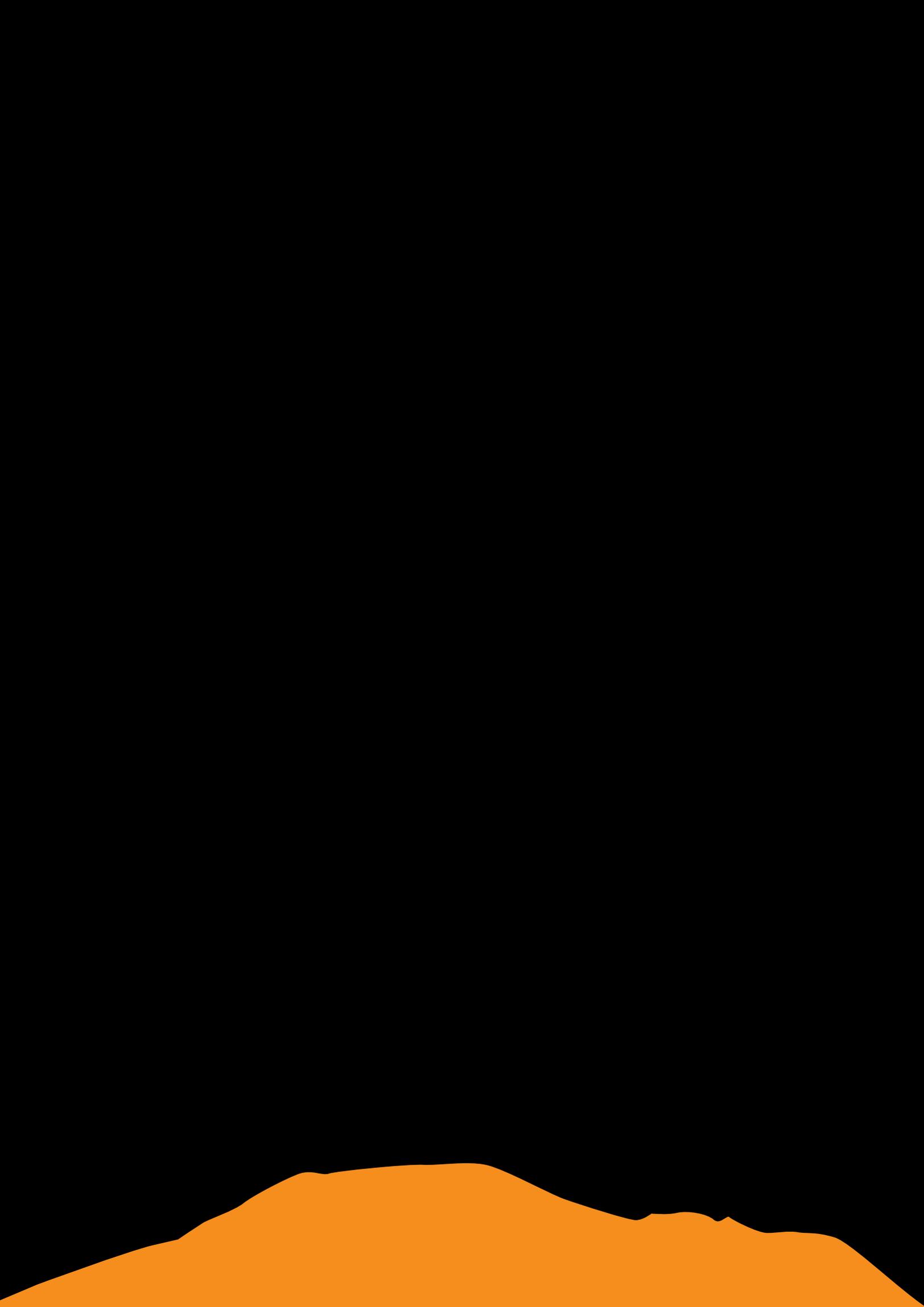




Climb Kilimanjaro

Trip & Package Overview

A range of helpful information to help you before you book your Kilimanjaro Challenge.



Climb Kilimanjaro!

The Adventure Of A Lifetime



Your mission is to stand on top of the highest peak in Africa & raise funds for the communities and children, living in poverty in Kenya.

The Nasio Trust supports and empowers children and adults living in an area that has been devastated by the HIV pandemic leaving many children orphaned & destitute.

THE NASIO TRUST

15 The Chambers, Vineyard, Abingdon, OX14 3FE

Telephone: 01235 611200 E-Mail: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542



**NASIO
TRUST**
CHANGING LIVES
FOR GOOD
WWW.THENASIOTRUST.ORG

The Challenge

So you're ready for the challenge of a lifetime. You've dismissed the London Marathon or jumping out of a plane for charity and you want a bigger goal.

This experience will remain with you for the rest of your life.

At 5,895m Kilimanjaro is the tallest free standing mountain in the world. This volcanic massif stands in splendid isolation above the surrounding plains, with its snowy peaks looming over the savannah below.

You're in for a real African adventure.



Who Are The Nasio Trust?

The Nasio Trust was founded in 2001 with the aim of supporting the HIV orphans of Kenya. Many children's lives have been affected by this terrible disease.

The Nasio Trust offers them food, education, clothing and health care.

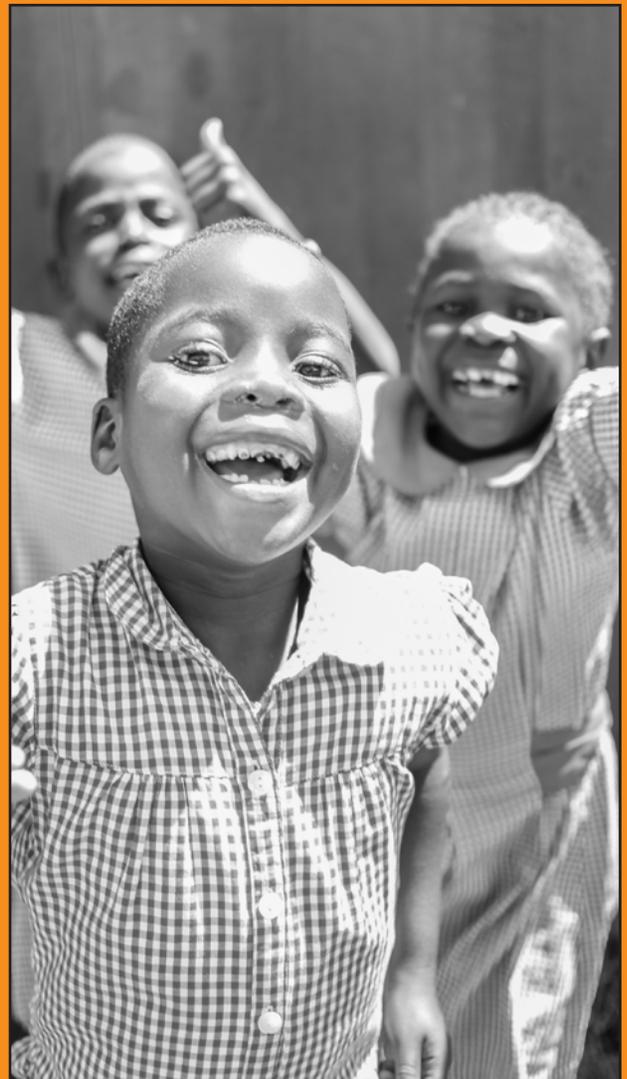
The work started in a roadside kiosk feeding just 15 of the most needy orphans but the Trust now has two purpose built centres to care for children through their early years as well as continuing this support through primary and secondary school and beyond.

We also support and empower the guardians that care for these children through income generating projects. The Nasio Trust supports over 400 children and takes on 40 new orphans every year. All the profits from this climb will go towards the work of the trust.

Thanks for choosing us,

Nancy Hunt

Founder, The Nasio Trust



THE NASIO TRUST

15 The Chambers, Vineyard, Abingdon, OX14 3FE

Telephone: 01235 611200 E-Mail: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542



**NASIO
TRUST**
CHANGING LIVES
FOR GOOD
WWW.THENASIOTRUST.ORG

Coping With The Altitude

You will be trekking to almost 6,000m and as you trek to higher altitudes the oxygen concentration in your blood decreases due to lower atmospheric pressure. It is likely that everyone will experience the effects of altitude to some extent.

Altitude sickness (AMS) can include symptoms like breathlessness, tiredness, loss of appetite, nausea and headaches. Planned acclimatisation is the single most important measure you can take to reduce the impact of AMS on your trip. The trek has been specifically designed to allow you adequate time to acclimatise.

Your guides are extremely experienced in recognising the symptoms, and offering treatment for altitude sickness.

By following simple rules such as drinking at least three litres of water per day, resting and communicating any symptoms to your guide, you can expect to have an enjoyable and safe time on the mountain.

Helpful Information For Kilimanjaro Trekkers

BUDGET

Don't forget to think about the cost of visas, malaria pills & jabs. If you have chosen to fundraise - by starting nice and early you'll give yourself a good amount of time to raise the money through sponsorship and fundraising activities. Please note that any Gift Aid claimed by the Nasio Trust does not count towards your fund raising target.

EQUIPMENT

On registration you will be provided with a comprehensive kit list. You will need to bring your own personal kit like sleeping bags, mat and clothes. A good pair of walking boots is essential along with a warm water proof jacket. The climb operators keep a stock of equipment available for rental, but stores are limited, the quality is not guaranteed and pre-booking is strongly recommended.

TRAVEL INSURANCE

All travellers will be required to have fully comprehensive travel insurance. The policy needs to be valid from the date of travel. The insurance needs to provide comprehensive medical, evacuation and repatriation cover. During the pre-climb briefing you will be required to provide proof of insurance. We will take down all the relevant details in order that we can co-ordinate with your insurers during any rescue operations. It is essential that your insurance policy includes trekking up to 6,000M on Kilimanjaro and it is recommended that you obtain proof of this specific area of cover in writing from your insurers.

THE NASIO TRUST
15 The Chambers, Vineyard, Abingdon, OX14 3FE
Telephone: 01235 611200 E-Mail: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542

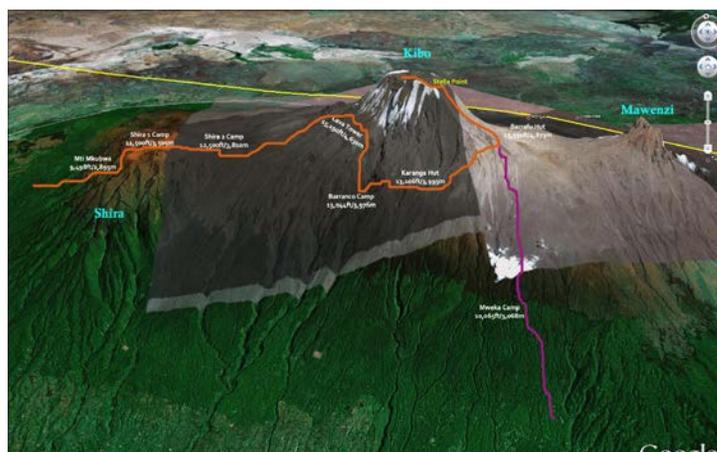


The Routes

The Lemosho Route – 8 Days

The most remote and stunning route up Kilimanjaro. Excellent for acclimatisation and gives the best chance for success. After beautiful forests and moorlands it crosses the Shira Plateau to meet up to the Machame Route.

The forests around Lemosho Glades are rich in buffalo, elephant and other game.



Machame Route – 7 Days

This is a popular climb up Kilimanjaro, sometimes known as the 'Whiskey' route. Excellent for those with limited time. After climbing up steep paths through magnificent forests, you'll pass through the moorland zones and Shira Plateau.

This route joins the Lemosho route to tackle Lava Tower and the Great Barranco Wall.



Who Can Take Part?



Anyone looking for a challenge can apply. Groups come in all different shapes and sizes but will normally consist of less than 24 people. Many people climb as individuals but others go with friends and relatives. You must be at least 14 years old to climb and under 18's need to be accompanied by an adult. The event will be tough but fantastically rewarding and is suitable for any one with a bit of grit, determination and a sense of humour.

It will be a real team experience and you will make good friends. If you have a positive, enthusiastic and friendly disposition and want a challenge of both fund raising and trekking, this will be the experience of a life time.

THE NASIO TRUST

15 The Chambers, Vineyard, Abingdon, OX14 3FE

Telephone: 01235 611200 E-Mail: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542



About The Trip

Beforehand

Once you have registered we will be in touch to send you a fundraising and briefing pack, we will keep in touch to answer any questions you may have.

During your trip

The group is accompanied by a full crew including guides, porters and chefs. All guides are fully certified and have first-aid training. Our preferred climb is the Lemosho route to allow for good acclimatisation to the altitude and therefore a good success rate. We also offer the Machame route if you are more pushed for time.

Accommodation

Your accommodation at the start and finish of the trek will be at a hotel in Moshi Town, near the base of Mount Kilimanjaro. On the trek you will mainly be in two person same-sex tents sharing with a fellow climber. Please let us know if you are taking part in the event with someone you would like to share with. Washing and toilet facilities are very basic, but it's all part of the wilderness experience!

Food

You won't go hungry on Kili, food is plentiful with a large breakfast, packed lunch and a cooked dinner high in carbohydrates for lots of energy – soup, rice, pasta, casseroles etc. You will want to bring lots of your own favourite snacks along though.



THE NASIO TRUST

15 The Chambers, Vineyard, Abingdon, OX14 3FE

Telephone: 01235 611200 E-Mail: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542



Costs

Your Climb Options

You have two climb options open to you when you climb Kilimanjaro with The Nasio Trust which are outlined below. Whichever option you choose you only pay a £250 deposit to secure your place which is then put towards the final cost of your climb.

Once the deposit is paid you can take as long as you need before climbing. You will also get all the help and support required to fundraise and prepare for your challenge of a lifetime.

The Fundraising Package

Most people fundraise to cover their costs. Many find that climbing with a purpose – raising money for charity – makes the experience even more rewarding and gives them the strength to push on when things get tough. The fundraising package is like an “all-inclusive” option. We book your flights from your place of departure and all African transfers, as well as including all your on and off-mountain accommodation costs.

The Climb Only Package

You can of course pay for the challenge yourself if you would rather not get involved in fundraising. In the climb-only option, you are responsible for booking and funding your own flights as far as Kilimanjaro Airport where we will take you into our care and offer you the same high quality climb experience as you get with our fundraising packages.

Costs/Fundraising Targets

You can find all the up to date costs for our climbs on the ‘packages’ page at: www.climbkilimanjaroforcharity.com

Fund-raising Deadlines

The trip has to be paid for in advance so we insist that 30% of the total must be must be paid to The Nasio Trust at least 26 weeks prior to departure and 80% of the total must be paid to The Nasio Trust at least 6 weeks prior to departure. **At this point it will seem like a lot of money to raise. But don't worry unnecessarily about your fundraising. It is a very achievable target, you will receive full fundraising advice and The Nasio Trust representatives will be on hand to help you. Tell as many people as possible about your trip and twist their arms to help you achieve your goal.**

Does Gift Aid count towards my fundraising total?

No, the minimum sponsorship target is not reduced by any allowance for Gift Aid.

The Government's Gift Aid scheme means that if a donation is made by a UK Taxpayer, we can claim back 25p for every £1 donated. As this scheme works in a particular way, and often we do not receive the Gift Aid until long past the event, therefore we do not include Gift Aid as part of your fundraising total.

THE NASIO TRUST

15 The Chambers, Vineyard, Abingdon, OX14 3FE

Telephone: 01235 611200 E-Mail: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542



Sample Itinerary

Based on the Lemosho route. You'll typically be out of your home country for 12 days.

TYPICAL ITINERARY

FRIDAY NIGHT

Depart London (Normally PM)

SATURDAY

Arrive in Nairobi & transfer to Moshi in Tanzania.

SUNDAY

Rest and acclimatisation day with climb briefing.

MONDAY

Through the Rain Forest to Mti MKubwa Camp (2750m).

TUESDAY

Up through the Heather Zone to Shira I Camp (3610m).

WEDNESDAY

Climb the 'Cathedral' & Shira Ridge to Shira II Camp (3840m).

THURSDAY

Climb 'Lava Tower' (4600m) & onto Barranco Camp (3950m).

FRIDAY

Scramble the Barranco Wall & onto Karanga Camp (3950m).

SATURDAY

Climb up to Barafu Camp (4,700m).

SUNDAY

Summit Uhuru Peak (5,895m) & down to Mweka Camp (3,100m).

MONDAY

Descend to Mweka Village and transfer to Moshi Town.

TUESDAY

Transfer to Nairobi & Rest.

WEDNESDAY

Fly home or on to the projects in Western Kenya.

Shorter itineraries can be arranged for those who need to return within one week.



EXTEND YOUR TRIP

Why not take the opportunity to extend your stay and visit the work of The Nasio Trust?

You'll get the chance to visit our centres and meet the children we support.

THE NASIO TRUST

15 The Chambers, Vineyard, Abingdon, OX14 3FE

Telephone: 01235 611200 E-Mail: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542



**NASIO
TRUST**
CHANGING LIVES
FOR GOOD
WWW.THENASIOTRUST.ORG

How Fit Do I Need To Be?

This is a strenuous, demanding trek and it is essential that you have a good level of fitness and stamina. You will be trekking for seven days and at times over steep terrain. On the hardest and longest day you could be trekking for up to 16 hours.

We recommend that you undertake a training programme so that you are confident you can take on this challenge.

We will provide you with more information on training when you sign up. Should you want to discuss this in more detail contact us on info@thenasiotrust.org or on **01235 611200**.

If you have undertaken a training programme and your muscles are used to walking on consecutive days for up to eight hours, you should be able to complete the trek at your own pace. There are regular stops for rest and refreshment. The trek is certainly not a race or a route-march; it is designed to encompass people of varying abilities and levels of fitness.



How Do I Apply?

Visit www.climbkilimanjaroforcharity.com and click **book now**.

You will need to pay a deposit of £250*

* Please note the deposit is non-refundable if you withdraw entirely from the trip at a later date, but can be put towards a deferred departure date by prior arrangement with our team..



THE NASIO TRUST
15 The Chambers, Vineyard, Abingdon, OX14 3FE
Telephone: 01235 611200 E-Mail: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542

**NASIO TRUST**
CHANGING LIVES
FOR GOOD
WWW.THENASIOTRUST.ORG

What's Included?

What Does The Package Cover?

- **Return scheduled economy class flights from London to Nairobi Airport.**
If you are travelling from other destinations around the world, please contact us for further information on flights
- **UK departure tax.**
- **All transfers as per the itinerary in Tanzania.**
- **Accommodation in Tanzania and on the climb.**
- **National Park Fees.**
- **All meals whilst on the climb.**
- **Fully trained Mountain Guide and Porter's on the mountain.**
- **Full back up crew in Tanzania.**

What Does The Package Not Cover?

- **Spending money.**
- **Connections to and from your departure airport.**
- **Your own personal kit.**
- **Kenyan and Tanzanian Visas.**
- **Recommended vaccinations and malaria tablets.**
- **Comprehensive Travel insurance.**
- **Tips for porters & gratuities.**
- **Meals out in Moshi.**
- **Acclimatisation cultural tour (optional).**

Do I Need Specialist Equipment?

Once you are registered, a comprehensive kit list will be sent to you. But apart from a good pair of well worn walking boots, warm clothes, a sleeping bag and mat, no other specialist equipment is required.

You can hire some equipment so please let us know if you need any more information about this.

It is recommended that you purchase your walking boots well in advance of the trip to wear them in and that you wear them on the flight over to insure against lost luggage.



THE NASIO TRUST
15 The Chambers, Vineyard, Abingdon, OX14 3FE
Telephone: 01235 611200 **E-Mail:** info@thenasiotrust.org **Web:** www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission
Registered Charity No. 1104542

**NASIO
TRUST**
CHANGING LIVES
FOR GOOD
WWW.THENASIOTRUST.ORG



**NASIO
TRUST**
CHANGING LIVES
FOR GOOD
WWW.THENASIOTRUST.ORG

info@thenasiotrust.org | 01235 611200

15 The Chambers, Vineyard, Abingdon, OX14 3FE

Registered Charity No: 1104542