

Dermot Whelan Kilimanjaro - Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

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About Dermot Whelan

Dermot Whelan is an **award-winning** Radio and TV Presenter, Comedian and Public Speaker. He presents the hugely popular **Dermot and Dave Show on Today FM** and has appeared on television shows and stages all across the globe. He has picked up more than **15 IMRO Radio Awards**, a National Meteor Award and a on at the New York Festival Awards for the World's Best Radio Shows.

In December 2021, Dermot presented 'Big Night In' with on RTÉ One alongside co-host Doireann Garrihy. The very well received show included laugh out loud celebrity pranks, nail biting studio games, audience surprises and a Christmas stocking full of other treats.

Dermot has written his first book '**Mind Full: Unwreck Your Head, Destress Your Life**' which is a number one bestseller. The book is a fun and accessible guide to meditation.

Alongside his media work, Dermot is a **certified Masters of Wisdom and Meditation Teacher**, qualifying in California with one of the world's leading experts in corporate stress management and meditation practice. He has been a **practicing meditator for 10 years** and has joined forces with mental health advocates, A Lust for Life and annual youth conference, Zeminar. He has also worked with many schools to introduce mindfulness practice for students.

Added Extras On Dermot Whelan's Kilimanjaro Expedition

There are a number of **added extras** Dermot is offering on his climb. They are all optional, but we would love you to take part in them all.

- **Training Weekend:** Dermot will be hosting a training weekend in Wicklow in advance of the expedition. This weekend is a chance for you to meet Dermot, an experienced expedition leader, and your fellow adventurers! On the training weekend, an experienced expedition leader will give a full expedition brief, lead two training hikes and offer expert advice on all aspects of the expedition including training, equipment, weather, and more. You will need to register for the event once you have booked your place via the Earth's Edge booking portal. Training days are included within the price of the trip. Food and accommodation required for the training events are not included.
- **Virtual Meet and Meditation Session:** Before we leave home soil, Dermot will introduce you to the fundamentals of meditation and will lead you in some scientifically proven techniques to destress and prepare you for the exciting road ahead using tips from his "*Vision to Win – Using the Secrets of Sports Stars to Get What You Want*" talk! This will be another perfect opportunity to meet your fellow

adventurers from the comfort of your own home.

- **Mountain Meditation:** Dermot will lead you in a very special guided meditation as you embark on your trek in the most powerful of settings. Together with Dermot, you will set your own private intentions for the climb, reflect on what you are ready to leave behind and engage with the power of the breath to focus your strength and resilience for this amazing journey skyward!
- **MIND FULL:** A signed copy of Dermot's book "*Mind Full: Unwreck your head, Destress your life*", in which Dermot asks the question for all of us: how do we know when our minds are full? And what can we do about it before our heads are wrecked? This book is his bestselling no nonsense, incense-free, hilarious guide to relaxing the head, reducing anxiety and living a calmer life.
- **Exclusive Facebook Group:** Dermot would like to invite you to a private Facebook group where everyone can meet each other, share pictures, share progress and get excited about this trip of a lifetime.

When signing up for the adventure you agree to share your contact information with both Earth's Edge and Dermot Whelan so that you can be sent appropriate information about the trip and be invited to participate in the above activities.

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Fitness & Training:

We have classified Kilimanjaro as a level 5 expedition, for more information about our levels system [click here](#). We expect participants to have a very good level of fitness. Although this is not a technical climb, it is very steep in places and you will be gaining height very quickly. For many people it will be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Hillwalking: Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are, the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure, try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important, you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.


If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

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Equipment:

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to web@greatoutdoors.ie and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

EQUIPMENT CHECKLIST	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Lightweight liner socks (for summit night).	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below).	
Lightweight trousers x 1.	
Synthetic/wool/silk long johns (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layers x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (silk, wool, or synthetic).	
Mid-weight fleece x 2.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
Waterproof poncho.	
A fleece hat to wear in the mornings and evenings.	
A balaclava/a buff.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of down mitts.	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.	
Dry bags (If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags).	
Water bottles (2 x 1 litre nalgenes) & water bladder (2 litre). You must have the capacity to carry at least three litres of water while walking. <i>*Please note that disposable plastic water bottles are illegal on the mountain.</i>	
A warm sleeping bag (comfort rating of -15°C or lower).	
Sun cream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries. N.B as little as possible, if you are travelling with friends try to share toiletries. *Wet wipes and a nail brush are very useful.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We	

<p>recommend you carry the following:</p> <ul style="list-style-type: none"> ● Rehydration salts ● Plasters ● Compeed ● Paracetamol ● Ibuprofen ● Buscopan ● Throat lozenges ● Nasal spray ● Decongestant such as sudafed ● Antibiotics suitable to treat traveller's diarrhoea <p><i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i></p>	
<p>Personal medication.</p> <ul style="list-style-type: none"> ● Malarial Prophylaxis (consult with your own GP or the Travel Health Clinic) <p>Please carry any medication you are currently taking on a regular basis such as:</p> <ul style="list-style-type: none"> ● Asthma inhalers ● Nutritional supplements ● Blood pressure tablets <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> ● Canesten ● Zovirax ● Anusol ● Hydrocortisone 1% 	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Your vaccination booklet.	
OPTIONAL ITEMS	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
Swimming togs for the pool at the lodge after the trek.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Ear plugs.	
Power Adaptor – Plug type D or G are used in Tanzania	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

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Flights:

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions.

For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

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Description & Detailed Itinerary:

Kilimanjaro is not only Africa's tallest mountain standing at 5,896m, it is the highest free-standing mountain in the world. Kilimanjaro is in fact a huge crater known as Kibo, it is over 2km wide with several distinct cones -the highest being Uhuru Peak. The name Kilimanjaro is believed to come from Swahili, Kilima meaning 'hill' or 'little mountain' and Njaro meaning 'white' or 'shining' – a perfect reflection of this beautiful peak.

Our 12-day itinerary includes seven days of trekking on the Machame Trail, this time-frame allows for greater acclimatisation and increases the chance of a successful summit. This route is rich in biodiversity; we start in scrublands thick with African wildlife and then move into lush forests before experiencing the flowering alpine tundra at the higher elevations. Above 4,500m we encounter more snow and rock as we approach the summit.

Unlike most companies who spend their last night before summiting in Barafu camp we stay in Kosovo camp; a much quieter camp which is 120m higher up the mountain and cuts an hour off our summit night! This trek is suitable for people with a good level of fitness who enjoy challenging themselves. It is not a technical peak and no mountaineering experience is required to make it to the summit.

We are the only company in the world who have an experienced expedition leader and doctor on our Kilimanjaro (5,896m) expeditions while keeping group sizes sustainably small. Having an expedition leader and doctor on all our Kilimanjaro expeditions allows us to deliver an unrivalled level of safety and service for each and every one of our clients. Having smaller group sizes allows us to minimise our environmental impact and foster a stronger team dynamic.

The expedition leader and doctor work alongside our incredible Earth's Edge team of guides and porters to deliver an exhilarating experience each and every day on the trail! The morning ritual of native song and dance gets the blood pumping in the early sunlight and shouts of 'Pole, pole' (Slowly, slowly in Swahili) will accompany you throughout the day and help you reach the top! There's also a 'free-day' at the end of your trip where you can get some R&R or go on an optional one day Safari in Tarangire National Park. (This can be booked on your online account once you sign up to the expedition).

Day 1: Dublin to Tanzania.

Depart Dublin for Tanzania.

Day 2: Arrive in Tanzania.

Arrive in Kilimanjaro International Airport. Transfer to our hotel in Arusha and then relax for the rest of the day. Have an expedition brief before dinner. Overnight hotel.

Day 3: Drive Arusha to Machame Gate and trek to Machame Camp, 7 hrs.

After breakfast and meeting the Earth's Edge guides, we drive for just over an hour to Machame Gate (1,828m). At the gate we register with the National Park and then meet our team of porters. Once we start walking it's not long before we enter the tropical rainforest. Depending on how much rain there has been, the trail can be quite muddy. After some time we stop for lunch and then continue to Machame Camp in the afternoon. By the time we reach the campsite the porters will already have set up your tent and the cook will be preparing dinner. Most people are quite tired after the first day's walk so we advise an early night. Overnight camp. Altitude 2,980m.

Day 4: Trek Machame Camp to Shira Camp, 6 hrs.

After breakfast we leave Machame Camp and follow a steep trail all the way to the Shira Plateau. We stop for plenty of rest breaks and photos throughout the day. We are rewarded with great views of the western breach

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with its stunning glaciers. We set up camp in the early afternoon and relax for the rest of the day. Overnight camp. Altitude 3,840m.

Day 5: Trek Shira Camp to Barranco Camp, 7 hrs.

We leave Shira Camp and walk east towards Lava Tower, a huge rocky outcrop. After five hours of walking along a rocky trail we have lunch just before Lava Tower, allowing us extra time at this higher altitude. By walking to Lava Tower we reach 4,630m before walking back down to Barranco Camp. This jump in elevation greatly helps us with acclimatisation and is key to a successful summit attempt. After lunch we descend 680 metres over two hours to set up camp below the Barranco Wall. Today's route has stunning views throughout. Overnight camp. Altitude 3,950m.

Day 6: Trek Barranco Camp to Karanga Camp, 5 hrs.

The day starts by walking up and over the Barranco Wall which is not quite as hard as it looks! Upon reaching the top we are rewarded with great views of Kilimanjaro, the Heim Glacier and the surrounding landscape. The trail then enters the Karanga Valley with many short ascents and descents as we cross many small streams. We set up camp just after the Karanga River. Spend the afternoon relaxing, chatting to fellow trekkers, guides and porters. Overnight camp. Altitude 4,000m.

Day 7: Trek Karanga Camp to Kosovo Camp, 5 hrs.

After breakfast we walk along a ridge towards Barafu Camp. We set an easy pace to ensure good acclimatisation. As we gain altitude the landscape becomes completely barren and free of vegetation, a quite inhospitable environment. After about three and half hours we reach Barafu camp where we need to register with the park rangers. After a short rest we continue on a steep trail to reach the much quieter Kosovo Camp. Because of the elevation this campsite is colder than previous camps but the views are amazing. We spend the afternoon resting, eating and preparing for tomorrow's summit day. Your expedition leader will give you a full summit brief in the afternoon. Go to bed very early in preparation for the big day! Overnight camp. Altitude 4,800m.

Day 8: Trek Kosovo Camp to Uhuru Peak to Millennium Camp, 14 hrs.

We rise very early, usually around 12:00a.m, have some tea and snacks and start walking. We keep a steady pace as we walk on steep scree to reach Stella Point (5,685m). For many trekkers, this six-hour walk is the toughest section of the day. We take a short rest at Stella Point to enjoy the sunrise. From Stella Point it is a further two hours on an often snow-covered route to reach Mt Kilimanjaro (5,896m)! All the effort is well worth it as the feeling of being on the roof of Africa is second to none! After a short stay at the summit we start the descent to Millennium Camp. After three hours we reach Kosovo Camp and enjoy a rest and some food. We then walk for a further four hours to reach Millennium Camp. Overnight camp. Altitude 3,832m.

Day 9: Trek Millennium Camp to Mweka Gate and drive to Arusha, 6 hrs.

After a hot breakfast we walk downhill for six hours and finish our trek at Mweka Gate. From the gate we drive back to Arusha, stopping for lunch along the way, and enjoy a well earned hot shower. The rest of the day is spent resting tired bodies by the pool. In the evening enjoy a celebratory meal and some drinks at the hotel. Overnight hotel.

Day 10: Free Day in Arusha.

Free day to relax by the pool, explore Arusha or go on safari. For the safari, we will depart Arusha from the hotel very early in the morning for a two-hour drive to Tarangire National Park. Tarangire National park boasts the highest concentration of African Elephants. Overnight hotel..

Day 11: Depart for Dublin.

Enjoy your last bit of relaxing or do some more exploring in Arusha before heading to the airport for our flight to Dublin.

Day 12: Arrive in Dublin

Arrive back in Dublin. Expedition ends.

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Expedition Costs:	Euro	Sterling	Dollar
Total costs excluding international flights. (Land only)	€4,499	£4,020	\$5,060
Total costs including international flights from Dublin.	€5,199	-	-

A deposit of €399/£399/\$399 is taken at the time of booking and the final balance is due three months prior to departure. Prices in Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

Expedition Costs Include:

- International flights from Dublin to Kilimanjaro return economy class.
- Experienced expedition leader.
- Experienced expedition doctor.
- Training Day.
- Training Weekend.
- Earth's Edge guides and a full support team.
- All accommodation based on twin sharing in hotels and camping for the duration of the itinerary.
- All meals and drinking water are included except in Arusha where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- National Park fees.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana
- Use of state of the art tents and [Thermarests](#).

Expedition Costs Exclude:

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as; bad weather, landslides, road conditions and any other circumstances beyond our control.

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Spending Money & Tips:

We recommend that you carry USD\$350 dollars with you to Tanzania in mixed notes. There are some ATMs where you can withdraw cash using a credit card. Please try to bring dollars broken up into small notes. The reasons being that it is hard to find a place that will give you change for \$100 and also it is easier for the guides to divide the tips equally if they have lots of small notes. Also, try to bring dollars that were printed after 2014 if possible as these get a better rate of exchange in Tanzania - ideally, the newer the better.

Earth's Edge are a proud partner of [KPAP](#) (Kilimanjaro Porters Assistance Project). KPAP keep us up-to-date on best practice when it comes to tipping and porter welfare. They have advised us that at least \$170 per client is required for all of the team to receive an adequate tip. Please give your tip to the Earth's Edge expedition leader and he/she will distribute the tip among all of our Earth's Edge team in Tanzania. The recommended spending amount above includes the tip for the Earth's Edge team.

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Weather:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -20 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: www.mountain-forecast.com

Norwegian Meteorological Institute: www.yr.no

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Altitude Considerations:

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your expedition leader and doctor informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practise prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants, especially those who have had AMS in the past, to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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Your Medical History:

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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Your Dietary Requirements:

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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Vaccinations & Prophylaxis:

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic (www.travelhealth.ie) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account. When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking.

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Tourist Visa:

All Irish participants are required to have a visa to enter Tanzania. You must have at least two free pages in your passport and ensure that your passport is valid for at least six months after you return to Ireland. At the time of writing this document, EU passport holders could obtain a tourist visa upon arrival in Tanzania. The visa fee is US\$50, payable in cash. Alternatively, you can apply for an e-visa online. We will be in touch prior to departure with more information.

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Travel Insurance:

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness, b) trekking up to 5,900 metres, c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book that will cover you for unforeseeable circumstances, such as illness or injury that might result in you not being able to take part in your expedition. We recommend Trailfinders for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Trailfinders go to www.trailfinders.ie/insurance or call their travel insurance phone line +353 1 702 9102

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Safety Standards:

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. We use local guides, cooks, drivers and support staff of the highest standard. We employ local staff based on their qualifications, experience and references. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Tanzania. Up to date travel advice can be found on the DFA website: www.dfa.ie/travel/travel-advice/a-z-list-of-countries/tanzania/.

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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About Tanzania:

Area:	947,303 sq km
Population:	56,255,755
Official Languages:	Swahili & English

A few words of Swahili will prove very impressive!

Hello:	Jambo.
Goodbye:	Kwa heri.
Thank you very much:	Asante sana.
My name is:	Jina langu ni.

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No worries:	Hakuna matata.
Slowly/take it easy:	Pole-pole.
How are you?	Habari?
Crazy cool like a banana!	Poa kichizi kama ndizi.
Religion:	Christianity (30%), Islam (35%) & Others (35%).
Local Time:	GMT +3.00.
Local Currency:	Tanzanian Shilling (TZS).
Currency for Exchange:	US Dollars.
Where to Exchange:	In banks found in all major towns.
ATMs:	ATMs are limited but can be found in larger towns. It is best to carry cash in US Dollars to Tanzania.
Credit Cards:	Are generally not accepted

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

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Local Staff:

Your team in Tanzania will be made up of an experienced expedition leader, a head guide, assistant guides, porters and cooks. The guides and many of the porters will speak English very well. However, some of the porters may be trainees and therefore will have limited English. Please be patient and respectful towards all staff. The porters on Kilimanjaro are notoriously friendly and extremely hard working people and will go out of their way to assist you in reaching the summit. At Earth's Edge we take the treatment of our porters very seriously.

In December 2015 Earth's Edge became Ireland's first and only partner of the Kilimanjaro Porter Assistance Programme (KPAP) – www.kiliporters.org. KPAP is an American run Tanzanian based NGO, who are campaigning for porter welfare on Kilimanjaro. As you will understand when climbing Kilimanjaro, we are all so reliant on the hard work of the porters who carry loads on the mountain. They are the unsung heroes of all climbing teams and without their help we would not be able to experience this wonderful mountain. The reality is the porters are often impoverished Tanzanians who are dependent on this labour-intensive work to feed their families.

Unfortunately, the porters have very few working rights and are often exploited. All too often they are underpaid, poorly fed, overloaded and don't have adequate clothing for the mountain. This is where KPAP comes in. KPAP send one of their staff on each of our [Kilimanjaro climbs](#) to independently audit how we are treating our porters. The four areas they focus on are as follows:

- That we provide our porters with three meals per day.
- That porters have adequate clothing for the mountain.
- That porters carry a maximum of 20kg on the mountain. (This is typically made up of a 15kg load plus 5 kg of their own clothing.)
- That the porters are paid properly and that we have a fair and transparent tipping process in place.

At Earth's Edge it is important to us that all of our clients and staff are clear on how the tip is divided on the mountain. We follow the instructions given to us by KPAP on how best to divide the tip.

Here is an example of how we divide the tip to give you an idea of what share of the tip each person gets on the mountain. Our average group size is 12 climbers plus our expedition leader and doctor = 14 people. We recommend everyone tips USD 170. If everyone tips, that will give us a total tip amount of USD 2,380 (12 x USD 170 + USD 340 as we tip on behalf of our expedition leader and doctor). With a group that size our local team will be made up as follows and receive roughly the following share of tips.

Expedition Leader: 1 person	USD 150	x 1	=	USD 150
Head Guide: 1 person	USD 140	x 1	=	USD 140
Assistant Guides: 5 people	USD 120	x 5	=	USD 600
Head Cook: 1 person	USD 120	x 1	=	USD 120
Assistant Cooks: 1 person	USD 100	x 1	=	USD 100
Porters: 40 people	USD 32	x 40	=	USD 1,280
	Total		=	USD 2,380

Please note the above figures are a guideline based on an average of 14 climbers. We ask our clients not to tip any of the Earth's Edge team directly as it's important that all of the team get their fair share of the tips.

The single most important thing one can do as a climber on Kilimanjaro is to book your climb with a KPAP partner company. Unfortunately, porters are still all too often mistreated on Kilimanjaro. When you book with the KPAP partner company you can be sure the porters on your climb are treated fairly and your visit to Tanzania has a positive impact on the local people and economy.

There are two ways you can give back to the porters on Kilimanjaro. Firstly, at the end of your climb if you have any suitable trekking equipment that you no longer need you can give it to your expedition leader and they will arrange for it to be donated to KPAP. Secondly, when you return to Ireland you can send any suitable trekking equipment that you no longer need to Earth's Edge, Unit C28 Wicklow Enterprise Park, P.O. Box 8, The Murrough, Wicklow.

Here is a list of items the porters could use: hiking socks, fleeces, water bottles, water bladders, base layers, sports jerseys, trekking pants, rain jackets, rain trousers, down jackets, ski jackets, ski pants, scarves, head torches, gaiters, hats, buffs, gloves, backpacks, walking boots, sleeping bags, sleeping bag liners, sleeping matts, duffel bags and dry bags.

Please remember we are only requesting equipment that you no longer need, so please don't feel pressured in any way to donate equipment that you still have a use for.

If you have any questions about tipping or porter welfare, please contact James (jam@earths-edge.com) at Earth's Edge HQ.

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Discounts:

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

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Wildlife Safari:

Seeing as you are already going to be in Tanzania it makes sense to do a wildlife safari. Tanzania has some of the best stocked parks in the world and our wildlife safaris get great reviews. At Earth's Edge you have two options for wildlife safari;

1. It is possible to fit in a one-day safari without extending your stay in Tanzania. As per the itinerary you have a free day in Arusha after the trek to spend as you wish. On this day many people choose to go on safari in Tarangire National Park which is very well stocked with game. This one-day safari costs €250/£220/\$300 and includes transfers to and from the park, a safari guide, a packed lunch, bottled water and entrance fees. The safari must be booked and paid for a minimum of one month prior to departure. You can book the one-day safari through the add-on section of your account.

2. The second option is to do our three-day safari extension. This safari includes Tarangire National Park, Lake Manyara and the Ngorongoro Crater. The package includes accommodation in safari lodges, all meals, park fees, game drives, a safari guide and all transfers. At the time of writing, this package costs €1,490/£1,279/\$1,655 per person based on twin sharing, and €2,145/£1,839/\$2,379 based on single occupancy. These prices are subject to change. You can book the three-day safari extension by contacting info@earths-edge.com.

Prices in Sterling and Dollar were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

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Why Choose Earth's Edge:

We are the only company in the world who have an experienced expedition leader and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects including;

- A scholarship to train porters to become guides on Kilimanjaro.
- Each year we plant 30 trees in Nepal for each person who travels with us in partnership with [Eden Reforestation Projects](#).

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Irish Aviation Authority (IAA) in Dublin, our licence number is 0711.
- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our Earth's Edge HQ team provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.

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Expedition FAQ:

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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