



KILIMANJARO CHALLENGE 2024

20th - 28th January 2024



CONTENTS

3	Welcome
4	Itinerary
12	Training
14	Support Our Fundraising
16	Fundraising Tips
18	Kit List
20	Additional Information

HELLO THERE!

Thank you and congratulations for signing up for the Islamic Relief Hike Kilimanjaro Challenge. This guide will provide you with everything you will need to prepare for the challenge, including an itinerary and checklist.

At a **colossal 5,895m**, Mt. Kilimanjaro is one of the largest volcanoes to ever break through the Earth's crust and is often referred to as the 'roof of Africa!'

As you ascend through farmland, into lush rainforest that gives way to alpine meadows, and finally traverse across a lunar landscape; you will reach the peak of your Mount Kilimanjaro trek, the only place on land where you can clearly see the curvature of the Earth.

Emerging through the clouds, the snow-capped mountain of Kilimanjaro provides the stunning backdrop to the National Park as herds of elephants' graze alongside giraffes and zebras, as they keep a watchful lookout for lions and hyenas.

As you train and prepare for this adventure of a lifetime, you will **fundraise £5,000** to provide clean and safe water for life! Our fundraising team are here to help you to your goal and you are not alone in this, we know you can do it and we're to help!

We can't wait to take this journey with you!

Your Islamic Relief Team



ITINERARY



DAY 1 - SATURDAY, JANUARY 20th

TRAVEL IN - KILIMANJARO INTERNATIONAL AIRPORT

On the first day of the challenge, you will be met at the airport and transferred to the Hostel in a place called Moshi. Moshi is known as the gateway to Kilimanjaro National Park. Once you're settled, it's time to meet everyone and get some rest as your challenge begins bright and early tomorrow!





4
HOUR
HIKE

DAY 2 - SUNDAY, JANUARY 21st

DRIVE TO KILIMANJARO NATIONAL PARK - MARANGU GATE, HIKE TO MANDARA HUT

After breakfast and a briefing, we will drive to the Kilimanjaro National Park Gate (about 1 hour), register and begin our hike. We will be walking through the rainforest to the Mandara encampment.

A side trip to Maundi Crater is a good way to see the surroundings including Northern Tanzania and Kenya.

In the rainforest, look for towering Eucalyptus trees, bird life, and Colobus monkeys.

Elevation: 1860m/6100ft to 2700m/8875ft

Distance: 8km/5mi





5-6
HOUR
HIKE

DAY 3 - MONDAY, JANUARY 22nd

HIKE MANDARA HUT TO HOROMBU HUT

Here we will leave the glades of the rainforest and follow an ascending path onto the open moorlands to the Horombo encampment.

Views of Mawenzi and the summit of Kibo are amazing. Look for giant lobelias and groundsels.

Today you may begin to feel the affects of the altitude.

Elevation: 2700m/8875ft to 3700m/12,200ft

Distance: 12km/7.5mi





4-5
HOUR
HIKE



DAY 4 - TUESDAY, JANUARY 23rd

HOROMBO HUT - ACCLIMATISATION DAY

This day is really important in increasing our chances of a successful summit.

We will ascend 750m to the Zebra Tower where we will enjoy lunch and then descend 600m and come back to sleep at Horombu Hut, therefore giving our bodies an opportunity to deal with the thinner air.





**5-6
HOUR
HIKE**



DAY 5 - WEDNESDAY, JANUARY 24th

TREK TO KIBO HUT

Ascending, we now pass the last watering point, walking onto the saddle of Kilimanjaro between the peaks of Kibo and Mawenzi.

Vegetation begins with upper heathland but then disappears into a “moonscape”. The evening will be dinner, resting, and preparation for the summit climb.

Elevation: 3700m/12,200ft to 4700m/15,500ft

Distance: 9km/5.5mi



13-16
HOUR
HIKE

DAY 6 - THURSDAY, JANUARY 25th

SUMMIT DAY

At around midnight we will commence the climb to the summit on a steep and heavy scree or snow up to Gilman's point located on the crater rim. Continuing, we now ascend to Uhuru Peak, which is the highest point in Africa.

There are unbelievable views at every turn. Have your picture taken at the summit to show your friends and family. From here we descend, stopping for lunch and a rest at Kibo before continuing on to the Horombu encampment.

The beginning of this climb is done in the dark and requires headlamps. It will be very cold until you start descending, so you will need all of your warm layers. This is by far the most difficult part of the trek with many switchbacks. Going slowly "pole pole" and an optimistic attitude will get you there!

Elevation: 4700m/15,500ft to 5895m/19,340ft

Descent to: 3700m/12,200ft

Distance: 6km/4mi up / 15km/9mi down





**4-5
HOUR
HIKE**

DAY 7 - FRIDAY, JANUARY 26th

MISSION COMPLETE

After breakfast, a steady descent takes us down through moorland to the Mandara Hut. We will continue descending through lush forest path to the National Park gate at Marangu.

At lower elevations, it can be wet and muddy. Gaiters and trekking poles will help. Shorts and t-shirts will probably be plenty to wear [keep rain gear and warmer clothing handy].

A vehicle will meet you at Marangu village to drive you back to the hotel in Moshi [about 1 hour].

Elevation: 3700m/12,200ft to 1700m/5500ft

Distance: 20km/12.5mi



* Trip is subject to change based on unforeseen circumstances.

DAY 8 - SATURDAY, JANUARY 27th

A DAY TO EXPLORE

Today you get a chance to look back at your epic adventure and explore what the town of Moshi has to offer. The Coffee here is pretty decent so try pop in and take in the local tastes and sounds.

You could also check out the Kikuletwa Hot Springs for the day for a well-deserved treat after hiking Kilimanjaro. A relaxing experience where you can spend as much time as you want in the water, to sooth your muscles after the long trek.

DAY 9 - SUNDAY, JANUARY 28th

A BITTERSWEET GOODBYE

There's never a right time to say goodbye. However, that is what you must do.

After being transferred to the airport, we will eventually arrive back in the UK and return to our lives, likely talking about Kilimanjaro to anyone who will listen!



TRAINING

Bought to you by Peak Adventures, the guide company that will be taking us up and down the mountain safely!

There are three elements to the Kilimanjaro trek that will probably be new to your body:

- Your body will be trekking up to an altitude of 5,895m in 6 days
- Your knees will have to take your body back down in 2 days
- At higher altitudes, there will be low oxygen levels in the air

Although Kilimanjaro is 5,895 meters above sea level, you will be glad to hear that you will not be taking it on in a straight incline! There will be times, whilst trekking to the summit, you will face some declines and then some more inclines. In fact, on day 4, you will be climbing up 750 meters to the Lava Tower. After enjoying lunch there, you will descend 600 meters!

For the inclines, your best friends will be the stepper, squats and lunges. Squats and lunges will also help you with the declines.

Yes, you will have to train for the declines as well, despite gravity! The declines can have a really adverse affect on your knees and can make the descent hard, so squats, lunges and even the exercise bike, are all very beneficial as they will build up the muscles around the knees, and therefore give your knees some much needed support.

Finally, oxygen levels. People have tried simulators, but they aren't very accessible and can be very pricey. A cheaper alternative is the High Altitude Training Mask which cost around £50. In previous treks, we've never used these and have instead opted for good old fashioned cardio training - running, rowing, circuit training or even a fitness class, it all helps!



SO HOW DO I ACTUALLY TRAIN?

Peak Adventure's advice is that you should be doing a **minimum of TWO medium to high intensity 40-minute cardio exercises a week**. The higher the intensity, the easier you'll find the trek.

A simple schedule you can start with:

- ♦ **15 minutes stepper**
- ♦ **10 minutes cycling**
- ♦ **10 burpees (3 sets)**
- ♦ **20 squats (3 sets)**
- ♦ **20 lunges (3 sets)**

However, as the weeks go on, you will want to increase the time/reps of those exercises, as well as the level of the stepper and bike. You should be gradually increasing this until you are doing:

- ♦ **30 minutes stepper**
- ♦ **20 minutes cycling**
- ♦ **15 burpees (5 sets)**
- ♦ **20 squats (5 sets)**
- ♦ **20 lunges (5 sets)**

Don't forget to warm up by jogging in place for a minute or so and exercise your arms in order to increase blood flow through your body. Remember to spend time stretching all the major muscle groups before starting any exercise. Cool down after exercise by gently decreasing intensity. Don't just stop suddenly as it could shock your body. Stretch out your legs, shoulders, back and arms to prevent them from becoming stiff!

If you already have a pre existing medical condition or feel any unnatural discomfort, please seek medical advice.

WATER 4 LIFE

East Africa goes through a reoccurring cycle of drought and in some cases this deteriorates into famine every few years. The loss of life in these cases, due to the lack of water, is unacceptable. Because communities go for months on end without rainfall, they are forced to drink contaminated water that is full of diseases such as acute watery diarrhoea, cholera and other serious illnesses. A child dies every 25 seconds because of water borne diseases.

In these parts of Africa, the only clean source of water that is available is hundreds of meters below the ground. The huge aquifers that hold millions of litres of pure safe drinking water cannot be accessed easily. For this a special drill is used that can dig thousands of meters into the ground.



Once the hole is dug, a submersible pump is lowered into the water source and is connected to a power source above ground, either a solar powered battery or a generator. The water is pumped up through the pipe and into a storage tank. The tank can hold approximately 35,000 litres of water at a time and is usually filled twice a day. That's 70,000 litres of clean, pure, safe drinking water a day! The storage tank has a network of pipes that supplies water to water kiosks where families can come and fill their jerry cans with water. This means that women and children do not need to spend up to 7 hours a day walking to a contaminated water source. Children can spend time at school and not be at the risk of attack on their long journeys in search of water.

Since many of the affected people are from farming communities, their livestock is essential for their survival. The borehole project includes water troughs for animals to drink from to ensure that families do not lose their livestock, and therefore their means for survival. Islamic Relief has already implemented numerous borehole projects across Africa, providing a regular and safe supply of water to tens of thousands of families. However, the need is still huge and there are many more communities that require our assistance. These projects have an estimated life span of around 80 years, which means that an entire generation could have clean water every single day.



An amazing Sadaqah Jariyah

FUNDRAISING

Daunted by the prospect? Don't be, it's a lot easier than it seems. You're not the first and certainly will not be the last to take on such a challenge. Embrace it for all it's worth. It's important to break it into smaller, more manageable targets.

Fundraising can be easy and enjoyable. And it really is all down to you. It's a huge challenge to raise such an amount of money but remember it is more than achievable. Many challengers over the years have multiplied their fundraising targets!

Here we have outlined a few ideas to help you to raise the target amount. If you have any questions please let us know and if you need any additional materials Islamic Relief will be happy to provide them.

E-FUNDRAISING

The internet can, if used well, be an amazing fundraising tool for you. Your page will have automatically been created when you signed up.

MAKE IT PERSONAL

Make your page as compelling as possible by adding your own photograph and text. Make sure your page communicates the reason you have chosen to raise money, and why you believe Islamic Relief deserves support. Be creative!

FAMILY & FRIENDS 1ST

Before sending an email to your entire address book, ask your closest friends and family to donate first. An empty page can be a little intimidating, so do make sure to capture a couple of donations before contacting your entire list of potential sponsors. People tend to match the amounts already listed on the page, so target your most generous supporters first!

SOCIAL MEDIA

This is an excellent way of keeping friends updated and asking friends to pass on your fundraising page. You can link your page to your, other social media accounts to expose your page to more people. You can also add it to your stories on instagram through a link or any other social media you use regularly. Go live before your challenge as you prepare to create more traction to your page.



TELL EVERYONE YOU KNOW

Email your family, friends and colleagues with a link to your page, but don't forget other groups of potential supporters: former colleagues, old school and college friends, and Facebook/Instagram friends you may be surprised how many would like to sponsor you. Encourage them all to pass on the message to anyone else that might support Islamic Relief's work. You can also contact your work managers and see if your company will match your donations as many companies may offer this incentive. Send messages on your whatsapp groups asking people to donate to the cause.

CONTACT YOUR LOCAL MEDIA

Publicity in the local media can be an invaluable fundraising tool. A few lines in the local paper, or an appeal for sponsorship on your local radio station, can yield amazing results. With online fundraising, attracting sponsorship couldn't be easier — readers and listeners can simply visit your page and sponsor you direct.

“Every act of goodness is charity”
— Muhammad pbuh

TRIP PACKING ADVICE

This is a suggested packing list of some items needed for this adventure.

Clothing should be casual and hard-wearing; easy to wash field clothes are best for most of the holidays. It is best to pack several thinner layers rather than one thick layer.

There is a weight limit on the trek of **10kg**. It is best not to pack more items than what you actually need as the porters will be carrying your gear.

CLOTHING & PERSONAL ITEMS

- **Trekking boots**
ankle support & spare laces
- **Thick walking socks** x3
[summer and winter]
- **Walking trousers**
x1/2 [must not be cotton]
- **Waterproof trousers**
- **Base Layer**
x2/3 - Dri Fit/Merino wool are advised. Must not be cotton
- **Mid Layer**
micro fleece top
- **Top Layer**
down or insulated jacket
- **Waterproof jacket**
- **Sun hat**
- **x3 Gloves**
base layer, regular and mitts
- **Warm hat**
- **Neck buff**
[ear muffs can also be useful]
- **Camp trainers**
- **Underwear**
[6 days and non cotton]
- **Toiletries**
- **Power bank**
- **Baby wipes**
- **Snacks**

TREKKING & CAMPING ITEMS

- **Walking sticks**
[optional but strongly advised]
- **Day sack** [26L-36L]
- **Duffle bag** [60L-80L]
- **Head torch & spare batteries**
- **Water bottles/bladder**
[at least 2 litres]
- **Sunglasses** [category 3 or 4]
- **Sleeping bag** [4 seasons]
- **Whistle**
- **Pen knife**
- **Microfibre towel**



MEDICAL ITEMS

- **Headache tablets**
- **Anti inflammatory tablets**
- **Diamox**
[altitude sickness prevention]
- **Imodium** [loperamide]
- **Sunblock**
- **Blister pads**
- **Foot powder**
- **Any regular medicines**
- **Water purification tablets**
[Optional but recommended]



ADDITIONAL INFORMATION

So what does the registration cover and what does it not cover?

The lists below outline what things we are responsible for in providing during this experience and what things you will be.

What is included

- **VAT**
- **Park entry fees**
- **Hut fees**
- **Airport transfer** [round trip]
- **Hotel stay** in Moshe
- **Rescue fees**
- **Oxygen cylinder**
- **Oxmiter machine**
- **Transport to/from Kilimanjaro**
- **Western qualified guide**
- **English speaking guide**
[certified as a Wilderness First Responder & Emergency Medicine Adult & Child CPR]
- **Guide, chef and porters salaries**
- **All meals**
- **First Aid kit**
- **Boiled/Purified drinking water**
- **Daily briefing**
- **Personal Summit Certificate**
stamped and signed by the National Park and your Guide

What is not included

- **International flights**
- **Tanzanian Visa**
[to be obtained via Tanzanian government website]
- **Tips** for guides and porters
[£110 per participant]
- **Personal mountain gear**
[gear rental is available]
- **Personal expenses**
[laundry, telephone, beverages]

* Trip is subject to change based on unforeseen circumstances.



THANK YOU

Thank you for signing up to provide families and communities with clean and safe water for life.

Your support is often the gift of life itself and we take special care to reach those who are most at risk, which is only possible with your support. We've seen with our own eyes how their lives have been uplifted and transformed by what you give.

We look forward to seeing you in Tanzania in January!

