



Trek for 7 days on the Machame Route. The ultimate challenge:

TREK KILIMANJARO

3 - 12 October 2024



www.different-travel.com

info@different-travel.com

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Trek Kilimanjaro

3 – 12 October 2024



Trip overview

You will take the Machame Route to the summit of Kilimanjaro, which is considered the most scenic route on the mountain but also one of the best for acclimatisation, and therefore success of reaching the summit. Subject to weather conditions you will be treated to dominating views of Kibo, the main summit cone, for most of your trek.

Tanzania

Officially named the United Republic of Tanzania, this friendly and welcoming African country is 4.5 times the size of Britain and will leave a delightful long-lasting impression. Situated on the coast and also bordered by Kenya, Uganda, Burundi, Rwanda, Zambia, Malawi, the Democratic Republic of Congo and Mozambique, this must-visit country offers a huge range of delights.

From its flawless coastline to massive volcanic peaks, including the highest peak in Africa: Mt Kilimanjaro, and its stunning variety of flora and fauna, Tanzania is arguably one of the best nature and wildlife-watching destinations on the planet.

Our Dedication to Porter Welfare

Anyone who has trekked Kilimanjaro will tell you that the hard-working porters are vital to your success in reaching the summit.

The Different Travel Company are proud to be one of a small number of UK tour operators who are official partners of the International Mountain Explorers Connection (IMEC) which works closely with the Kilimanjaro Porters Assistance Project (KPAP) to improve conditions for porters and mountain crew on Kilimanjaro.

Being a partner of IMEC means that when you trek Kilimanjaro with Different Travel, you can rest assured that the staff will be provided with good meals throughout the trek, are paid well, sleep in high quality tents and have mountain-appropriate clothing and footwear to ensure their safety on the mountain - just as we would expect for our participants. You are encouraged to learn about the importance of porter protection at <http://www.kiliporters.org>.

Mount Kilimanjaro

Kilimanjaro is located in north east Tanzania on the border with Kenya. Kilimanjaro is actually an extinct volcano, associated with the creation of the Great Rift Valley 100km to the west. It is the highest mountain in Africa and thus one of the Seven Summits (the highest peak on each continent). There are three volcanic cones on Kilimanjaro; Shira, Mawenzi and the highest cone, Kibo, which you will climb to the summit. You will enjoy superb views of Mawenzi during the trek. The first European to summit Kilimanjaro was Hans Meyer in 1889. Since then this breathtakingly beautiful mountain has become a popular destination for those wishing to experience one of the biggest challenges of their life.



What is the experience like?

Who accompanies us?

This trek is accompanied by English-speaking local guides who have summited Kilimanjaro hundreds of times on various routes around the mountain, and a Different Travel Company UK tour manager. They are first aid trained and will support you throughout your journey.

You will also be supported by a huge team of assistant guides, cooks and porters who together make your journey possible.

How tough is it?

This is a very tough trek which we grade *challenging to extreme*. You will be trekking on challenging terrain which is often steep; you will be exposed to altitudes up to 5895m and will camp in basic campsites. Each day you will trek up to 8 hours per day.

Summit night is the most challenging part of the trek because it starts at 11pm or 12am after only a few hours' sleep. You trek through the cold and dark of the night up to the summit on a loose scree path until you reach the top of the crater at Stella Point, around 6-7 hours later. You then take around an hour to trek around the crater rim to the true summit, Uhuru Peak. It is an incredibly arduous night. You need to stay positive, remember your goal, and keep a very slow, steady pace. The hard work pays off after you reach the summit and have taken your photos as the famous signpost! You then take an almost immediate descent of 5-6 hours to a much lower altitude campsite where you will have a well-deserved rest. It could be a 14-hour trek day.

What is the terrain like?

The terrain will vary each day but in general you will experience undulating terrain with an uphill gradient as you approach the summit, and a downhill gradient on the way down from the summit. Underfoot the terrain will vary from muddy forests, rocky and dry trails, barren gravelly tracks, scree and possibly even snow. Halfway through the trek you reach the Barranco wall which is a vertical rock wall with a narrow winding path and a drop on your right-hand side. No technical climbing skills are required but scrambling over large rocks is necessary. Your guides and support staff will help you every step of the way and most people say that this is a highlight of the trek.

Altitude

This is a high altitude trek. The highest altitude on the trek is 5895m, the summit of Kilimanjaro.

It is generally considered that altitudes above 3000m are 'high altitude' and from this point it is possible for individuals to experience altitude related symptoms. The susceptibility of an individual to experience altitude related symptoms is not clear-cut and can happen to those who have visited areas of high altitude many times before.

Acclimatisation

For the majority of the trek you will 'trek high, sleep low'. This means you trek to high elevations each day to expose your body to a higher altitude environment, then descend to a lower altitude to rest allowing your body time to recover and acclimatise. The first four nights of the trek are spent at campsites no higher than 3963m. That said the effects of high altitude exposure should not be underestimated.





What are the ecological zones of Kilimanjaro?

There are five main ecological zones on Kilimanjaro:

- Lower slopes (1800m):** Grazing land, cultivation, farming settlements; generally fertile and lush with small mammals.
- Forest zone (1800-2800m):** Forest belt completely encircles the mountain and provides water to the lower slopes. It supports a variety of wildlife including elephant, buffalo, Colobus monkeys and bush pig. It is generally damp and cloudy with cooler nights.
- Heath and Moorland (2800-4000m):** This is a semi-alpine area with heath like vegetation and abundant wildflowers. Jackal, buffalo and possibly small wildcats live at this level.
- Alpine desert zone (4000m-5000m):** A semi desert zone with sub-zero temperatures at night and up to 25°C during the day. Water is scarce and there are only 55 recorded species of plants who survive at this height and few mammals and birds.
- Summit (5000m):** This is the arctic zone with freezing cold nights and lower levels of oxygen. Kilimanjaro was once completely covered by an ice cap but at present only a small fraction of the glacier remains. There are serious concerns that the ice may completely disappear.

Where will we stay?

You will stay in a hotel in Moshi before and after the trek and you will camp in tents during the trek. All accommodation is on a shared basis, but single occupancy may be available subject to payment of a single supplement. At camp you will stay in 3-man tents (two to a tent). You will need to bring your own sleeping bag and sleeping mat, or these can be hired locally if you prefer.

What about meals?

Meals are cooked by your own dedicated trek chef who will prepare hearty, delicious Tanzanian and Western meals. They will be taken in a mess tent where a table, chairs, plates, mugs, cutlery and other equipment is provided for you.





Practical information

Is there an age limit?

The minimum age is 18 (or 16-17 if accompanied by an adult) and there is no upper age limit.

Who can take part?

Each participant should arrive in Tanzania with a good level of fitness having engaged in suitable fitness training; they should be healthy, have a determined attitude and be willing to be pushed out of their comfort zone.

How fit do I need to be?

Commitment to physical preparation is fundamental for this challenge, to ensure your best chance of success, and enjoyment, during the trek.

Attempting to complete the trek without training will make each day more challenging than necessary, being inadequately prepared may prevent you from reaching the summit, and it may hinder the experience of your teammates.

The ascent does not require technical climbing skills but it is a huge mountain at high altitude so you must take your training seriously and not underestimate the scale of the challenge.

How should I prepare?

It is essential that your training includes hill walking to include trekking up and down gradients; training on flat terrain will not adequately prepare you. Your training should replicate the trek as closely as possible so engaging in many multi-day hill walks of 7+ hours per day is the optimal training ground.

Hill walks should be supplemented with strength training and cardiovascular exercises such as gym workouts, running, swimming, cycling, boot camps etc. You can download a number of free apps which help you train and track your progress. E.g. MyFitnessPal, MapMyWalk, C25K (couch to 5k run) etc.

Health declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

COVID-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination. Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Tanzania prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on info@different-travel.com.

Trip cost

A £495 registration fee is payable at the time of booking. You can then choose one of the three payment options:

- Self-funded:** Pay your own tour costs balance of £3,105 by 25 July 2024.
You are welcome to fundraise separately for any charity of your choice, but this is not mandatory. Any fundraising undertaken cannot be used for your trip costs.
- Sponsorship:** Fundraise £6,210 for your chosen charity by 11 July 2024.
This includes your £3,105 tour costs balance and a £3,105 donation to charity.
- Flexi:** Pay your own tour costs balance of £3,105 and fundraise £3,105 for a charity of your choice by 25 July 2024.
Any fundraising undertaken cannot be used for your trip costs.

Trip Includes:

- ✓ Return flights from London (incl. airport taxes)
- ✓ All transfers and transport in Tanzania
- ✓ Accommodation in 3-star hotel in Moshi
- ✓ Tents on trek
- ✓ All meals
- ✓ Local English-speaking guides, porters and cooks
- ✓ Current Kilimanjaro National Park entrance fees and trek permits
- ✓ Different Travel tour manager.

Trip Does Not Include:

- ✗ Tanzanian visa (current cost US\$50 on arrival)
- ✗ Travel insurance
- ✗ Any increases in Kilimanjaro National Park fees between the time of writing (February 2023) and time of departure
- ✗ Tips (approx. US\$250 per person depending on group size)
- ✗ Vaccinations
- ✗ Malaria prophylaxis
- ✗ Personal trekking kit
- ✗ Personal expenses (e.g. drinks, snacks, showers, souvenirs, etc.)

Itinerary

Day 1 (Thursday 3 October 2024): London - Kilimanjaro

Depart London for Kilimanjaro International Airport on an indirect flight.



Day 2 (Friday 4 October 2024): Moshi

On arrival you will be met by your local guide and transfer to your hotel in Moshi where you have free time to freshen up before a briefing and welcome dinner tonight.

Meals: Dinner

Day 3 (Saturday 5 October 2024): Machame Gate - Machame Huts (3,000m)

After a hearty breakfast we set off for the 45 minute drive to Machame Gate where we will be officially registered for the trek and meet your assistant guides, cooks and porters. After registration is complete and your porters have been allocated their loads, you will start the trek at a slow and gentle pace on a gentle uphill incline trail through the beautiful rainforest. Keep your eyes peeled for monkeys who make this area their home and see if you can spot the beautiful seahorse-shaped red flower *impatiens kilimanjari* which only grows on the mountain. The trek day typically takes 7– 8 hours, ending at a clearing in the forest and the welcome sight of your tents, hot tea and dinner.

Meals: Breakfast, Lunch, Dinner



Day 4 (Sunday 6 October 2024): Machame Huts - Shira Plateau (3,840m)

After a hearty breakfast you will start the trek through the remaining rainforest towards the giant moorland zone. The trek today is shorter but steeper and the environment changes rapidly as you leave the rainforest. Depending on the group pace, it is a 5-6 hour trek, during which you gain approximately 800 metres in altitude. You will arrive at Shira Camp at around lunchtime and enjoy the stunning view over the Shira Plateau. Weather permitting you should also get your first close views of Kibo, the highest peak of Kilimanjaro.

Meals: Breakfast, Lunch, Dinner



Day 5 (Monday 7 October 2024): Shira Plateau - Barranco Camp (3,950m)

Today isn't as steep as yesterday but it is a challenging trek which sees us gradually gain 660m of altitude as we leave the moorland zone and enter the dry, rocky alpine desert to the Lava Tower, a volcanic plug at an altitude of 4,500 metres. Although it's a challenging day, reaching the Lava Tower it is very important for acclimatisation and will give you a better chance of reaching the summit. After lunch and a rest at the Lava Tower, we descend to Barranco Camp (3950m) for a hot meal and a good rest.

Meals: Breakfast, Lunch, Dinner



Day 6 (Tuesday 8 October 2024): Barranco Camp - Karanga Camp (3,963m)

The first obstacle today is to breach the Barranco Wall, a 200m rock face with a winding trail to the top. To ascend the wall will take around two hours, using your hands and feet to help you clamber up some of the large boulders. No technical skill or rock climbing experience is required - it is still classified as a trek. This section is often the part people enjoy the most! Once over the wall you find yourself on a large flat plateau with breath-taking views. As you trek down towards the Karanga Valley you will enjoy dramatic views of the jagged crags and see some of the giant lobelias dotting the landscape. As you reach camp you will be treated to magnificent views of Kibo (clouds permitting) and a hearty meal. This is a long day but highly rewarding.

Meals: Breakfast, Lunch, Dinner



Day 7 (Wednesday 9 October 2024): Karanga Camp - Barafu Camp (4,700m)

Today's trek is slow and steady as you ascend to Barafu camp, with the splendid summit peak of Kibo dominating the horizon all morning. As you progress the terrain becomes drier and almost moon-like with very little flora or fauna to be seen. The trail is steep in places so it is important to follow the gentle pace of the guide, one step at a time. Today will feel much colder than previous days as the area is quite exposed and can experience high winds. You will arrive into Barafu camp this afternoon where you will rest and relax before an early dinner and early night to bed. At 11pm you will start the final ascent to the summit, Uhuru Peak.

Meals: Breakfast, Lunch, Dinner.

Day 8 (Thursday 10 October 2024): Barafu Camp - Uhuru Peak (5,895m) to Millennium Camp

After snacks and hot drinks, we start the most demanding part of the trek. Light is provided by your head torches and the moon on a clear night. As you ascend on zigzagging trails, keeping a steady pace, you will gradually wind your way up the mountain. As you approach Stella Point, the rim of the volcano, the sun will climb spectacularly behind you, staining the horizon with vibrant reds, pinks and oranges. After a short rest at Stella Point you will continue around the crater rim for an hour until you reach the summit of Kilimanjaro, Uhuru Peak; the highest point in Africa and the world's highest solitary peak (5895m/19,340ft). After taking your summit photos you will descend to Barafu Camp for lunch, pack away your kit and continue trekking for 5-6 hours down to Millennium Camp (2800m) where you will have a well-deserved rest. This could be the toughest day that you have ever experienced. You will have ascended 1295m and descended 3095m in 14-18 hours. Although exhausting, you will have just achieved something extraordinary.

Meals: Breakfast, Lunch, Dinner



Day 9 (Friday 11 October 2024): Millennium Camp - Mweka Gate - Moshi

This morning you will say thank you and farewell to your team of porters in a joyful Kilimanjaro-style celebration. From camp you will trek to Mweka Gate through the rainforest (approx. 6 hours), looking out for wildlife in the trees as you go, before signing out from the national park and transferring back to the hotel (approx. 1 hour) for a rest and a well-earned hot shower. Tonight you will enjoy a farewell dinner together at your hotel and can celebrate your achievements.

Meals: Breakfast, Lunch, Dinner



Day 10 (Saturday 10 October 2024): Moshi - Kilimanjaro - London

Today we will transfer to the airport for your indirect flight back to London, possibly arriving the next morning depending on flight schedules.

Meals: Breakfast



N.B. This itinerary may change due to unusual weather patterns, wildlife movements, the ability of the group and so on. We will do our best to keep to the set itinerary however we cannot be held responsible for changes that might occur outside of our control. In all such circumstances your guide and tour leader will have the final say in the interest of the health and safety of the group.



Before You Go!

Important information to help you prepare for the Everest Base Camp Trek

Travel practicalities and country information

Trek knowledge

Food and drink

Kit tips

Luggage

Responsible travel and culture

Fitness, health and safety

Altitude

Kit list

Travel practicalities and country information

Visas

All visitors require a visa for entry into Tanzania. Citizens of most countries (including British citizens) can currently obtain a visa on arrival at Kilimanjaro airport for US\$50 which must be paid in US dollars cash. Your passport should have a remaining validity of at least six months upon arrival and you must have empty pages for your entry and exit stamps.

Travel insurance

The Different Travel Company will do everything possible to ensure a safe and enjoyable trip however unexpected things can occur such as delays, medical problems, baggage loss, cancellation by you etc. The purchase of travel insurance is mandatory; you are advised to organise it at the time of booking to ensure you are covered immediately.

Different Travel is an Unregulated Introducer of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

You can find out more here: <https://microsite.campbellirvinedirect.com/differenttravel>

Please note: most travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible as it may protect you against the loss of your non-refundable, non-transferable registration fee if you cancel due to injury, illness etc.

Phone and Wi-Fi access

Staying in touch is easy from Moshi and Wi-Fi is available in the hotel. During the trek, mobile phone access will vary depending on your home network, roaming capabilities, contract type and mobile handset. In general, you should have reception for some of the route.

Tipping

The tipping culture on Kilimanjaro is slightly different to many other treks and perhaps tip should be referred to as a 'bonus' as the money given to the porters, cooks and guides has now become a standard and expected contribution to the staff who have worked exceptionally hard to help you every step of the way. The recommended tip amount will vary depending on the final group size and how much trek baggage everyone packs. The more trekkers there are (and the heavier their bags) the more staff will be required to support the group on the mountain.

On average each trekker can expect to tip a minimum of US\$250 which is combined and split amongst the Kilimanjaro trek staff on a sliding scale based on hierarchy, from the guides at the top to the porters at the bottom.

The Different Travel Company are proud to be a partner of the Kilimanjaro Porters Assistance Project, which exists to recognise the demanding labour that porters perform on the mountain and are committed to improving conditions for them. It is under this scheme that the recommendations for tips are laid out. See <http://www.kiliporters.org/> for more information.

Before departure people may grumble that US\$250 is very high and cannot understand why they need to tip this much, but after the trek they wish they had brought more money to add to the pot because of how extraordinarily hard the staff work to support the team; the common comment is "we couldn't have made it to the top without the porters and guides". You will be informed of the final suggested tip amount 8 weeks before departure, based on the final group size.

Religion

Approximately 30% of the population practice Christianity, approximately 30% practice Islam and the remaining third pursue indigenous religions and beliefs.

Electricity

Mains electricity in Tanzania is 230v/ 50 Hz but is subject to fluctuations and power cuts. Plugs are 3 square pin sockets (British style). If access to electricity during the trek is important to you, you are advised to bring a portable power pack (power bank or battery pack) which when fully charged allows you multiple charges of USB-powered devices such as phones. You should buy a power pack with a minimum capacity of 15,000mAh and these are widely available online.

Money

The local currency of Tanzania is Tanzanian shillings. The current rate of exchange is 2810 shillings to the pound (February 2023).

You will need cash for your visa on arrival (US\$50), Kilimanjaro staff tips (approx. US\$250 per trekker depending on the number of trekkers), drinks at the hotel or Kilimanjaro entrance/exit gates, and souvenirs etc. Tips can be paid in any currency although shillings are appreciated.

If you leave the mountain before the scheduled end of the trek (e.g. for illness, injury or abandoning the trek for any reason) you are responsible for paying for any transfers, accommodation or meals organised for you. You may wish to lodge a travel insurance claim for these expenses.

Accessing cash

The easiest way to access local cash is to withdraw it from an ATM. There are plenty of ATMs in Moshi. Please note that if you withdraw cash your bank may charge you so please check with them before departure and inform them of your travel plans to avoid your card being cancelled due to suspected fraudulent use. A pre-paid cash card may be worth considering if you intend to make multiple payments by card or withdraw lots of cash.

There are banks in Moshi where you can exchange cash and some hotels offer a currency exchange service. Please note that Scottish and Channel Island notes are not accepted for exchange.

Photocopies

Remember to photocopy of all your documents (insurance details, passport, credit/debit cards etc.) and take a copy with you during the trip, stored separately from the original copies. You should also scan and email these documents to yourself and leave a copy with a trusted family member or friend. If you lose any of your documents you will then have access to a copy with you and online. You may also wish to upload your documents to cloud storage such as Dropbox or Google Drive.

Photography

When taking photographs of the local people, it is polite to ask their permission first. Taking a photograph of someone without their permission, especially in rural areas, can cause offence. In contrast, taking photographs of someone you have become friendly with is usually very welcome.

Language

The main languages of Tanzania are Kiswahili and English. A few useful phrases and numbers in Swahili:

<i>Jambo</i> - Hello,	1 - <i>Moja</i>
<i>Habari?</i> - How are you?	2 - <i>Mbili</i>
<i>Mzuri</i> - I'm fine	3 - <i>Tatu</i>
<i>Nzuri (sana)</i> - (very) good	4 - <i>Nne</i>
<i>Sawa</i> - Okay	5 - <i>Tano</i>
<i>Tafadhali</i> - Please	6 - <i>Sita</i>
<i>Samahani</i> - Excuse me	7 - <i>Saba</i>
<i>Asante (sana)</i> - Thanks (a lot)	8 - <i>Nane</i>
<i>Lala salama</i> - Goodnight	9 - <i>Tisa</i>
<i>Kwaheri</i> - Goodbye	10 - <i>Kumi</i>
<i>Ndiyo</i> - Yes	11- <i>Kumi na moja</i>
<i>Hapana</i> - No	12 - <i>Kumi na mbili</i>
<i>Pole</i> - Sorry	
<i>Pole</i> - Slowly	

Books

A highly recommended book to help you prepare for the trek is *Kilimanjaro: The Trekking Guide to Africa's Highest Mountain* – 5th Edition (Trailblazer Guides) by Henry Stedman. ISBN 978-1905864959.

Trek Knowledge

Souvenirs

It is best to purchase gifts and souvenirs in Tanzanian shillings as using local currency gives you more haggling power.

Accommodation

You will stay in a hotel in Moshi before and after the trek and you will camp in tents during the trek. All accommodation is on a shared basis but single occupancy may be available subject to payment of a single supplement.

At camp you will stay in 3-man tents (two to a tent). You will need to bring your own sleeping bag and sleeping mat, or these can be hired locally if you prefer.

Hygiene and bathroom facilities

Each morning you will be provided with a bowl of hot water and soap to freshen up for the day ahead. There are no showers so please bring a pack of baby wipes to keep as clean as possible. Toilet facilities at camp will be long drop toilet huts which are often extremely smelly; it may be possible for the group to hire a private use portable toilet (at extra cost).

If you wish to use the toilet during the trek day, you will need to find a bush/rock as there are virtually no toilet facilities along the trails (you usually only find toilets at the camps).

Toilet paper is not provided so you will need to bring your own. During the trek you will need to pack up any toilet paper you use to dispose of properly at camp. NEVER leave toilet paper or other litter on the trail.

Difficulty

This trek is very tough and is graded *challenging to extreme*; a very good level of fitness and a bucket-load of determination to succeed is required. You should start training at least 6 months before your departure. Hill walking should form the basis of your training. If you're not a regular walker, start slowly with short distances then as you get more comfortable, increase the mileage and tackle more challenging terrain until you can comfortably walk for several consecutive days on hilly terrain. You should wear your trekking boots and carry a full daypack to prepare your body for what you will experience during the trek. By the time of departure you should feel confident in your ability to walk up and down steep gradients for 8+ hours per day on at least 2 consecutive days.

Other activities which can complement hill walking include running, cycling, gym workouts, boot camps etc. Building up your core and leg muscle strength is important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home – no gym needed.

During the trek you will walk at a very slow pace for many hours, so it is essential that you have the stamina to walk for at least 8 hours; summit night can be up to twice this duration. The Different Travel Company has the right to refuse anyone who they feel is not fit enough for the challenge.

Weather

Temperatures will depend on the altitude, the weather and wind chill. For the days between 1800-3500m you can expect day time temperatures to range between 5-25°C, and night time temperatures to drop to -10°C.

From 4000-5000m day time temperatures will range from 0-10°C during the day and sub-zero night time temperatures (down to -15°C on average). Wind chill may make these temperatures feel colder.

The summit night will be extremely cold, with cold high winds having an enormous impact on the temperature. Temperatures can range from a relatively balmy -5°C to an Arctic -30°C with wind chill.

Weather conditions will vary as the mountain has its own unpredictable weather system. Conditions include bright sunny days with clear skies, overcast days with high humidity, cold dry windy days, rain, snow etc. It's important to be prepared for all weather conditions and temperatures by packing technical non-cotton layers and waterproofs.

Food and Drink

Water

Tap water in Tanzania is not safe to drink so it's important you do not brush your teeth or rinse your mouth with the tap water at the hotel; only use bottled or purified water. Bottled water is available to buy cheaply in the hotel or you can purify the tap water with purification tablets such as Biox Aqua. During the trek you will need to drink 3- 5 litres of water per day, plus soups and hot drinks. Your water during the trek will be purified for you and all water used for hot drinks, soups and cooking is safe to consume.

Keep hydrated

Electrolyte tablets (for example Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts, sugars and minerals which are naturally lost from your body when you sweat. By adding these tablets to your water it not only offers flavour to your water but it can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoors stores and online for around £8 for 12 tablets. You may also wish to bring a small supply of rehydration salts (for example Dioralyte) which treat dehydration.

Water Bottle

You will need to bring your own bottles to carry at least three litres of water per day. Some people will bring a 2-3 litre CamelBak hydration system (for effortless access to water while you trek) plus one 1-litre water bottles (for example plastic Nalgene or metal Sigg bottle). Some people prefer to bring three 1-litre bottles. The choice is yours. If you're bringing a CamelBak hydration system, a separate 1-litre bottle is essential as it can be used as a backup if your hydration system fails or when the tube freezes on summit night. **Please write your name on all your bottles in marker pen.** Please note that 'own brand' and cheap hydration systems are notorious for splitting, leaking or valves not functioning properly. CamelBak and Platypus are the leader in this market because their products are significantly better quality and more reliable.

Dietary requirements

The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for if we are notified in advance. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible. Please note that we cannot guarantee that food preparation will have taken place in a contamination free environment.

Food

Meals are provided throughout and are freshly prepared by the trek chef. A mess tent with tables, chairs, plates, mugs and cutlery is provided. Typical meals include:

Breakfast: porridge, fresh fruit, toast, sausages, eggs, pancakes etc.

Lunch: If you have a packed lunch it may be sandwiches, boiled egg, cake, a carton of juice, biscuits and fruit. If it is a hot lunch it may be soup and bread, toasted sandwiches, eggs, cakes, fresh fruit, salad, stew, pasta etc.

Snacks: Popcorn and biscuits

Dinner: Soup and bread, salad, coleslaw, potatoes, vegetables, pasta, rice, meat or vegetable stew, fish, eggs etc.

Snacks

You may wish to bring a selection of snacks for energy, a pick-me-up or a little taste of home. Please bring snacks you have tried before (and enjoy!) so they are appetising to you. Items such as sweets, individually wrapped cake bars, protein bars and dried fruit are ideal but don't forget to bring savoury treats also such as salted nuts, Cheddar biscuits or salted crackers.

Kit tips

Discount

When you book you will receive a discount and vouchers booklet. Please check the documents section of your online profile.

Kit hire

Sleeping bags can be hired locally or from companies such as Expedition Kit Hire.

Footwear

You need to wear hiking boots during the trek; walking trainers are unsuitable. It is important that your boots are waterproof (for example Gore-Tex or eVent), have good ankle support and a good quality sole (for example Vibram). You are recommended to try on lots of pairs at a specialist outdoors store such as Cotswold where the staff can advise you on the correct boot and fit for you. Do not leave it to the last minute to purchase hiking boots as you need time to break them in. You should wear your boots on the plane, or carry them in hand baggage, in case there are baggage problems or delays.

Socks

It is important that the socks you choose are high quality, non-cotton and will not slip down in your boots which causes blisters. Never wear cotton socks which absorb sweat making them damp and more likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester) or nylon have wicking properties which means that it pulls sweat away from the skin for it to evaporate. Good brands to consider include Bridgedale, Smartwool and Brasher.

Trek clothing

You are recommended to invest in trekking gear which can be worn in layers (base layer, warm layer, shell layer) which can be added and removed easily to manage your temperature and the climate. Your clothes should be made of technical fabrics designed to wick sweat away from your body which keep clothes dry and smelling fresh. Merino wool, nylon, polyester, polypropylene and bamboo fabrics are all effective technical fabrics.

Never bring cotton clothing to trek in. Cotton clothing can be hazardous to wear in cool conditions because when sweat is absorbed by cotton fibres (rather than forced to evaporate as with technical fabrics), it leaves clothes damp. Damp clothes make you cold and uncomfortable and could even leave you vulnerable to hypothermia on a cold day. You can find good quality technical clothing in all reputable outdoors stores. Check the garment label to ensure your garments contain 0% cotton. Good quality Gore-Tex waterproofs are very important in case there are showers or high winds. Most people will trek in the same outfit for the duration of the trip and have one or two spares in their kit bag.

Gloves

You should take a warm pair of gloves or mittens and a pair of liner gloves. The temperatures drop below freezing on this trek so keeping your hands warm is very important. Chemical hand warmers are a consideration.

Hiking poles

Hiking poles can be very useful on steep ascents and descents, particularly when carrying a heavy pack on uneven terrain. Poles are also very useful for stability. They are not mandatory but are recommended. You should use them on your training walks to familiarise yourself on how to use them. If you bring hiking poles they must fit inside your suitcase/kitbag for the purposes of the international flight.

Sunglasses

These are important even on overcast days. They must offer a minimum of 100% UV protection, and polarised sunglasses are ideal. Taking a spare pair is recommended.

Headtorch

This is a vital piece of kit. Petzl is one brand which makes good quality headlamps but there are many head torches available from other companies. Please ensure you take an LED torch as ones with bulbs are not bright enough. Bring your head torch with fresh batteries inside it and take a full set of spare batteries. Do not bring a wind-up head torch as these are unreliable.

Tissues

On summit night it is strongly advised that you have a tissue in each pocket so you can easily access one to wipe your nose which is likely to run in the cold conditions. If you don't wipe your nose regularly, the mucous may freeze on your nose or upper lip as your nose runs which can be very sore.

Luggage

You will need the following luggage items:

1. A daypack

You are responsible for carrying your own daypack containing essentials for each day. We recommend you bring a 30-35 litre rucksack which **must** have a hip belt and a chest strap. High quality brands to consider when looking for a suitable pack include Osprey, Berghaus and Lowe Alpine (amongst others) and you are strongly advised to visit a reputable store like Cotswold to have your backpack fitted, as they come in a variety of sizes, and some brands offer male and female specific fits. You can expect to carry your personal first aid kit, warm layer, sun cream, packed lunch, three litres of water, snacks, waterproofs, toilet paper, wet wipes and camera. It could weigh 6-8kg when packed, so you should make your backpack selection carefully and ensure it fits correctly and is comfortable. You will not have access to your main luggage while trekking.

2. A dry bag/rucksack liner

You are advised to use a lightweight waterproof rucksack liner or dry bag (for example Exped dry bag) inside your daypack to keep your belongings dry in rainy conditions. It should be large enough to fit inside your entire backpack. Rucksack covers alone are ineffective at keeping your kit dry in wet conditions and can often blow away in the wind.

3. A soft-sided kit bag or large rucksack

This is to hold your trek luggage which will be carried to each camp by porters. It will contain the items you need for the evenings and mornings (for example toiletries, change of clothes, sleeping bag etc.). The weight limit is strictly **10kg**. The kit bag must be strong, light and waterproof.

Some examples of kit bags include Mountain Equipment wet and dry bag or the North Face Base Camp duffle bag but there are many brands and models available in outdoors stores for various prices. A large rucksack with your gear packed inside a lightweight waterproof rucksack liner is suitable too. The capacity of your kitbag should be around 65-75 litres but as long as all your gear fits and is within the weight limit it doesn't matter if the size differs. You are recommended to personalise your kit bag with a bright luggage tag or just your first name written in marker pen, baggage straps or similar, as upon arrival at Kilimanjaro airport the majority of baggage arriving will be kit bags. Please do not bring a solid suitcase or holdall with wheels as this is not suitable for the trek.

4. A small holdall or bag for items not required for the trek. Any items not required for the trek, e.g. travel clothes, books, make-up, hairdryers etc. should be packed into a small holdall or bag separate from your trek gear. These items will be stored securely for you in Moshi while trekking.

5. Combination padlocks which should be used to secure your bag during your flights and also to keep zips secure on your kitbag during the trek.

Sleeping bag

You will be staying in tents during the trek and it will be very cold at night.

The expected lowest night time temperature will drop to approx. -10°C so you need to bring a sleeping bag with a 'comfort rating' of -10°C to -15°C or lower, not an 'extreme rating' of -10°C. There is a critical difference between the two ratings, as outlined here:

- Comfort — the temperature at which you can expect to sleep comfortably in a relaxed position.
- Extreme — the minimum temperature at you can remain for six hours without risk of death from hypothermia.

Examples of suitable sleeping bags include: Snugpak Softie Winter (£65); Mountain Hardware Lamina 0 (£120): Comfort -12 °C; Snugpak Sleeper Expedition (£59.95): Comfort -12°C; Snugpak Tactical 4 (£169.95): Comfort -12°C; Montane Deep Heat (£450): Comfort -12°C; Snugpak Softie Chrysalis Exped (£80): Comfort -15°C; Snugpak Softie Expansion 5 (£122.50): Comfort -15°C; Snugpak 15 Intrepid/Discovery (£159) Comfort -15°C.

Sleeping bags may be available for hire upon request. NB: The temperature guidance is based on historical

averages at this time of year and we cannot be held responsible if the weather conditions are different than expected.

Sleeping bag liner

A silk sleeping bag liner is recommended to complement your sleeping bag as it adds an extra layer of insulation to keep you warm if it's cool. If it's too warm you can sleep under your sleeping bag liner with your sleeping bag unzipped. A sleeping bag liner also protects your sleeping bag from dirt, sweat and damage. Silk sleeping bag liners are quite expensive if purchased on the high street, so consider eBay where you can purchase directly from the manufacturers (usually Vietnam or China) at a fraction of the price. Make sure you look out for 'pure silk' sleeping bag liners, not 'satin' (which is usually low quality and synthetic).

Sleeping mat

You need to bring your own sleeping mat for the trek. A Thermarest or similar inflatable mat would be ideal, and for extra warmth and comfort you could bring a very lightweight foam roll mat or yoga mat to put beneath it (please bear the 10kg kit bag weight limit in mind!). You can hire a mat locally if you wish.

Responsible travel and culture

Culture shock

As a developing country, visits to Tanzania will be slightly different to visits to countries in Europe or North America. Here is some information about etiquette, culture and things to be aware of.

Begging and poverty

Begging is not a major issue in Moshi but when you descend to Mweka Gate on the last day there are often children waiting on the lower slopes *demanding* sweets, chocolate, your hat, your water bottle or money. Unfortunately, the misguided goodwill of trekkers over the years has led to some communities on the lower slopes of Kilimanjaro to rely on tourists for an easy income. This is an unsustainable way to an income and as a responsible tourism company we request that you **do not** hand items directly to people begging. Sweets, in particular, cause issues as many children do not have access to dental care and eating copious amounts of sugary snacks can cause tooth decay which can lead to serious health problems.

Haggling

When shopping for gifts in markets and souvenir shops where there are no price tags on items it is expected that you will haggle. The first price is usually far more than the true value of the item but remember to engage with the vendor and build a rapport, then only pay what you think is a good price for the item; don't try to get the lowest price possible.

Environment

We are environmentally conscious and aim to minimise our impact as much as possible. Key points:

- Never leave toilet paper or litter on the trail.
- Don't dispose of fruit peel, cores or seeds on the ground; although they decompose eventually, they are unsightly and may attract animals.
- Turn off lights when not in rooms.
- Minimise your water usage by having short showers.
- Be considerate of other trekkers.

Etiquette

- Always endeavour to be polite and respectful. If you show respect, then it will be reciprocated.
- At accommodation, particularly teahouses keeping noise to a minimum, especially early in the morning and late at night.
- Be respectful to your guides and hosts; don't forget to say please and thank you.
- Be considerate of the feelings of other group members.
- When taking photographs of the local people, it would be wisest to ask their permission. Taking a photograph of someone without their permission, especially in rural areas, can cause offence. Older

people, particularly ladies prefer not to be photographed but in contrast young children are often very keen to be photographed.

Fitness, health and safety

Vaccinations and travel health

Different Travel regrets that we cannot provide medical advice or recommendations. You are advised to seek medical advice at least 8 weeks before travelling to ensure that all appropriate vaccinations are up to date. For general information visit www.fitfortravel.scot.nhs.uk or www.travelhealthpro.org.uk but your GP or travel health professional should be the first stop for a consultation tailored to your medical history. Please note that failure to be adequately vaccinated or take necessary prophylactic medication can invalidate travel insurance policies as it is considered that you have not taken necessary precautions.

Asthma

If you suffer from asthma, there are some important things to consider when preparing for this trek. Please visit your GP and go to Asthma UK for advice and support at www.asthma.org.uk/knowledge-bank-living-with-asthma-high-altitude.

First Aid kit

You should bring a small first aid kit of essential items which is for your own personal use and keep it in your backpack. Suggested items to include: personal prescription medicine, painkillers, blister plasters, insect repellent (50% DEET), throat lozenges for Khumbu cough, decongestant for the dust, anti-histamine tablets, Loperamide (e.g. Imodium), lip balm with SPF, indigestion remedy for unfamiliar food, muscle rub, zinc oxide tape etc. Please keep the contents to a minimum as you must carry it yourself.

Fitness training

You should start training at least 6 months before your departure. The best form of training for a trek is get outside and start walking. If you're not a regular walker, start slowly with short distances then as you get more comfortable, increase your mileage and add in more challenging terrain until you can comfortably walk for several consecutive days, for around 8 hours at a time, on hilly terrain while maintaining a comfortable pace without needing to stop more than frequently than once an hour for a 5-minute rest. Hill walking while carrying a fully packed backpack while wearing your hiking boots should feature predominantly in your training as this will help prepare your body for the terrain and baggage load you will experience during the trek. Other activities which can complement hill walking include running, cycling, gym workouts and boot camps etc. Developing your core and leg muscle strength is also important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home; no gym needed. You can download a number of free apps, which will help you train and track your progress, for example MapMyWalk, C25K (couch to 5k run), MyFitnessPal.

Please note that attempting to complete the trek without any training may make the experience unnecessarily difficult and hinder your experience, and also the experience of your teammates.

The trek does not require technical climbing skills but it is still a tough trek so it is important to **take your training seriously and arrive in Tanzania as fit as you can be**. The local guides, in consultation with your Different travel tour manager, may advise that if you are not fit enough to continue that you leave the trek.

Zinc-oxide tape

This tape is really useful to prevent blisters. When you feel your boots start to rub against your feet, you should stop and remove any debris from your boots and check your feet. If a hot spot is developing (a red, sore area without broken skin) you can apply zinc oxide tape to the area and it will stop (or slow down) a blister developing. If you are too late to prevent the blister, you should clean the area and apply a Compeed blister plaster instead.

Malaria

Malaria occurs in Tanzania, specifically Moshi where you will be before and after the climb, so you should seek medical advice on appropriate prophylaxis. Whichever tablets are prescribed, follow the instructions carefully as these require you to start the course prior to your departure and continue taking them after

departing a malarial area. Anti-malarial medication alone cannot offer you 100% protection so bite prevention is important. Cover your skin (long sleeves/trousers) from dusk to dawn, use 50% DEET mosquito repellent and sleep under a mosquito net (provided in the hotel). Upon your return you should mention to your doctor that you have been to a malarial area if you develop any symptoms (fever, fatigue).

Insect repellent

DEET is the most effective repellent available. The Department of Health recommends 50% DEET is the **maximum** that you should use on your skin, as higher concentrations are less effective due to their higher oil content which does not stick to the skin as effectively as lower concentrations. Be careful when using any DEET product as it can stain clothes, melt plastic and remove dye from fabrics.

Safety

Please take common-sense precautions while travelling to ensure your safety and the protection of your belongings. For example: leave flashy jewellery, watches and accessories at home; keep wallets out of sight stowed in a handbag or backpack rather than sticking out of a pocket; don't leave bags unattended at any time; carry cameras in their cases rather than carrying them openly with the camera strap; split cash into different pockets rather than carrying all your money in one place, especially immediately after you have used the ATM; and so on.

Emergency and evacuations

In the unlikely event of a serious illness or accident, the local team will ensure you are transferred as swiftly as possible to the nearest hospital. Please ensure your travel insurance covers you for airlifting/emergency evacuations as this can be required to reach casualties on more remote trails in an emergency. You are recommended to bring a credit card during the trip if you need to pay for medical treatment upfront in the event of an emergency.

Altitude

When visiting high altitude areas most people will experience altitude related symptoms, to varying degrees. Common effects of altitude exposure include a mild headache, nausea, lack of appetite, insomnia and subsequent fatigue and feeling more breathless at exertion than usual. These generally subside after a few days once your body acclimatises to the altitude.

Your local guides are very experienced in spotting the signs of altitude sickness but you must also take responsibility for reading up on the effects of altitude exposure so you can recognise the signs. Information can be found at <http://www.nhs.uk/conditions/Altitude-sickness/Pages/Introduction.aspx> or <http://www.traveldoctor.co.uk/altitude.htm>.

Ensuring you arrive for the trek fit and healthy, making sure you keep well hydrated and eat plenty (even when you don't feel like it) and getting plenty of rest and trekking slowly, will help you cope with the increased altitude. Bringing plenty of snacks you enjoy will help ensure you're eating enough even if you lost your appetite.

It is important to be honest about how you are coping during the trek and inform your local guide or tour manager if you experience symptoms so you can be monitored. Speaking up about experiencing symptoms does not mean you will be asked to end the trek but allows the staff to monitor you to ensure your condition improves and does not deteriorate.

If it is established that your health is deteriorating, you may be asked to descend for your own health and safety. We respectfully request that if you are asked to end your trek you acquiesce to the guide's advice. You will be accompanied back to Moshi with a guide and any expenses associated with you ending the trip early (e.g. transfers, hotel accommodation, meals etc.) are payable by you.

When you visit your GP for details about vaccinations, anti-malaria medication and general travel health, your doctor may discuss a medication called Acetazolamide (Diamox) which is sometimes considered to aid acclimatisation. This medication is not licensed for use to aid acclimatisation as the evidence about its efficacy is unclear. Diamox is a prescription-only medication in the UK and has a number of side effects.



TANZANIA: TREK KILIMANJARO

3 - 12 October 2024



You must speak to your GP for full details but note that as an unlicensed medication they may not wish to prescribe it to you.

Important info about altitude:

- If you begin to show symptoms of altitude exposure, let your tour manager and guide know so they can monitor your health.
- If symptoms get worse, you may be asked to descend immediately. Your tour guide and tour manager's decision for you to descend must be respected.
- Different people acclimatise at different rates. You must keep aware of your own symptoms.
- Stay well hydrated. You need to drink lots of fluids to remain properly hydrated (at least three litres per day from water, soup, tea, juices etc.). Urine output should be copious and clear to pale yellow.
- Take it easy and don't overexert yourself when you first arrive at altitude.
- Avoid tobacco, alcohol and other depressant drugs including tranquillisers, sleeping pills and opiates such as codeine. These decrease the respiratory drive during sleep resulting in a worsening of symptoms.
- Eat a high calorie diet while at altitude, snacking constantly throughout the day.
- Acclimatisation is inhibited by overexertion, dehydration and alcohol.

Last updated February 2023

KIT LIST - MT KILIMANJARO

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport + copy	ESSENTIAL
E-Tickets + pre departure info	ESSENTIAL
E-visa or \$50 for visa on arrival	ESSENTIAL
Travel insurance	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

LUGGAGE	✓
Trek kit bag	ESSENTIAL
Suitcase/large holdall for luggage	ESSENTIAL
Daypack (30-35 litres)	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Combination padlocks	ESSENTIAL
Dry bag/rucksack liner	OPTIONAL

CLOTHING AND FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	ESSENTIAL
Trek trousers	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved base layer	ESSENTIAL
Trek socks	ESSENTIAL
Underwear	ESSENTIAL
Warm fleece/mid layer	ESSENTIAL
Warm insulated jacket (e.g. down or Primaloft)	ESSENTIAL
Waterproof jacket and trousers	ESSENTIAL
Casual clothes for Moshi	ESSENTIAL
Thermal trousers and long-sleeve top	ESSENTIAL
Sun hat with brim	ESSENTIAL
Warm hat for night	ESSENTIAL
Gloves or mitts + liner gloves	ESSENTIAL
Trainers for camp	OPTIONAL

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, moisturiser nail brush and nail care kit	ESSENTIAL
Personal first aid kit to include: prescription medicine, anti-malaria medication, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow tests x 2	ESSENTIAL
Disposable masks	ESSENTIAL
Feminine care products	SUGGESTED
Travel towel	SUGGESTED

OTHER KIT	✓
Sleeping bag (comfort -10 to -15°C) + cotton/silk liner	ESSENTIAL
Sleeping mat (e.g. Thermarest)	ESSENTIAL
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr water bottle	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin + US 2 flat pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Buff (e.g. buffwear.co.uk) + Cobber cooking neck wrap	SUGGESTED
Balaclava	SUGGESTED
Energy food/snack bars	SUGGESTED
Electrolyte (e.g. NUUN)	SUGGESTED
Water purification tablets (e.g. Biox Aqua)	SUGGESTED
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod/books/pack of cards	OPTIONAL
Portable power bank	OPTIONAL