

Wharton Leadership Ventures Kilimanjaro Expedition & Safari

Introductory: No experience necessary; good physical fitness a must.

Kilimanjaro (19,341 feet) offers a true climbing adventure. The mountain is rugged, and its summit sits far above the infamous plains and game parks of East Africa. While the route we will travel is non-technical, the summit cap has glaciers and is at high altitude. Kilimanjaro is the highest point on the African continent (one of the seven summits) and its summit is almost 5,000 feet higher than any point found in the contiguous United States!

Our trip will combine two of Africa's greatest experiences. First, Kilimanjaro: We will ascend the mountain via the Machame Route, thought by many to be the most aesthetic route on the mountain. The Machame Route is a challenging but non-technical route. We will be treated to steep forest paths, stunning views, and towering cliffs above and below us. Our nights will be spent in tents, and during the day we will have the assistance of local porters to carry our loads. A reasonable acclimatization schedule will give us plenty of time to enjoy our incredible surroundings AND will keep us healthy.

After reaching Kilimanjaro's highest point, we will descend the Mweka Route. This will afford us a different look at the mountain. The Mweka is known for its lush jungle, a stark contrast as we leave the alpine environment of Africa's highest point.

We spend the final two days of our expedition on safari. The East African plains are unrivaled for their big game and huge roaming herds. Traveling in specially equipped vehicles and spending our evenings in quality lodges, we will see the best that Tanzania has to offer. We will visit Lake Manyara National Park, and the famed Ngorongoro Crater. We can expect to see zebras, lions, rhinos, hippos, cheetahs, and countless more, all wild on the plains. A trip to Kilimanjaro would not be complete without exploring these parks.

Kilimanjaro is probably the world's most underestimated mountain, and every year this leads to accidents and rescues on its flanks. Your choice to climb with Earth Treks is essential to your enjoyment and safety. Our mountaineering program focuses 100% on high altitude climbs and treks. We consider Kili a strenuous climb, suitable for beginners yet one that must be respected for its size and objective hazards. As with all of our expeditions, part of our time will be focused on each team member developing the skills essential to travel wisely at high altitudes on big mountains.



This trip will be guided by senior Earth Treks Guides. Earth Treks has guided more than 200 international mountaineering expeditions, including multiple yearly trips to Kilimanjaro over the past 7 years. We will also be joined by a host of local Tanzanian assistants and guides. Their personal and professional climbing experience and thoughtful approach to the challenges of mountaineering and sustainable African tourism will be vital ingredients in the success of your trip.

Daily Itinerary

Day 1: Wednesday, May 16. Depart USA flying via Europe. Be certain to confirm that your flight arrives by the evening of May 17.

Day 2: May 17. Arrive Kilimanjaro International Airport in the PM. Shuttle to local hotel.

Day 3: May 18. Acclimatization and organization day.

Day 4: May 19. Drive to the Machame Trailhead. After organizing our porters we will begin our climb. Five hours of hiking will take us through a temperate rain forest to a small clearing. We will establish our first camp here at the Machame Camp (10,000 feet).

Day 5: May 20. We continue up a ridge, leaving the lush forests behind as our trail gets steeper. There are short sections of scrambling today, requiring the use of our hands and feet. By midday we will have climbed above tree line. We will stay at Shira camp, 12,800 feet.

Day 6: May 21. Today we head Southeast around Kilimanjaro's main peak. Today's hike takes us closer to the famed Breach Wall and Lava Tower, crossing a broad high alpine plateau and eventually descending to the Baranca Camp.

Day 7: May 22. Today will be a much needed rest day, allowing the teams to better prepare for the last three days of the climb.

Day 8: May 23. Hike to Karanga Valley camp. The trail, in places carved from the cliff faces, is stunning and challenging. Lots of short rock scrambles will give us a taste of what climbing to the summit will demand of us.

Day 9: May 24. Hike to the Barafu High Camp. This is a "short" day, but at this altitude, it will still tax our resources. Once in camp, the team will prepare for the summit; an early dinner and bed time will be needed as most of us will start towards the summit before mid-night.

Day 10: May 25. Summit Day! After a midnight start, we will scramble along a rock rib to Stella Point, on the crater rim. From here, we must still hike for nearly a mile, all above 19,000 feet, before standing on Africa's highest point (19,341 feet). Descent is down the Mweka route. We will set up camp, after at least a 12-hour day, at 10,200 feet.

Day 11: May 26. Five to six hours of hiking will take us down through Mweka's dense jungle to the trailhead. A private van will take us from there to our hotel. Hot showers and a celebratory dinner are part of the rewards.

Day 12: May 27. Travel to Lake Manyara National Park, where we begin our safari. Manyara is known for its African flamingos, as well as elephants, baboons, lions, and herds of antelope. In the evening we will drive to the Ngorongoro Crater.

Day 13: May 28. The Ngorongoro Crater has the highest density of big game anywhere in Africa. This safari, starting before dawn, will allow us to photograph lions, rhinos and dozens of other wild animals. In the late afternoon, we will return to the Kia Lodge. Earth Treks reserves a day room for folks departing later in the evening, we will drive to the Kilimanjaro airport and catch evening (5:00 pm or later) flights for USA via Europe.

Day 14: Tuesday, May 29. Arrive USA.



KILIMANJARO : TANZANIA

Kilimanjaro Expedition Equipment List

We have divided this list into several parts in order to facilitate shopping and packing. Please do not hesitate to call if you have any questions regarding the items on this list. While shopping, you may be presented with several manufacturers' products to choose from. Please consult the sales staff before spending a lot of money on something that might not meet your needs.

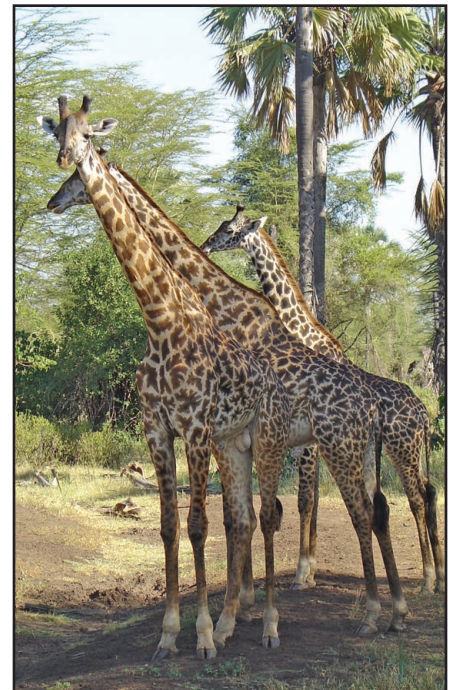
While in Africa, we can expect daytime temperatures in the 80s, evening temps in the 40s, and occasional rain showers. While in the mountains, we can expect highs in the 60s and lows of minus 10 degrees.

We have not specified the number of clothing items you should bring, so please base your decision on the size of your baggage, length of your trip and your likelihood of rolling around in the mud. Some clothing/equipment will be used for several portions of the trip.

Earth Treks will supply the following: Guides, group camping gear and first aid supplies.

CITY / TRAVEL

- T-Shirts (4)
- Shorts (2)
- Long sleeved shirts (at least one suitable for wear in a nice restaurant) (2)
- Short sleeved shirts (2)
- Long pants (2)
- Underwear (many)
- Socks (many)
- Comfortable sneakers or walking shoes
- Windbreaker
- Fleece Jacket (*see below*)
- Passport style wallet (worn around neck) or waist belt style wallet
- Ear plugs
- \$500 spending money (restaurant meals, gifts, staff tips, departure tax)
- Sunglasses
- Baseball hat or visor (be sure the underside of the brim isn't white)
- Swimsuit



Kilimanjaro Expedition Equipment List Continued

TREKKING CLOTHING

- Lightweight balaclava
- Wool/Polarfleece hat
- Lightweight glove liners or wind-stopper fleece gloves (2)
- Mountaineering gloves or mittens insulated enough for the Arctic, i.e. Gore-tex shell with removable inner liner (DO NOT SKIMP ON THIS ITEM)
- Gore-tex jacket and pants
- **2 pairs** of heavy weight wool socks. *Example product: Thorlo or Smartwool brand in mountaineering weight*
- Hiking boots (medium to heavyweight - to be worn on the mountain) *Example product: Asolo 530 or Vasque Sundowner*
- Lightweight sneakers or approach shoes (to be worn around camp)
- Bandanas (2)
- Non-cotton underwear (men- capilene boxers or briefs; women- polypro sports bras, cotton or polypro briefs are ok) (6)
- Silk-weight Capilene t-shirts (3)
- Quick-dry shorts (2)
- Long underwear (1 pair of mid-weight and 1 pair of expedition weight (100-200 weight or R2), capilene tops and bottoms)
- Trekking Pants
- Fleece Jacket
- Down or synthetic filled insulated jacket (lightweight and packable) sized to fit over all of your insulation layers and Gore-tex outer shell. One with an attached hood is highly recommended. *Example products: Patagonia DAS Parka or Mountain Hardwear Sub Zero*
- Gaiters (Sized to fit over mountain boots.) *Example product: Outdoor Research Crocodiles*

GENERAL EQUIPMENT

- Passport/Visa. Plan ahead, it is also strongly recommended you get your Tanzanian Visa in advance - it may take 2 months to receive your visa. Make sure that your passport expiration date is at least 9 months beyond your departure date. Check with the US Department of State (www.travel.state.gov) for details and requirements.
- 2 Passport photos
- Day pack - for city and climb; large volume: 3000 cubic inch or more. Best if it has an internal frame. *Example product: Gregory Z55*
- Pack Cover

Kilimanjaro Expedition Equipment List Continued

GENERAL EQUIPMENT CONTINUED

- Compact sleeping bag, with stuff sack, rated to minus 10 degrees Fahrenheit
- Thermarest pad (72" long)
- Stuff sacks (or plastic bags to help organize your gear) (4-6)
- Headlamp with spare batteries (3 sets)
- Large heavy plastic garbage bags (6)
- Ziplok plastic bags (for books and organizing small items) (6-10)
- Glacier glasses with strap (should have dark lenses and full side coverage)
- Sunblock and lipblock (bring 30 SPF or stronger) and sunscreen (SPF 8 to 12)
- Skin moisturizing lotion
- Toilet articles (tooth brush, Purel type handwash, biodegradable soap, wash and dry towelettes, hand towel (quick-dry), shampoo, tampons, multi-vitamins, etc.)
- Personal first aid kit (including band aids, ibuprofen, Tylenol, Pepto-Bismol tablets, Imodium AD, moleskin and molefoam, cough drops, and personal medications: Diamox, Ciprofloxin, Anti-Malarial, etc.)
- Locks for your luggage (at least 2)
- Collapsible ski poles (1 pair) (Strongly recommended)
- Energy Food and Snacks ([see attached Food & Hydration Recommendations list](#))
- Hydration System ([see attached Food & Hydration Recommendations list](#))

OPTIONAL ITEMS

- Camera, spare camera batteries and media cards
- Journal, sketch pad, paperback books, pocket-sized games, music
- Binoculars (for Safari)
- Texas or other sports sandals
- Shoeller-type trekking pants (wind/water resistant and highly breathable)
- Packable Umbrella



You WILL NOT be able to find these items in Africa, so it is IMPERATIVE that you bring them from home!



KILIMANJARO : TANZANIA

Kilimanjaro Expedition Equipment List Continued

NOTES

Pack all equipment in 2 duffle bags. Make sure that you weigh your bags as most airlines are **strict about a 50 lb limit**. If you cannot fly with locks on your bags, use zip-ties to secure the zippers for the flights. Once in the country you can lock your bags with your travel locks. One duffle bag will be left in our hotel with any clothing you do not take on the climb and **must be restricted to 25lbs**. The other will be carried by porters during our climb. This duffle is best if very large (all of your camping and climbing equipment will need to fit in it while on the mountain) and water-resistant or waterproof. It will take a beating on the backs of porters and in camp each night. **Porters will carry about 25 pound loads.**

The amount of fun you will have on this trip is directly proportional to how comfortable you are. The extra dollars and time you spend acquiring quality climbing gear and warm clothing will be your guarantee of comfort.

The safari portion of your expedition is often surprisingly cold in the mornings and evenings (Ngorongoro often sees temperatures in the 40s) and hot in the afternoon. Be sure to bring warm clothing for the safari in addition to the warm layers you have on the mountain. We will not have laundry services between the climb and safari, and you will not want to use the fleece or jacket that you have worn for a week!

Our safari lodges, while remote and well-suited to their environment, are quality hotels. You will enjoy being spoiled with excellent food and beautiful views. Members of our teams often find they enjoy having non-mountain clothes for evenings at the lodges. While t-shirts and jeans are certainly not frowned upon, "going-out clothes" are also appropriate.





KILIMANJARO : TANZANIA

Food and Hydration Recommendations

In the sport of mountaineering, providing your body with the necessary fuel to get to the summit is critical. We recommend the combined use of electrolyte tablets, energy gels and bars such as Nuun tablets, GU gels, Clif Shots, GU Chomps, Clif Shot Bloks, and Clif bars. We particularly like Nuun's special formulation of electrolytes, which help increase the amount of water that's absorbed into the blood stream. Plus, it comes in a "no mess" tablet form that is quick to dissolve and easy to transport.

These "energy foods" provide a stable release of energy unlike the sugar rush that a candy bar's will. They require very little digestive energy to metabolize, and are designed to be taken with a few sips of water.

We recommend the following numbers as a minimum per person.

8-10 Bars

12-15 Gels/ Chomps/ Bloks

Please Note: We **DO NOT** recommend Power Bar brand bars since they are prone to freezing and require larger amounts of water to properly digest. Please **experiment** with different brands/flavors/textures **PRIOR** to your expedition to see how your body processes this type of food!

For additional information check out:

- Nuun- www.nuun.com
- GU- www.guenergy.com
- Clif- www.clifbar.com

You WILL NOT find this type of product in Africa, so it is IMPERATIVE that you bring the number you think you are going to need for the expedition.

Earth Treks has found that the use of a Hydration Pack, allowing you to drink on the go, greatly reduces the chances of becoming dehydrated. The hydration system we recommend is a 2 quart hydration pack with an insulated hose. In addition a 1 quart water bottle with an insulated water bottle parka (with a zippered lid) is required.

Here is the hydration system we strongly recommend:

- **Hydration Pack**- *Example product: Camelbak Zoid*
- **Quart Water Bottle** - *Example product: Nalgene 1 Qt Wide Mouth*
- **Water Bottle Parka** - Must fully enclose the water bottle, including top.
Example product: Outdoor Research Water Bottle Parka

You WILL NOT be able to find these items in Africa, so it is IMPERATIVE that you bring them from home!

