



HOTEL & TOURS  
TANZANIA & ZANZIBAR

## CLIMBING MT. KILIMANJARO

### PRE-DEPARTURE INFORMATION



#### GUIDES AND PORTERS

When climbing Mount Kilimanjaro it is of primary importance to be lead by experienced local guides. All our guides are registered with Kilimanjaro National Park and have all undergone extensive training and have an excellent knowledge of first aid, mountain rescue, flora, fauna and history.

Dik Dik Tours works in partnership with the International Mountain Explorer Connection (IMEC) and the Kilimanjaro Porters Assistance Project (KPAP), adhering to all guidelines relating to porter treatment and strictly complying with all their specification and recommendations.

All of our porters are paid wages exceeding the minimum established by Kilimanjaro National Park and the Tanzania Associations of Tour Operators. All are equipped with professional mountain gear, are provided with generous and nutritious meals, and are given appropriate shelter and sleeping equipment. A porter's load is limited to 15 kg (35 lbs) and the number of porters remains constant throughout the trip.

It is customary to tip the staff at the end of your trip. As a guide, a typical basic tip for each member of the group would be as follows:

Guides: \$100 per trip  
Assistant Guides: \$70 per trip  
Cooks: \$50 per trip  
Camping Crew: \$30 per trip  
Porters: \$20 per trip

In addition to tips, you may consider also donating your climbing equipment to the staff.

[www.mountainexplorers.org](http://www.mountainexplorers.org)  
[www.kiliporters.org](http://www.kiliporters.org)

#### FOOD AND DRINK

Every day during your trip you will be provided with breakfast, lunch and dinner prepared by our kitchen crew who will accompany you throughout the expedition.

The following are some examples of climbing menus prepared by our Swiss-trained chefs:

##### Breakfast:

French toast ▪ Cakes ▪ Biscuits  
Chocolate ▪ Fresh fruit ▪ Yoghurt  
Juices ▪ Tea and Coffee

##### Lunch Box:

Beef and Chicken Sandwiches  
Boiled eggs ▪ Cakes ▪ Biscuits  
Chocolate ▪ Fresh fruit  
Yoghurt ▪ Juices ▪ Tea and Coffee

##### Buffet Lunch:

Maccheroni and tuna fish salad  
Fried beef and cold meats  
Boiled eggs, baby corn, mustard and mayonnaise ▪ Bread and butter  
Fresh vegetables (tomatoes, cucumbers) ▪ Fresh fruit ▪ Tea and Coffee

##### Hot Lunch:

Beefburger with brown sauce  
Boiled rice ▪ Bread and butter  
Fresh vegetables ▪ Fresh fruit  
Tea and Coffee

##### Dinner:

Vichyssoise cream soup  
Fish fillet on basil sauce with butter  
potatoes and vegetables  
Fresh vegetables ▪ Cake  
Fresh fruit ▪ Tea and Coffee

##### Or

Consommé Belle Fermiere  
Chicken stew in Worcestershire  
sauce, with rice and vegetables  
Pancakes with sugar syrup  
Fresh fruits ▪ Tea and coffee

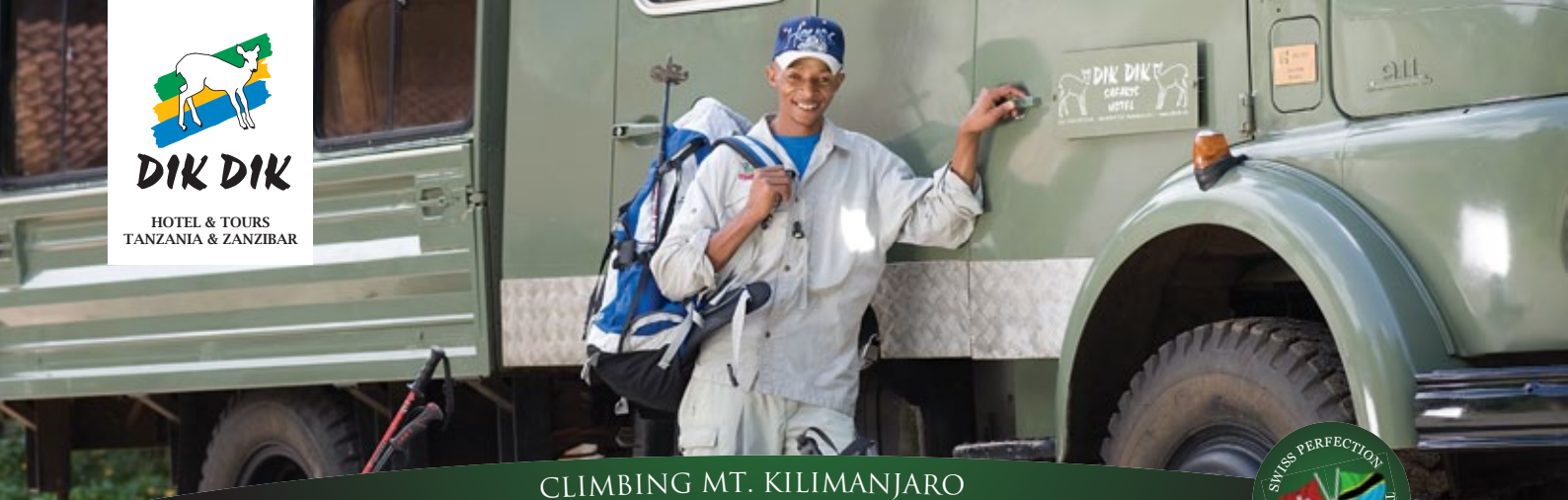
##### Or

Consommé Celestine  
Goulash with beef, potatoes, rice and  
vegetables ▪ Cake ▪ Fresh fruits  
Tea and coffee

##### WATER

Drinking water is boiled, cooled and treated with Micropur Katadyn®, the highest quality chemical pills which inactivate bacteria while preserving the natural water taste.





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### PACKING LIST

For climbing Mt. Kilimanjaro you would need to take with you the following items:

- |  |   |
|--|---|
| <input type="checkbox"/> Small-medium waterproof back-pack for personal gear                     | <input type="checkbox"/> 1 litre (32 oz) water bladder                  |
| <input type="checkbox"/> A pair of warm and comfortable waterproof hiking boots with spare laces | <input type="checkbox"/> Head-lamp with spare batteries                 |
| <input type="checkbox"/> A pair of sneakers for the campsite acclimatization walking             | <input type="checkbox"/> Warm hat                                       |
| <input type="checkbox"/> Waterproof jacket   | <input type="checkbox"/> A pair of waterproof gloves                    |
| <input type="checkbox"/> Insulated jacket  | <input type="checkbox"/> A pair of woolen undergloves                   |
| <input type="checkbox"/> Warm fleece jacket  | <input type="checkbox"/> Brimmed hat, for sun protection                |
| <input type="checkbox"/> Long sleeved shirt  | <input type="checkbox"/> Camera with spare batteries                    |
| <input type="checkbox"/> Short sleeved shirt   | <input type="checkbox"/> Sunglasses                                     |
| <input type="checkbox"/> Poncho  | <input type="checkbox"/> Hiking poles                                   |
| <input type="checkbox"/> A pair of waterproof trousers   | <input type="checkbox"/> Duffel bag                                     |
| <input type="checkbox"/> A pair of fleece trousers   | <input type="checkbox"/> Energy snacks                                  |
| <input type="checkbox"/> 3 pairs of warm woolen socks  | <input type="checkbox"/> Toiletries                                     |
| <input type="checkbox"/> 3 pairs of undersocks, to prevent blisters                              | <input type="checkbox"/> Prescriptions                                  |
| <input type="checkbox"/> A spare set of warm clothes   | <input type="checkbox"/> Sunscreen                                      |
|  | <input type="checkbox"/> Lipbalm  |
|  | <input type="checkbox"/> Insect repellent (DEET)                        |
|  | <input type="checkbox"/> Wet wipes: antibacterial for hygienic purposes |

Dik Dik Tours will provide you with the following items:

- Pillows
- Towels
- Cutlery & Crockery
- Cookware
- Tables & Chairs
- Portable biological toilets
- Oxygen cylinders
- Water tablets Micropur Katadyn®
- AMS pills Diamox®
- First Aid kit
- Food
- Water

**IT IS RECOMMENDED TO WEAR OR PACK IN YOUR HAND-LUGGAGE A COMPLETE CLIMBING OUTFIT ON THE PLANE TO TANZANIA IN CASE YOUR LUGGAGE GET LOST OR DELAYED. IF YOU ARE MISSING ANYTHING VITAL, MOST OF THE EQUIPMENT CAN BE RENTED AT THE CLIMBING GATES PRIOR TO YOUR TRIP – SUBJECT TO AVAILABILITY.**

