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MT KILIMANJARO – LEMOSHO ROUTE – PRIVATE CLIMB

8 NIGHTS / 9 DAYS

DEPARTS ANY DAY MINIMUM ONE TRAVELLER

VALIDITY: NOVEMBER 01, 2022-DECEMBER 15, 2023

MT KILIMANJARO – LEMOSHO ROUTE – PRIVATE CLIMB - ITINERARY

DAY 1, ARRIVE KILIMANJARO AIRPORT KILIMANJARO / MOSHI

Upon your arrival at Kilimanjaro Airport, clear customs, and immigration. Canadian passport holders are required to have a valid passport and visa to enter Tanzania.

Pick up your checked luggage and you are met by a Tourcan Vacations representative and transferred to your hotel in Moshi for check in.

OVERNIGHT: SPRINGLAND HOTEL IN MOSHI

LEMOSHO MT KILIMANJARO CLIMB

The Lemosho Route is widely considered to be the best route on Mount Kilimanjaro. Not too long ago, there were only two main routes used to climb Kilimanjaro - the Marangu (Coca Cola) route and the Machame (Whiskey) route. But as Tanzania's tourism industry flourished, the Kilimanjaro Park authority created more trails to Africa's highest peak to distribute climbers to more areas of the park. This reduced bottlenecks at certain points and also made for a more pleasant experience by limiting crowds.

Additionally, these latter trails were more thoughtfully designed to improve acclimatization for the climber by incorporating longer distances, longer times on the mountain and shorter elevation gains. Lemosho, a new route, falls into this category.

Lemosho is preferred due to its beauty, remoteness, and success rate. In short, it maximizes the chances that a climber will reach the summit and enjoy the experience overall.

On this Lemosho route, the trek from Barranco to Barafu is broken up allowing for a short day just prior to the summit attempt. This is important because summit day begins early, around midnight, so climbers are sleeping deprived going into the toughest day on the mountain. By having a short day beforehand, climbers can be better rested.



DAY 2, MOSHI TOWN / LONDOROSI GATE (2100M) - MTI MKUBWA CAMP (2750M)

Hiking time: 3h

Habitat: Montane Forest

Your day starts early with a briefing, followed by breakfast and a 2-hour drive from Moshi (910m) to Londorossi Park Gate (2100m). The guides and porters prepare and pack the supplies and your equipment in the village. You will receive a lunch pack and you can also buy mineral water in the village. From here a forest track requiring a 4WD vehicle leads to Lemosho Glades (2100m, 11km, 45 minutes). You will have a lunch stop about halfway and will reach the Machame camping area in the late afternoon. Walk along forest trails to Mti Mkubwa (big tree) campsite, (2750m, 3 hours). Your porters (arriving at the camp site long before you) will have your tent set up on your arrival. In the evening, the porters will boil drinking and washing water and the cook will prepare dinner, before you retire to your tent for the night. Night temperatures can already drop to freezing point at this campsite.

OVERNIGHT: MTI MKUBWA CAMP

MEALS: BREAKFAST, LUNCH, & DINNER

DAY 3, MTI MKUBWA CAMP (2750M) - SHIRA 2 CAMP (3840M)

Hiking time: 6.5h

Habitat: Moorland

You rise early at Mti Mkubwa camp, and, after breakfast, you climb an hour or so to the top of the forest and then the trail gradually steepens and enters the giant heather moorland zone. Several streams are crossed. A gentle walk across the plateau leads to Shira 2-camp on moorland meadows next to a stream (3840m). By now you will be able to see, in an easterly direction, the Western Breach with its stunning glaciers. The porters will boil drinking and washing water, before serving dinner. The night at this exposed camp will even be colder than the previous night, with temperatures dropping to well below freezing.



OVERNIGHT: SHIRA CAMP

MEALS: BREAKFAST, LUNCH & DINNER

DAY 4, SHIRA (3840M) - LAVA TOWER (4630M) - BARRANCO CAMP (3950M)

Hiking time: 7h

Distance: Approximately 15 kms

Habitat: Semi desert

The route now turns east into a semi desert and rocky landscape surrounding Lava Tower, where you reach an altitude of 4630m after about 5 hours walk.

Lunch is served in a designated area before ascending the rocky scree path to Lava Tower (4630m). This is definitely the toughest day so far.

It is normally around this point, where for the first time, some climbers will start to feel symptoms of breathlessness, irritability, and headaches.

After lunch descent again by almost 680m to the Barranco camping area and after reaching the high altitude of 4600m at Lava Tower, the true acclimatization benefit of this day becomes clear. This descent to Barranco camp takes about 2 hours and offers great opportunities to take some beautiful photographs of the Western Breach and Breach Wall. The camp is situated in a valley below the Breach and Great Barranco Wall, which should provide you with a memorable sunset while you wait for your dinner.

OVERNIGHT: BARRANCO CAMP

MEALS: BREAKFAST, LUNCH & DINNER



DAY 5, BARRANCO CAMP (3,900 M/12,800 FT) - KARANGA CAMP (4,200 M/13,780 FT)

Hiking time: 4h

Distance: Approximately 7kms

Habitat: Alpine desert

After breakfast, we continue up a steep ridge to the great Barranco Wall, then you climb this imposing obstacle, which turns out to be easier than it looks.

Topping out just below the Heim Glacier, you can now appreciate just how beautiful Kilimanjaro really is. With Kibos glaciers soaring overhead, you descend into the lush Karanga Valley to the Karanga Valley campsite. From the camp, you can look east and see the jagged peaks of Mawenzi jutting into the African sky. After a hot lunch in camp, your afternoon is at leisure for resting or exploring. After two long days, this short day is important for your acclimatization, since your summit push is about to start.

OVERNIGHT: KARANGA CAMP

MEALS: BREAKFAST, LUNCH & DINNER

DAY 6, KARANGA CAMP (4,200 M/13,780 FT) - BARAFU CAMP (4,550 M/14,930 FT)

Hiking time: 8h

Distance: Approximately 13kms

Habitat: Alpine desert

In the morning, you hike east over intervening ridges and valleys to join the Mweka Route, which will be your descent route. Turn left toward the mountain and hike up the ridge through a sparse landscape for another hour to the Barafu Hut where you will receive a hot lunch. The last water on the route is in the Karanga Valley; there is no water at Barafu Camp, even though Barafu is the Swahili word for ice. The famous snows of Kilimanjaro are far above Barafu Camp near the summit of the mountain. Your tent will be pitched on a narrow, stony, wind-swept ridge, so



make sure that you familiarize yourself with the terrain before dark to avoid any accidents. Prepare your equipment and warm clothing for your summit climb and drink lots of fluids. After an early dinner, go to bed for a few hours of precious sleep.

OVERNIGHT: BARAFU CAMP

MEALS: BREAKFAST, LUNCH & DINNER

DAY 7, SUMMIT DAY!

BARAFU CAMP (4,550 M/14,930 FT) - UHURU PEAK (5,895 M/19,340 FT) - MWEKA CAMP (3,100 M/10,170 FT) Hiking time: 8 hours up, 7-8 hours down

Distance: Approximately 7 km up, 23 km down

Habitat: Scree and seasonal snow

You will rise around 11:30 PM, and after some steaming tea and biscuits, you shuffle off into the night. Your 6-hour climb northwest up through heavy scree between the Rebmann and Ratzel glaciers to Stella Point on the crater rim is the most challenging part of the route for most climbers. At Stella Point (5,685 m/18,650 ft) you stop for a short rest and a chance to see a supremely sanguine sunrise.

At Stella Point you join the top part of the Marangu Route, but do not stop here too long, as it will be extremely difficult to start again due to cold and fatigue. Depending on the season and recent storms, you may encounter snow on your remaining hike along the rim to Uhuru Peak. On the summit, you can enjoy your accomplishment and know that you are creating a day that you will remember for the rest of your life.

After your 3-hour descent from the summit back to Barafu Camp, you will have a well-earned but short rest, collect your gear, and hike down a rock and scree path into the moorland and eventually into the forest to Mweka Camp (3,100 m/10,170 ft). This camp is in the upper forest, so you can expect mist or rain in the late afternoon. Dinner, and washing water will be prepared, and the camp office sells drinking water, soft drinks, chocolates, and beer!



OVERNIGHT: MWEKA CAMP

MEALS: BREAKFAST, LUNCH & DINNER

DAY 8, MWEKA CAMP (3,100 M/10,170 FT) - MWEKA GATE (1,980 M/6,500 FT) - MOSHI (890 M/2,920 FT)

Hiking time: 3 hours Forest

Distance: Approximately: 15 km

After a well-deserved breakfast, it is a short, scenic, 3-hour hike back to the park gate. Do not give your porters any tips until you and all your gear have reached the gate safely but do remember to tip your staff at the gate. At Mweka Gate, you can sign your name and add details in a register. This is also where successful climbers receive their summit certificates. Climbers who reached Stella Point are issued green certificates and those who reached Uhuru Peak receive gold certificates. From the Mweka Gate, you will continue down to the Mweka Village, a muddy, 3 km, 1 hour hike if the road is too muddy for vehicles. In the Mweka Village you will be served a delicious hot lunch after which you are driven back to Moshi for an overdue hot shower and comfortable night at your hotel in Moshi for a long overdue hot shower, dinner, and celebrations!!

OVERNIGHT: SPRINGLAND HOTEL IN MOSHI

MEALS: BREAKFAST, LUNCH & DINNER

DAY 9, MOSHI / ARUSHA

Check out of the hotel after breakfast and you are transferred to Kilimanjaro airport for your onward flight."

***** END OF OUR SERVICES*****



IMPORTANT INFORMATION:

- Your passport must be valid for at least six months after your return date
- A visa is required to enter Tanzania. This can obtain on-line: <https://eservices.immigration.go.tz/visa/>
- Contact your local health clinic or doctor to determine if any inoculations are required
- Anti-malaria protection is required. Contact your doctor or local health clinic
- Comprehensive travel insurance is essential
- **Luggage:** The porters on the Kilimanjaro hike are only allowed to carry 15kgs per person

INCLUSIONS:

- Transfers as detailed in the itinerary

LEMOSHO KILIMANJARO CLIMB

- 2 nights at Springland hotel in Moshi with breakfast
- Accommodation as per itinerary including the camp fees
- 1 night at Mti Mkubwa Camp, 1 night at Shira Camp, 1 night at Barranco Camp, 1 night at Karanga Camp, 1 night at Barafu Camp & 1 night in Mweka camp
- All meals as per the program
- 2 porters for each climber (15Kgs each porter), 1 cook & 1 Guide
- Rescue fees
- Flying doctors' coverage

EXCLUSIONS:

- All airfare and related fees
- Tanzania visa
- All items of personal nature e.g., telephone call bills, fax/email bills etc.
- Gratuities to Porters and Guide/s - the driver guides.
- Mountain Equipment
- Gratuities and Tips to Hotels/Lodges/Camps staff and Driver/Guide(s)
- Alcoholic and non-alcoholic drinks
- Any local or international flight/s and departure taxes and other taxes
- Laundry services
- Concession fees (In case of any new fees introduce by parks without our knowledge)
 - Covers you within East Africa for a period of 14 days. In the eventuality of a medical emergency, you will be airlifted to Nairobi where you will be taken to a good hospital. The patient bears hospital bills
 - We highly recommended you have your personal insurance

ABOUT YOUR CLIMB:

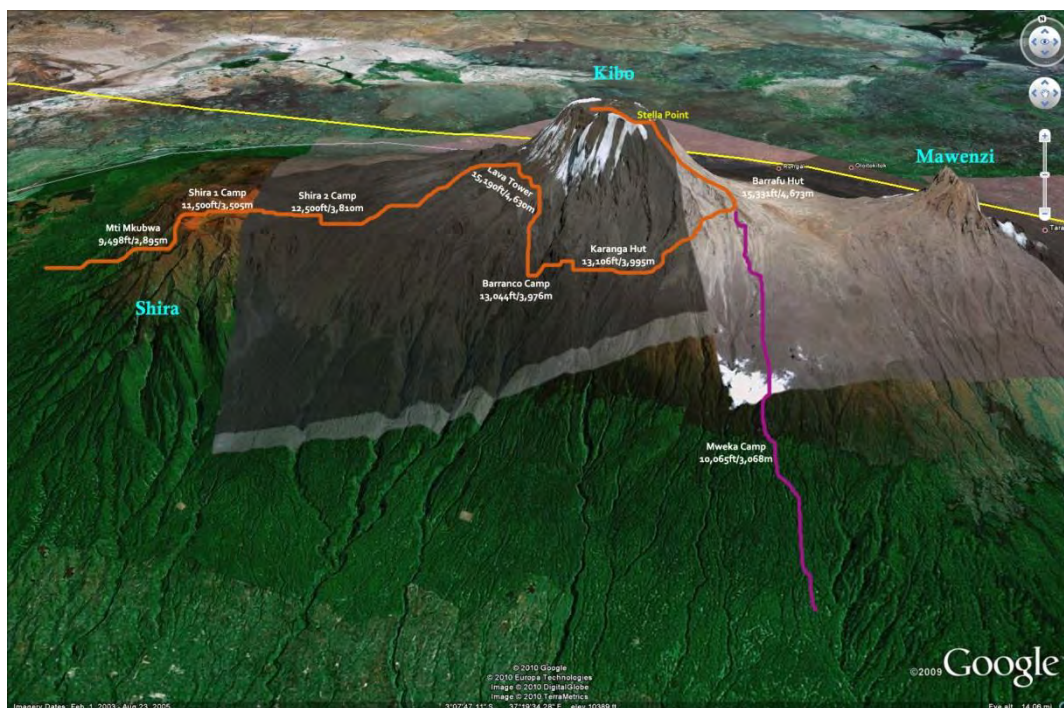
LEMOSHO ROUTE

The Lemosho Route is widely considered to be the best route on Mount Kilimanjaro. Not too long ago, there were only two main routes used to climb Kilimanjaro - the Marangu (Coca Cola) route and the Machame (Whiskey) route. But as Tanzania's tourism industry flourished, the Kilimanjaro park authority created more trails to African's highest peak.

Lemosho, a relatively new route, is preferred by reputable operators due to its beauty, remoteness and success rate. In short, it maximizes the chances that a climber will reach the summit, and enjoy the experience overall.

The Lemosho route can be done in as little as six days (five nights) on the mountain. However, it is ideally tackled over eight days (seven nights) for a better altitude acclimatization schedule. The trek begins at Londorossi Gate, located in the western base of mountain, within its lush, fertile rainforest. The route heads across the Shira Plateau, before circling along the southern circuit halfway around the mountain, exposing the climber to splendid views from all angles. The approach to the summit is made from the east, and the descent follows the Mweka trail. With eight days (seven nights) on the mountain, your chances of reaching the “Roof of Africa” are extremely high, around 90%.

The Lemosho route is approximately 70 km/ 42 miles from gate to gate. It is designed for physically fit people with some hiking experience. The table below depicts a variation of the 8-day Lemosho climb with starting and finishing points, altitude, distance, and hiking time. This is considered to be the ideal Lemosho route variation.



Day	Start	Altitude (m)	Altitude (ft)	Finish	Altitude (m)	Altitude (ft)	Time (hrs)	Distance (km)	Distance (miles)
1	Londorossi Gate	2,360	7,742	Mti Mkubwa	2,895	9,498	3-4	6	4
2	Mti Mkubwa	2,895	9,498	Shira 1 Camp	3,505	11,500	5-6	8	5
3	Shira 1 Camp	3,505	11,500	Shira 2 Camp	3,810	12,500	3-4	10	6
	Shira 2 Camp	3,810	12,500	Moir Hut	4,200	13,800	2-3	4	2
4	Moir Hut	4,200	13,800	Lava Tower	4,630	15,190	2-3	4	2
	Lava Tower	4,630	15,190	Barranco Camp	3,976	13,044	2-3	3	2
5	Barranco Camp	3,976	13,044	Karanga Camp	3,995	13,106	4-5	5	3
6	Karanga Camp	3,995	13,106	Barafu Camp	4,673	15,331	4-5	4	2
7	Barafu Camp	4,673	15,331	Uhuru Peak	5,895	19,341	7-8	5	3
	Uhuru Peak	5,895	19,341	Mweka Camp	3,068	10,065	4-6	12	7
8	Mweka Camp	3,068	10,065	Mweka Gate	1,640	5,380	3-4	10	6
Total								70	42

BEFORE THE CLIMB

Be properly equipped

An essential part of your preparation will be to ensure that you are well equipped for your summit attempt. Print our final checklist and mark it off, to ensure that you are.

Be physically prepared

It is important that your body is prepared for the physical challenges of Mount Kilimanjaro. We have developed a fitness training program which will assist you in getting your body in shape for your Kilimanjaro summit expedition.

Mental preparation

It is possible to summit Kilimanjaro successfully. Many before you have succeeded. This should be topmost in your mind when preparing for the summit attempt. You should always remain in a positive state of mind, but not overly arrogant. Try to anticipate various different scenarios, which

you may encounter on the mountain and try to work out the most suitable course of action, mentally by yourself or even as a group. Your mental stamina will, without a doubt, make the really difficult sections, like from Kibo to Uhuru or from Barafu to Uhuru, easier to complete. Remember if you are properly equipped, you have taken everything as indicated on the final checklist, you are physically prepared and have all the knowledge gained from this internet guide - you will be mentally confident for the physical part of Kilimanjaro.

Adequate travel insurance

Make sure that you have adequate travel and medical insurance, which will also provide you with cover for the climb up Kilimanjaro.

ON THE MOUNTAIN

Go slowly

Go slowly - "Pole Pole" as they say in Swahili! This is also especially important during your first days of climbing. Even if you feel well, slow down and enjoy the scenery.

Drink enough water

Make sure that you drink at least 3 - 4 litres of liquid a day - preferably water. For your first day it is recommended that you take along fresh water, which may be purchased at the hotel in Moshi before your climb. Try to get the bottles with the screw tops, this way you will also have containers in which to take water further up the mountain. Running water on the mountain is safe to drink from day-2 onwards, but care should still be taken. If you are not used to fresh water in nature, prevent any inconvenience by using water purification tablets. REMEMBER! A functioning "body water balance" is one of the keys to a successful climb!

Walk high - sleep low

If possible and especially on your acclimatization day "walk high - sleep low" Try to do a short evening stroll to a higher altitude and then descend to sleep at the camp at a lower altitude. This is essential on your acclimatization day.

Climb light

Climb as lightly as possible; this becomes even more important on your summit night. Extra weight will slow you down and will also make breathing more difficult.

Packing

Remember that you will be on the mountain for at least 5 or 6 days. You need to take enough clothing, especially socks to last for this period. Due to frequent rainfall as well as numerous streams on the routes, it is advisable to pack items individually in your bag. These individually packed items should be wrapped in plastic bags to prevent them from getting wet in case of rain.

Clothing

You will require the correct underwear, thermal hiking socks, gloves (preferably mittens), warm head protection, raincoat, sunglasses, and sun protection cream. Also remember your hiking boots, hiking/running shoes (it is not necessary to walk with boots or climbers' shoes until the last sections where scree and rocks are encountered), and very importantly, a walking stick / ski-pole. One of the most critical items of clothing is an outer jacket. You want it to perform the functions of keeping you warm, protect you at temperatures of as low as minus 25 degrees Celsius, keep the wind out and yet still "breath".

Try to avoid tight fitting clothing or underwear. This will hamper circulation, causing either cold or discomfort on the mountain. A balaclava is necessary, as it will protect your face against cold, wind, sun and snow. Other clothing like shorts, sweaters and T-shirts are strongly recommended, especially during hiking on the lower slopes, when the day temperatures are still high. The only way to ensure that you are dressed warmly is to follow the principal of wearing the correct clothing layers, starting from against the body. A common mistake made by climbers is to wear everything they have and to start off with cotton against the skin. Cotton absorbs moisture perfectly, and moisture trapped against the skin will result in a definite lowering of the body temperature, which could even lead to hypothermia. It is therefore especially important to use proper thermal underwear with "wicking" properties (a fabric which has the ability to draw moisture away from the body) and thus enabling it to evaporate to the outside. The middle layer should provide the insulation and a product like polar fleece will be adequate in this regard. The outer layer should be windproof, waterproof, and breathable. Short of altitude and physical exertion, cold is one of the most serious obstacles when attempting to summit Kilimanjaro. After securing your booking with us, you will receive a comprehensive document, to guide you through the steps of purchasing the correct gear.

Take a ski - pole

A ski - pole is essential. Use of ski poles reduces external and internal loads on the knee joint by up to 20%. Using 1 ski pole is necessary, but 2 poles are recommended. Buy one or hire one but take one.

New batteries

Replace your head lamp and camera batteries with new ones on your summit night.

Acute Mountain Sickness (AMS)

AMS commonly affects people at high altitude, who are not accustomed to high altitude conditions. AMS can be lethal if not treated immediately or if its symptoms are ignored. 70% of all people climbing Kilimanjaro will suffer to some extent from AMS. You should familiarize yourself with this condition and take preventative care.

Malaria

Malaria occurs below 1800 meters, and you should use the recommended prophylactics. Please consult your doctor about these. Currently, there are various preventative medication products

available which will be effective against the malaria strains currently found in Tanzania. Women using oral contraceptives should consult their physicians before using prophylactics.

Wet wipes

There is no washing water at Kibo and Arrow Glacier camps. Wet Wipes are extremely useful.

Snacks

Take enough snacks like energy bars etc.

Adequate sun protection

Wear a superior quality pair of sunglasses (with UV protection) and use adequate sun protection cream with a protection factor of at least 20+.

Thermal flask

Use a thermal flask for your water on the summit night, other water bottles might freeze solid.

Camera

Taking pictures with a fully automatic camera at the summit of Kilimanjaro is possible, and most people do this. The secret is to always have a new battery in your camera when going into cold areas at high altitude. A mechanical camera works just as well, provided you have the knowledge to operate it successfully. Cameras exposed to cold do not cease functioning but remember that if you keep your camera inside your jacket and the lens becomes warm, chances are that it will form condensation when suddenly exposed to extreme cold. This condensation will freeze under conditions at the summit. Therefore, keep your camera dry at all times. Moisture will freeze at the summit which WILL cause your camera to stop functioning.

Mountain water

The stream water high on the mountain Kilimanjaro has been evaluated and has been found to be fit for drinking. However, if you would like to be on the safe side, use water purification tablets or ask your guide to boil the water for you. This can be done in the evening. You can fill your flasks in the morning, ready for the next part of the climb.

Other useful tips

THE MOST IMPORTANT TIP OF ALL - ENJOY THIS ONCE IN A LIFETIME EXPERIENCE!!!

GUIDES AND PORTERS

Once on the Mountain, your well-equipped guides, and porters, will rank second only to your mental determination, in terms of crucial factors contributing to a successful summit attempt. For the duration of your Kilimanjaro trek, your guide will be your advisor, he will lead you to the

summit, and he will bring down safely again. It will be important that you collaborate closely with him and take note of his advice.

OTHER IMPORTANT POINTS

Qualified and experienced guides

Guides are compulsory for all routes on Kilimanjaro. All our treks up the mountain are led by highly trained and qualified guides, registered with the Kilimanjaro National Parks Board. Each of our guides has been selected over years, based on experience, safety record and through feedback from previous clients. Over the years they made a major contribution to our proud success rate of 96%+ and have safely guided in excess of 7000 successful Destination Africa Tours clients to the summit of Mount Kilimanjaro.

Support staff ratios

The average ratio of our support staff to climbers is 2 porters per climber, a cook and one guide for a maximum of 4 climbers. This excellent staff to client's ratio, bolstered by our superior support equipment, will ensure your safety and enjoyment on the mountain.

Porters and cook

The porters do not only transport your gear and the supplies up and down the mountain. Arriving at every camp site long before you, they will have already erected your tent on your arrival. In the evening they will also boil drinking and washing water and the cook will prepare dinner of a quality that has surprised many previous clients.

Weight limits for porters

Remember that there is a weight limit of 15 kg (30 lbs.) per climber, on the gear of each climber to be portered. A soft duffel bag (barrel type) is preferred - a rucksack is not necessary as they prefer to porter the loads balanced on their heads and shoulders.

Tipping

This is a "compulsory tradition" on every Kilimanjaro climb. We recommend giving a tip of between US \$ 130 to US \$ 200 per climber to the mountain crew at the end of the climb. We recommend giving the tip to the main guide who will then distribute the tip among the mountain crew. We recommend not paying any tips until you and all your gear have descended from the mountain.

- Guide US\$ 70 - 80
- Assistant Guide US\$ 50
- Cook US\$ 40
- Porters US\$ 25 - 30

It is recommended not to pay your porters any tips until you and all your gear have descended from the mountain.

MORE ON BECOMING A GUIDE ON KILIMANJARO

Qualifying as a Kilimanjaro guide brings with it great prestige and respect within the local community. Bearing in mind that your guide would have been employed as a porter for at least 3 years after which he would have been trained and employed as an assistant guide for at least a further 2 years. Only then did he earn an opportunity to become a registered guide, provided that he was found suitable and competent. On average guides and porters will do three (5 - 6 day) summit expeditions per month. That equates to between 15 - 18 days per month on the mountain!

This is without a doubt an extraordinary achievement.

CHECK LIST

One of the important prerequisites of a successful summit attempt is being properly equipped. Ensure that you are well equipped - print the Checklist below and mark it off, it will be an essential part of your preparation for the climb. Please remember to limit the weight of your duffel bag and its content, to be carried by the porters on the climb, to 15 kg (30 lbs.) or less. Extra luggage, including clean clothes to wear after your climb, can be left at the hotel in Moshi. Please feel free to contact us should you have any further questions regarding the checklist. We also provide a complete and quality rental service on all the equipment required on the mountain, as a sensible alternative to purchasing. Please click Gear Rental for more information.

Please note: This checklist is only a guideline.

Make sure you have everything you need to help you successfully summit the Roof of Africa.

TRAVEL DOCUMENTS

- Valid passport and visa
- Airline ticket
- International health card with immunizations (Yellow fever)
- Travel insurance
- Medical insurance
- US\$ cash – INSMALL BILLS / Credit Card

ESSENTIAL ITEMS

- Duffel bag - large enough for all climbing gear and clothing. To be carried by the porters. An extra bag to be left at the hotel with extra gear
- Small luggage lock - to lock zippers
- Day backpack - between 20 - 35 litres. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
- Sleeping bag
- Ski-pole / walking stick

- Water bottle / containers
- Kilimanjaro map (Can be bought at Park gate)
- High Altitude Gear
- Waterproof, breathable & windproof jacket
- Waterproof, breathable & windproof pants (outer wear)
- Polar fleece (middle layer)
- Thermal underwear (under layers)
- Mittens or warm gloves
- Glove liners (if necessary)
- One pair thermal (polertex) socks
- Balaclava
- Gaiters
- Thermal water flask
- Hiking Gear
- Shorts
- Hiking pants
- Regular underwear
- T-shirts
- Raincoat or Poncho
- Footwear
- Water resistant semi-stiff hiking boots - mid weight boots work great
- Shoes for overnight camps - i.e., sneakers, running shoes, etc.
- Socks - several pairs for the climb
- Liner socks - to keep your feet dry and limit the risk of blisters

EQUIPMENT

- Sun hat or similar (with a brim)
- Collapsible ski stick (optional but highly recommended)
- Water bottles - two or three (total capacity at least 6 litres)
- Head lamp, good strong one with spare batteries and an extra light bulb
- Water purification tablets
- Sunglasses, excellent quality dark lenses for the climb, with a securing strap
- Flashlight (torch) with spare batteries
- Personal Items
- Toilet kit (soap, toothbrush, toilet articles, wet wipes, etc.)
- Towel
- Sunscreen and lip protection, SPF 30+
- Ziploc bags, to protect camera, binoculars, etc. from dust
- Toilet paper
- Money belt for passport and valuables
- Medical and First Aid Supplies

- Headaches--Syndols
- Altitude sickness-Diamox (if not allergic to sulpha)
- Diarrhea - Imodium
- Nausea - Valoid
- Malaria - Prophylaxis
- Water purification tablets
- Painkillers
- Muscular sprains
- Abrasions blisters and cuts - Plaster, bandages
- Antiseptic cream - Betadine
- Flu and colds
- Eye drops
- Insect repellent
- Optional Items
- Camera, extra lenses, and film (ASA 200 film recommended)
- Binoculars
- Powdered sports drinks for the climb (ex. Game or Isotonic drinks)
- Pocket knife
- Notebook & pencil
- Plastic bags to keep clothing dry (masking tape)
- Energy snacks and sweets
- Video camera, tapes, battery packs and tripod

STANDARD PACKAGE - MT KILIMANJARO GEAR RENTAL FROM TANZANIA - PRICES QUOTED IN US DOLLARS

THIS IS JUST A GUIDELINE

Rental item
COST IN US DOLLAR

6-day climb

Sleeping bag (length 220 cm) Optional: Please supply your own liner	35
Summit jacket (Shell jacket)	10
Waterproof jacket	10
Waterproof trousers	10
Gaiters	10
Pair of walking poles	10
Headlamp (excl AAA batteries)	10
Balaclavas	5
Warm Gloves	10
Day Pack	15
Duffle Bag	20
Poncho	15

- A credit card number can be supplied as a guarantee for your deposit payment. The relevant deposit will be forfeited on all unreturned or damaged items.
- All equipment rental is subject to demand and the availability of rental equipment or specific sizes cannot be guaranteed. To avoid disappointment, it is strongly recommended that all your rental equipment is booked well in advance of your planned trip.

Important! Please note that NO equipment must be washed by the clients under any circumstances.

CONTACT INFORMATION:



TOURCAN VACATIONS

245 FAIRVIEW MALL DRIVE • SUITE 603 •

TORONTO • ONTARIO • M2J 4T1

Tel: 416 391 0334 | **Toll Free:** 1800 263 2995

Fax: 416 391 0986

Emergency Cell Number: 416 301 9328

ONTARIO REG. #2679578



TOURCAN VACATIONS TERMS AND CONDITIONS:

1. PRICE INCLUDES:

- Meeting/Assistance/Transfers/Porterage: Airport / Hotel round-trip transfers at all destinations and includes one suitcase per person.
- Accommodation: In twin/double rooms with en-suite facilities.
- Meals: Meals as per itinerary.
- Guide: Professional English-speaking local guide(s).
- Sightseeing & Entrance Fees: Vehicle size depends on number of travelers. Entrance fees as per itinerary.
- Services Charges & Taxes: All taxes charged by local governments on services, which are part of the program.

2. PRICES DO NOT INCLUDE:

- Personal expenses: Telephone and data port charges at some hotels, meals and drinks, unless otherwise specified in the itinerary.
- Tips: To guides, drivers and hotel personnel.
- Insurance: Travel insurance is highly recommended and may be purchased at the time of deposit.

3. PAYMENT CONDITIONS: A non-refundable deposit of \$300.00 per person is required at time of booking unless otherwise stated in your invoice. Tourcan Vacations office must receive final payment 60 days prior to departure. For bookings made within 60 days of departure, full payment is due. Some suppliers may require additional deposits. You will be advised at time of confirmation. The additional amount is non-refundable. If final payment is not received 60 days prior to departure the booking will be cancelled.

4. TERMS & CONDITIONS: The purchase of packages, air only or tours (hereinafter referred to as the "Travel Services") offered by Tourcan Vacations constitutes a contractual agreement between Tourcan Vacations and the customer and implies your acceptance of Tourcan Vacations terms and conditions. Please ensure you read carefully and understand these terms and conditions prior to booking.

5. PRICES INDICATED: Prices quoted in our website or by reservations staff are based on double occupancy and in Canadian dollars (\$CAN), unless otherwise indicated, and are based upon the prices of service providers, exchange rate, cost of fuel, taxes and other fees in force at time of preparation of the present brochure. All prices are valid upon date of publication and are subject to change without notice. Unless the customer has paid in full, all prices may be increased at any time and for any reason. Where there is an increase in the total price of the Travel Services after a deposit has been paid and the cumulative

increase, except any increase resulting from an increase in retail sales tax or federal goods and services tax, is more 7 per cent the customer has the right to cancel the contract and obtain full refund.

6. RESERVATIONS/DEPOSIT/CONFIRMATION: Reservations must be accompanied by a deposit or payment in full before they can be considered confirmed.

7. FINAL PAYMENT: Final payment must be received by Tourcan Vacations 60 days prior to departure date. Reservations made less than 60 days prior departure date must be accompanied by payment in full. If final payment is not received within the required period, Tourcan Vacations reserves the right to cancel any such reservations without prior notice and levy applicable cancellation fees.

8. PAYMENT BY CREDIT CARD: Signed copies of Credit Card Authorization Forms must be in our possession before final documents will be issued.

9. CHARGES FOR CHANGES: Any changes to a reservation will be subject to a \$50 change fee outside of 65 days of departure. Within 65 days of departure cancellation penalties will apply. If any change made by one or more customers alters the basis of room occupancy, rates will be adjusted to reflect true room occupancy status. Changes of customer names will be treated as a cancellation and cancellation fees will apply. Charges will apply for any changes in customer reservations (subject to availability) subsequent to the departure date.

10. CANCELLATION CHARGES: Charges will apply in the event of any cancellation. Insurance premiums are non-refundable, in whole or in part, whether cancelled before or after the departure date. The day of departure is excluded when calculating cancellation or change fees. All cancellation fees must be calculated based on the total amount of the products and Travel Services purchased. Tourcan Vacations reserves the right to cancel a booking where any payment is not received by its due date (60 day prior to departure).

CANCELLATION BEFORE DEPARTURE DATE:

- **Up to 60 Days prior – loss of deposit***
- **59 to 0 Days prior- 100% penalty***

No refunds will be made for any used portion including hotels, sightseeing, cruises, transfers, meals, international or domestic flight with or without notice, unless cancelled or missed by the supplier.

***Plus any unrecoverable deposits paid to airlines or suppliers.**

11. FLIGHTS AND CARRIERS:

Customers acknowledge and accept the following:

- **Changes:** Flights offered by Tourcan Vacations are conducted in accordance with the applicable tariffs of the air carrier and pursuant to regulations set out by the Canadian Transportation Agency. All such flights and rates are also subject to approval by the relevant government authorities. Consolidations and changes in the published schedule, aircraft type, days of operation, air carrier providing air transportation and flight itinerary may be undertaken at any time and without prior notice, in accordance with the air carrier's tariffs.
- **Fares and Names:** Fares and taxes may increase between the time of quoting, booking and tickets being issued. The fares quoted are subject to class availability and may have booking conditions attached. Tickets must reflect the passengers name as shown in their passport. If names are not reflected correctly boarding may be denied.
- **Schedule Check and Connecting Flights:** Flight schedules are subject to change without notice. Customers having purchased air only must reconfirm their return flight within 24 to 72 hours prior to the scheduled take-off time. Tourcan Vacations undertakes to notify customers reasonably in advance through means it deems appropriate of any

schedule changes resulting in the advancement or delay of the flight departure times or in case of cancellation of a flight. Whenever customers book connecting flights, they must allow sufficient time to make their connection. No control can be exercised over air carriers to guarantee flight schedules, which may be altered or affected by various circumstances. Tourcan Vacations will not be liable for any change of schedule or a missed flight connection, including any additional fees incurred and special, incidental or consequential damages (including the carriage of baggage) arising from the foregoing, whether or not it had the knowledge that such additional fees or damages might be incurred.

- **Airport check-in:** It is recommended that customers arrive at the airport check-in counter at least 3 hours prior to departure. Failing this, their reservation may be cancelled and their seats assigned to other customers, with no right of recourse.
- **Seat assignment:** unless already pre-assigned, staff at the air carrier's check-in counter conducts aircraft seating.
- **Other applicable conditions:** Air transportation is subject to all applicable government regulations and is governed by the Montreal Convention, or the Warsaw Convention as the case may be, the applicable tariffs of the air carrier as well as the conditions of contract appearing on the airline ticket. Any amendments or changes to the applicable air carrier's general terms and conditions of carriage once filed with and approved by federal regulatory authorities, are not subject to additional public notice and are legally binding.
- **Refusal to transport: Removal of passengers:** Tourcan Vacations shall not be liable for refusal by itself or the air carrier to transport a passenger nor for the cancellation of a reserved space or removal of a passenger due to, but not limited to, safety reasons, to prevent the violation of any applicable laws of any country or to prevent any hazard or risk to such passenger, to any other person or property, or to the flight.

12. VALIDITY OF TICKETS: Tickets are made out in the name of the customer and are not transferable. Tickets are valid only on the dates and flights indicated. Unused portions of tickets may not be used for travel on other flights and are not subject to refund at any time.

13. BAGGAGE:

- **Limits:** Air carriers have individual rules and regulations with respect to baggage weight, size and number. Customers must consult with the travel agent for applicable restrictions.
- **Liability:** The provisions of the Montreal Convention, or the Warsaw Convention as the case may be, the applicable tariffs of the air carrier, as well as the notice appearing on the passenger ticket and baggage check, govern the loss of and damage to baggage and establish the limits of air carrier's liability. Baggage lost or damaged while boarding or disembarking a ship must be reported to the Purser's office prior to the ship's departure from port or prior to leaving the local customs area. Passengers' baggage and property are transported, stored and handled at owner's risk at all times.

14. TRAVEL DOCUMENTS: It is the full responsibility of customers to obtain at their own expense all necessary travel documents required by all relevant government authorities, including all ports of call, and to comply with the laws thereof. Passports will be required for all air and sea travel to or from all destinations and may have to be valid for six months beyond the date of the expected return to Canada. Canadian Citizens born in certain countries may require a visa in addition to a valid passport. A permanent resident card will be required for permanent residents/landed immigrants who are not Canadian citizens. One (1) parent traveling with a child under age 18 may have to obtain a notarized letter of consent signed by the parent not traveling. Customers are responsible for checking which documents are required, and then make certain that they have the necessary documents in hand prior to departure. The carrier or relevant authorities, without further recourse or the possibility of a refund, may deny customers boarding privileges failing to provide the required documents. Entry to another country may also be refused even if the required information and travel documents are complete. No refund or replacement will be given for lost or stolen travel documents. Tourcan Vacations shall not be liable for any aid or information given by its employees or the travel agent in connection with obtaining any necessary travel documents or complying with any laws,

whether given orally, in writing or otherwise, or for the consequences suffered by any customer resulting from his/her failure to obtain such documents or to comply with such laws.

15. CUSTOMER ADVISORY: Some events are part of normal unpleasant occurrences, which can happen when traveling abroad. The customer realizes this, solely assumes the consequences thereof and agrees that Tourcan Vacations cannot be held responsible for any damages owing to such occurrences.

- **Living Standards:** Customers are asked to bear in mind and accept that living standards and practices at the destination, and the conditions there with respect to the provision of utilities, services and accommodations, may differ from those found in Canada.
- **Service disruptions:** Some services including water, electricity, air-conditioning, security, sanitary conditions, pools, food, beverages and other services or benefits may be suspended or interrupted partially or completely during the customer's stay. Likewise, depending on the occupancy rate of hotels, à la Carte dining may be replaced by buffet or vice-versa.
- **Food, water and beverages:** The food, water and beverages may not be up to North-American standards. Accordingly, customers assume sole responsibility for any illness suffered while abroad or upon return owing to the quality of the food, water and beverages.

16. ROOM ALLOCATION: Hoteliers are solely responsible for room allocation, in accordance with the category reserved by customers. Should customers choose to alter their room category upon arrival at destination (upon availability), they must make their own arrangements with the hotelier and assume all additional fees levied by them.

17. CHECK-IN AND CHECK-OUT CONDITIONS: Customers acknowledge and accept that hoteliers, in accordance with international standards, have specific check-in times, usually from 3 PM and check out by noon on the scheduled day of departure or by noon on the day immediately preceding a late night departure.

18. CUSTOMERS REQUIRING ASSISTANCE AND CARE WHILE TRAVELLING: All customers requiring special care, assistance, attention or treatment must advise Tourcan Vacations and the air carrier of any and all specific needs at the time of booking, in order to arrange air transportation, hotel and tour accommodations.

19. CHANGES TO TRAVEL SERVICES: If Travel Services are no longer available prior to the departure date or subsequent to arrival at destination, Tourcan Vacations reserves the right to substitute them for comparable goods or Travel Services, or, alternatively, to cancel them.

- **Changes to itinerary:** Tourcan Vacations and the participating tour operator reserves the right to cancel, alter or re-schedule any timing, to omit one or more stops, to substitute alternative itineraries or to otherwise amend the content of the tour with or without prior notice to the passenger.

20. CUSTOMER RESPONSIBILITY:

- **Health:** Customers, whose physical condition so requires, must ensure that they have a sufficient quantity of any required medication with them, and that they carry such medication in their hand baggage at all times. Customers must also consult competent medical authorities prior to departure about preventive medical measure as regards to the countries to be visited.
- **Activities:** Tourcan Vacations cannot be held responsible for any accident or mishap occurring at the destination during the practice of activities in which the customers participate of their own free will and initiative.

21. FORCE MAJEURE: Tourcan Vacations shall not be liable for failure in the performance of any of its obligations, including without limitation, for any loss or damage resulting from any delay, cancellation, loss of personal belongings, illness, bodily injury, accident, death, deterioration of Travel Services, inconvenience, loss of enjoyment, disappointment or frustration, either mental or physical, due to:

- An Act of God or Force Majeure;
- A war, revolution, insurrection, riot, blockage or any other unlawful act against public order or authority, including an act of terrorism or threat thereof;
- Fire, flood, explosion, earthquake, epidemics, quarantine, storm, lightning, tornado or adverse weather conditions generally;
- Accident to or failure of an aircraft or equipment used in connection therewith, loss of or hijacking of an aircraft, or any shortage of or inability to provide labor, fuel or facilities;
- Any strike, lock-out, labor dispute or other industrial disturbance whether involving Tourcan Vacations' employees, the employees of its service providers or others upon whom Tourcan Vacations relies;
- Any government order, regulation, action or inaction or any failure to obtain the approval of a government authority having jurisdiction in the circumstances as may be required to the conduct of operations hereunder or any government or legal restraint upon such operation;
- Others upon whom Tourcan Vacations relies for the performance of the whole or any part of any Travel Services hereunder;
- Any other causes beyond the reasonable control of Tourcan Vacations and any other event not reasonably to be foreseen, anticipated or predicted, whether actual, threatened or reported, which may interfere with the operations of Tourcan Vacations or of its service providers.

22. EXCLUSION OF LIABILITY: Tourcan Vacations makes arrangements with air carriers, hotels, transfer operators and other independent parties to provide customers with Travel Services they purchase. Although Tourcan Vacations takes great care in selecting these service providers, it does not have any control over them and cannot be held responsible for their omissions, fault or negligence, or that of their employees, nor for any loss or damages suffered as a result thereof. Travel Services provided are subject to the conditions imposed by the service providers and their liability is limited by their tariffs, conditions of carriage, tickets, vouchers, international conventions and agreements.

23. ACTIVITIES NOT INCLUDED: Tourcan Vacations shall not be liable for the quality or safety of activities (such as excursions, optional tours, little extras and others) available at the destination that customers may wish to participate in and which are not included in the package, nor for any other representation made by the operator of any such activities. Any written or oral contract for all such activities shall be deemed to be made between customers and the operator of such activities and shall be undertaken at the customers' own risk of loss, damage or injury. Tourcan Vacations shall not be liable in any manner for any complaints or claims that may arise as a result of participation in any such activities which are offered by third parties over whom Tourcan Vacations has no control.

24. CONFIDENTIALITY: Tourcan Vacations strictly complies with principles of confidentiality with respect to customers' personal information, including in accordance with the Personal Information Protection and Electronic Documents Act.

25. LAWS: The laws of the province in which the Canadian gateway city is located govern this agreement. Any legal action instituted against Tourcan Vacations must be heard before the courts of this province. For the purposes of any such proceedings, the parties hereby agree to elect domicile in the judicial district of the Canadian gateway city in question. The voiding of one or other of the clauses hereto shall neither annul nor invalidate this agreement, which is known as the Terms and Conditions. Tourcan Vacations is registered as a wholesaler in Ontario.

26. I understand that the QUARANTINE ACT is in place by the Government of Canada, which is subject to change or to be extended at any time. This requires me to legally self-isolate for 14 days upon re-entering Canada, unless participating in a Government authorized Rapid Test Project (which is subject to its own rules). I also understand that entry requirements for the country I am travelling to may change at any time without notice and it is my sole responsibility to inform myself of such requirements. Entry requirements may also include providing proof of a negative COVID-19 test upon arrival.

For travel arrangements including a flight, I understand that the airlines and Government regulatory bodies (including Transport Canada) have put measures in place to determine whether I am able to fly. If I am denied boarding, I understand that all expenses will be solely mine to incur with no refunds or credits offered by the Travel Agency, Airline or Travel Operator(s).

I understand that I may be asked the following while travelling abroad from government officials, immigration, airlines, hotels and other travel operators:

- a. Asked to confirm that I have been advised that the carrier may impose COVID-related measures, and I agree to comply.
- b. Asked Covid questions such as if I have a cough/fever/runny nose, breathing problems, or been denied boarding within the past 14 days, or been subject to a mandatory quarantine order.
- c. I may be scrutinized for symptoms such as fever/cough/runny nose, breathing problems, and denied boarding if any are perceived, regardless the answers given to the questions.
- d. I am obliged to wear a face covering when boarding, flying and disembarking (subject to some exceptions, e.g., when eating), and comply with instructions from a gate agent or cabin crew, failing which I can be denied boarding and/or subject to a fine.

If flying into Canada, my temperature will be taken by the carrier unless in possession of a medical certificate attesting that the elevated temperature is due to something other than COVID.

I understand that any denied services due to failure to comply with carrier or operator rules and any expenses I incur due to a result of denied services are solely my own expense and I will not hold my Travel Agency or travel specialist financially or legally responsible.

I confirm that I have reviewed all travel restrictions and notices put forth by the Government of Canada as found on <https://travel.gc.ca/> [travel.gc.ca] and understand that the restrictions can change at any time.

I understand that as of November 21, 2020 it is mandatory to participate in the ArriveCAN program when returning to Canada:

As part of Canada's efforts to reduce the spread of COVID-19, air travellers must provide travel and contact information, their quarantine plan, and a COVID-19 symptom self-assessment digitally using ArriveCAN before they board their flight to Canada. Land or marine travellers are also strongly encouraged to use ArriveCAN to reduce processing time at the Canadian border and limit points of contact between travellers and officials.

Travellers are also required to provide certain information within 48 hours of entering Canada. Certain exemptions apply for exempt travellers. See [Canada.ca/ArriveCAN](https://canada.ca/ArriveCAN) [canada.ca] for more details.

I also understand that I am subject to the local laws and restrictions put forth by the Government officials in any and all countries that I am visiting during these travel arrangements and they are subject to change at any time.