backpack (approximately 30 litres) & waterproof cover
Plastic bags or dry bags to stop clothes and sleeping bag
getting wet

OTHER
Water Bottles/Hydration System
Walking Poles
Sunglasses
Head Torch & spare batteries
Camera & extra battery (no facilities for charging batteries
on the mountain)
Pack of playing cards/book (optional)
COSTS & CROWDFUNDING

PACKING

The cost to participate on the 2016 YCI Kilimanjaro Climb is $4950.00 (CAD).
This includes a $500 (CAD) deposit to confirm your spot and set up your crowdfunding campaign.
You may rent equipment and other items from African Scenic at an additional cost if required.

WHAT’S INCLUDED?

• Shuttle transport from Kilimanjaro airport to and from Moshi.
• Guided group trek up Mount Kilimanjaro’s Machame route.
• Accommodation: Stay at Ameg Lodge- first and last night, full service camping (5 nights).
• Meals 7 breakfasts, 7 lunches, 6 dinners.
• Staff Support: Expert guides and porters.
• Comprehensive emergency medical insurance including mountain evacuation.

WHAT’S NOT INCLUDED?

• A flight to Kilimanjaro Airport, Tanzania (KIA) (Connected to North America/Europe by: KLM/Air France, Kenya Airways, Ethiopian Airlines, Turkish Airlines, Qatar Airways).
• Items of personal nature.
• Drinks at Ameg Lodge Moshi.
• Additional meals at Ameg Lodge if arriving earlier or leaving later.
• You may rent gear and items for an additional charge through African Scenic.

SETTING UP YOUR CAMPAIGN

2. Register for the climb and pay your $500 deposit.
3. Follow the steps to create your profile.
4. Upload a photograph(s) or youtube video, and write a message for your supporters.
5. Leverage social networks, sharing your campaign on Facebook and Twitter.
6. Send an email with a personal note and a link to your campaign to your personal and professional networks.
7. You can provide a ‘perk’ for your campaign (i.e. A postcard from Tanzania if someone donates over a certain amount).

WHAT DOES THE CLIMB SUPPORT?

Proceeds raised from the YCI Kilimanjaro Climb 2016 will support the continuing development and implementation of YCI’s youth and innovation solutions which support young people generate meaningful employment and entrepreneurship opportunities in parts of Africa, Central America and South-East Asia. For more information on our youth and innovation solutions please visit www.yci.org.

REGISTRATION

Crowdfunding is all about quickly raising funds by leveraging the power of your networks and in one easy, online place. By setting up your personal crowdfunding campaign, your networks will be able to donate directly to your climb fees VIA a VISA or MasterCard, and we’ll handle the rest! All donations over $20 (CAD) will automatically receive a Canadian tax receipt. Unfortunately, international donations are not eligible for tax receipts.
See you on top of the world!

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