

# TREKKING KILIMANDJARO

## Equipment provided by the organisers:

- 1 tripod chair/client,
- Table for meals,
- Mountain tent (3 places for 2 clients),
- 1 restaurant tent and 1 kitchen tent (adapted to the size of the group),
- 1 5 cm thick foam mattress/client,
- 1 toilet tent
- One hyperbaric chamber per group,
- A communication link for safety between the mountain and the base in Arusha,
- Plates, dishes and cutlery for meals,
- 1 first-aid kit for the team,
- 1 rucksack to be given to clients to carry their belongings (9kg/person).

## Equipment required:

The ascent of Kilimanjaro is a real sporting challenge and not just a simple mountain walk. Temperatures at the summit can be extreme, particularly at night when it can be between  $-5^{\circ}\text{C}$  and  $-20^{\circ}\text{C}$ . The first few days are temperate, sometimes hot, with the possibility of bad weather. The lack of oxygen due to the effects of altitude requires the body to acclimatise by increasing the level of red blood cells in the blood. Good hydration (3 to 5 litres of water a day) is absolutely essential.

You will therefore need to bring: All your belongings will be divided between a rucksack worn during the walk and a 55-litre soft canvas rucksack given to everyone at the briefing (entrusted to the porters).

The bag given to the porters should not exceed 12 kilos per person + a travel bag which will remain at the lodge during the ascent.

## Équipment :

1 rucksack (size 20-30 litres) for the day's gear  
1 quality sleeping bag - comfort at -15°C - sarcophagus type 1 meat bag is strongly recommended  
1 pair of mountain boots with good ankle support for walking and 1 pair of tennis shoes for the evening  
1 pair of warm woollen socks  
2 pairs of warm underwear (tights, undershirts, etc. It can be very cold, so avoid cotton)  
1 warm fleece or woollen jacket  
1 waterproof goretex or micropore over-jacket 1 rain cape  
1 warm hat and 1 good pair of gloves (for the last few days) 1 cap or equivalent to protect you from the sun  
1 very good pair of glasses (don't forget you're at altitude below the equator!) 1 LED headlamp (with spare battery)  
Telescopic poles (recommended)  
Sufficient t-shirt for the duration of the trek (synthetic or wool) 1 pair of canvas trek trousers  
1 pair of warm waterproof trousers for the final ascent 1 survival blanket  
+ dried fruit and cereal bars

## For water:

. 2-litre bottles minimum\* .  
. Thermos flasks

Please note that from day 2, you will be drinking spring water; it is strongly recommended that you use purification tablets.

***\*Plastic bottles of mineral water are banned in Kilimanjaro National Park to reduce the amount of waste.***

+ A FIRST-AID KIT

- 1 tube of sun cream

- Everything you need for this type of climb (ask your doctor for advice)

Painkillers, eye drops, vitamin C, compeed for blisters, mosquito repellent, paracetamol, anti-diarrhoea medication, antibiotics and disinfectant with a compress.

# Useful information

## Passport and Visa

Passport valid for 6 months after the date of return.

A visa is compulsory for French nationals. It can be obtained on arrival at the airport. You will be asked to pay \$50 in cash (USD banknotes dated after 2006). Waiting times at the airport for visas can be long; allow between 2 hours and 2.5 hours. Visas can also be obtained online; please allow 2 to 3 weeks for processing.

Check visa conditions according to your nationality. The Tanzanian authorities' official online visa application website: <https://visa.immigration.go.tz/>

## Time zone difference

+1h in summer, +2h in winter compared with France.

## Vaccinations

The yellow fever vaccine was reintroduced at the beginning of 2008. You should allow more than 14 days before your departure. Don't forget to take your international vaccination certificate with you, as customs officials may ask for it when you enter Tanzania and Zanzibar. Vaccinations are not compulsory but are recommended: typhoid, hepatitis A, hepatitis B, DTP and in some cases meningitis A and C, and rabies (check with your doctor).

Preventive treatment against malaria is essential. Remember to take mosquito repellent with you.

## Langues officielles

English and Swahili are the two official languages. There are also many African dialects, reflecting the country's tribal diversity.

## Currency

Tanzanian shilling: €1=2600 TSH (January 2019)

For US dollars, remember to take notes issued after 2006!

Since the recent ban on bureaux de change in Tanzania, you can only withdraw Tanzanian shillings from cash dispensers in Arusha, Dar es Salaam and Zanzibar. However, the euro and, more particularly, the US dollar are widely used and may be sufficient to pay for all your local purchases (USD notes dating from after 2006).

But be sure to carry small denominations;

If you wish to pay for certain purchases by credit card, you should be aware that there are additional charges of around 4 to 6%.

## Power

The power supply is 230V. The plug is English; an adapter is recommended.

## USE OF PLASTIC BAGS IN TANZANIA

**From 1 June 2019, all plastic packaging will be formally banned.  
This follows a Tanzanian government directive.**

Tanzanian government directives now ban the import, export, production, sale, storage, supply and use of plastic bags throughout the country. One point to make clear: "the government has no intention of making things unpleasant for tourists. It is simply to emphasise the need to protect the environment and keep our country clean and attractive; the visitors we welcome will have to accept the minor constraints that this entails. "

The ban applies to all types of plastic bag, regardless of thickness.

However, plastic or plastic packaging for medical services, industrial products, the construction industry, the agricultural sector, food products, hygiene and waste management will not be banned.

Travellers are advised to avoid carrying or packing plastic bags in their suitcases or hand luggage before travelling to the destination. A special desk will be set up at all entry points for screening purposes. The only bags that will be tolerated are plastic bags such as Ziploc which are particularly useful for carrying toiletries - will be tolerated, provided they are not left behind.

To date, 34 African countries have legislated to control the use of plastic bags through bans or taxes.

The ban came into force across Tanzania on 1 June this year, and tourists who break the rule will be liable to fines.

## Tips

It is common to leave a tip for the people who accompany or assist you on your trip. To take your bag to your room, the porter will expect a small tip of 500 TSH (around €30), and the driver-guide will expect \$20 per day on safari.

## Useful addresses

High Commission of the United Republic  
of Tanzania London, UK  
3 Stratford Place W1C 1AS  
London, UK.  
Tel.: +44 207 569 1470  
Web: <https://uk.tzembassy.go.uk/>

Tanzanian consulate and embassy in  
France :  
7 Ter rue Léonard de Vinci, 75116 Paris.  
Tél. : +33 (0)1-53-70-63-66  
<https://www.fr.tzembassy.go.tz/>

French Embassy in Tanzania  
Ali H. Mwinyi (angle Kilimani Road)  
PO box 2349, Dar es Salam. Tél. : +255 (22)-219-88-00  
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