Kakasii and Brenda Kimaro
“Every single step gets you there.”

--Festo Mtui, TCS Mountain Guide

Festo Mtui
“Big Boss”
"Don't focus on the entire mountain. Take it one step at a time because every single step gets you there."

Festo Mtui
Itinerary

Tuesday, Feb. 5 – Fly MSP to Amsterdam to Kilimanjaro (JRO)
- 2 x 8 hour flights
Wednesday, Feb. 6 – Arrive at JRO
- Camp at Kimaro Shamba

Thursday, Feb. 7:
- Acclimatization (3,500’)
- Guide briefing
- Gear check
- Camp overnight at Kimaro Shamba (“Farm”)
Kimaro Shamba (“Farm”)
Friday – Drive 3-4 hours to trail head; Register - hike 4 miles; 6,000’ to 8,700’

Saturday – 5 miles: 8,700’ to 11,500’

Sunday – 5 miles: 11,500’ to 12,600’

Monday – 5 miles: 12,600’ to 13,000’

Tuesday – 3 miles: 13,000’ to 13,250’

Wednesday – 2 miles: 13,250’ to 15,350’

Thursday – Summit Day: 15,350’ to 19,341’ - 3 miles up 8 miles down

Friday – 6 miles: 10,500’ to 5,500’
Daily Rhythm

6:30am – Wake up
7:30am – Breakfast
8 – 8:30am – Start hiking
12 – Lunch (either at camp or on the trail)

• Porters will have tents set-up and our gear in our tents
• Some days we will hike high and camp low
• Optional afternoon walking
<table>
<thead>
<tr>
<th>Location</th>
<th>Altitude (ft)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Londerossi Gate</td>
<td>0</td>
</tr>
<tr>
<td>Mti Mkubwa</td>
<td>4</td>
</tr>
<tr>
<td>Shira 1 Camp</td>
<td>9</td>
</tr>
<tr>
<td>Moir Hut</td>
<td>16</td>
</tr>
<tr>
<td>Lava Tower</td>
<td>20</td>
</tr>
<tr>
<td>Barranco Camp</td>
<td>22</td>
</tr>
<tr>
<td>Karanga Camp</td>
<td>25</td>
</tr>
<tr>
<td>Barafu Camp</td>
<td>27</td>
</tr>
<tr>
<td>Uhuru Peak</td>
<td>30</td>
</tr>
<tr>
<td>Mweka Camp</td>
<td>37</td>
</tr>
<tr>
<td>Mweka Gate</td>
<td>43</td>
</tr>
</tbody>
</table>

Distance (miles):
- Londerossi Gate: 0
- Mti Mkubwa: 4
- Shira 1 Camp: 9
- Moir Hut: 16
- Lava Tower: 20
- Barranco Camp: 22
- Karanga Camp: 25
- Barafu Camp: 27
- Uhuru Peak: 30
- Mweka Camp: 37
- Mweka Gate: 43
Itinerary

Friday, Feb. 15
- Hike out and finish the trek
- Overnight at a Weru Weru lodge
- Tour group arrives

Saturday, Feb. 16
- Hikers have a free day
- Evening flight out

Sunday, Feb. 17
- Return to Minneapolis
Day Pack

• Drinking water
• Rain gear
• Extra layer
• Camera
• Personal items
• Rain cover
• 20- 30L pack
Backpack or Duffel

• Carried by a porter
• Park regulations limit porters to carrying 15 kilograms (about 33 pounds)
• Be careful not to overpack
• Rain cover
# Rental Equipment Available

<table>
<thead>
<tr>
<th>ITEM</th>
<th>RENTAL PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-Weather Sleeping Bag</td>
<td>$20 USD per bag</td>
</tr>
<tr>
<td>Leg Gaiters</td>
<td>$10 USD per pair</td>
</tr>
<tr>
<td>Trekking Poles</td>
<td>$10 USD per pair</td>
</tr>
<tr>
<td>Waterproof Pants</td>
<td>$15 USD per pair</td>
</tr>
<tr>
<td>Waterproof Jacket</td>
<td>$15 USD per jacket</td>
</tr>
<tr>
<td>Down Jacket/Parka</td>
<td>$15 USD per parka</td>
</tr>
<tr>
<td>Warm Pants</td>
<td>$15 USD per pair</td>
</tr>
<tr>
<td>Gloves</td>
<td>$10 USD per pair</td>
</tr>
</tbody>
</table>
Packing/Equipment List

• Rental equipment is available
• BYO sleeping bag liner
• Air mattresses are provided
• Water filtration is provided
• Bring high calorie snacks for the trail
• Pack out TP used on the trail
Latrines

- Public drop-toilets in the camping areas
- Private toilet-tents will be available for our group
- Pack out TP used on the trail
Medications

Anti-malaria meds
  • Travel Clinic or your family physician

Ciprofloxacin (AKA, Cipro)
  • Anti-biotic
  • Check with your physician for a prescription
Acetazolamide

Can decrease headache, tiredness, nausea, dizziness, and shortness of breath that can occur when you climb quickly to high altitudes (Web MD).

It’s a diuretic – increasing heart and breathing rates, increasing the amount of alkali (bicarbonate) excreted in the urine, making the blood more acidic. Acidifying the blood drives the ventilation, which is the cornerstone of acclimatization.

• Personal choice – talk to your doctor
• Oxygen will be available for emergencies
• Fingertip oximeter available
• Staying hydrated is VERY IMPORTANT
• If you have to hike out...if you have a hiking buddy with your partner)
Meals

**Breakfast:** Tea, coffee, oats (porridge), fruit, toast, omelet, sausage

**Lunch:** Fruits, chicken, sandwich, soup, tea

**Dinner:** Stew, Beef Stew, fish (early in the trip), soup, bread, vegetables, pasta, rice, potatoes (dependent on the cook’s menu)

*Let us know if you have allergies or special menu needs and they will plan accordingly.*
Physical preparation

• Cardio
• Core
• Quads (rapid descent)
• Practice hike
• Wear your equipment
Festo Mtui
• Schedule a time to Skype for virtual coaching

Ask your questions and hear straight from the expert!

"Don't focus on the entire mountain. Take it one step at a time because every single step gets you there."
### Cost

<table>
<thead>
<tr>
<th>NO. OF CLIMBERS</th>
<th>PRICE PER CLIMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-9</td>
<td>$2,730 USD</td>
</tr>
<tr>
<td>10-11</td>
<td>$2,690 USD</td>
</tr>
<tr>
<td>12+</td>
<td>$2,590 USD</td>
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</tbody>
</table>

**Single Supplement:** $125 USD

**25 people maximum**

- Visa - $100
- Travel Insurance
- Tips
Tips

Tipping recommendations **from the trekking group** (not per climber):

- Guides: $20-25/day
- Assistant Guides: $15-20/day
- Cook: $10-15/day
- Toilet Tent attendant
- Porter: $7-10/day (one or two of your porters will be assigned additional duties in serving you and should be tipped about $2 per day more than the others—your guide can assist you in organizing the porter tips accordingly)

We will be informed of our crew size prior to the climb so that we can prepare our tips beforehand.

Tipping can be done in US Dollars or Tanzanian Shillings
Payment Schedule

Deposit: $500 (Non-refundable)

25 people maximum

September 30: Additional $2,000

November 30: Final Balance
Chapin Hall

Q & A
Taste of Tanzania
Health, Hope & Habitat
Kakasii and Brenda Kimaro
Itinerary

Thursday, Feb. 14 – Fly MSP to Amsterdam to Kilimanjaro (JRO)
- 2 x 8 hour flights
Saturday, February 16
Kimaro Shamba (Farm)
Market Tour
Chagga Meal
Sunday, February 17
Worship & Lunch
Quilt Distribution?
Monday, February 18
Arusha Lutheran Medical Center
Missionaries: Dr. Steve and Jodi Swanson
Tuesday, February 19
Selian Lutheran Hospital
The Plaster House
Drive to Karatu (Acacia Farm Lodge)
Wednesday
February 20
Ngorongoro
Conservation Area
Thursday, February 21
MaaSae Girls Lutheran School
Friday, February 22
Shanga Workshop
ELCA Regional Representatives
Late flight out
Medications

Anti-malaria meds
• Travel Clinic or your family physician

Ciprofloxacin (Cipro)
• Anti-biotic
• Check with your physician for a prescription
Taste of Tanzania

Double occupancy: $1,600
Single occupancy: $1,900
Tips: Included in the cost
Airfare: $2,000 (approx.)
Visa: $100 (plus photos and registered mail)
Travel Insurance: Personal Choice
Payment Schedule

Deposit: $500 (Non-refundable)

September 30: Additional $2,000

November 30: Final Balance