

Challenge organiser
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www.kellysheroes/kilimanjaro
We hope you'll join us

Climb
Kilimanjaro
2024



Why the fundraiser

Much needed funds for mental health

Kelly's Heroes was formed in 2019 by John, Rachel and Amy Hewitt after the devastating loss of their beautiful daughter and sister Kelly Francesca Hewitt. The aim of the charity is to continue raising funds to support those with mental health struggles and anyone who has been bereaved by suicide.

Organising and planning

Sarah Ball has taken on the task of organising this fundraiser for our charity. Having joined Kelly's Heroes in 2022 for The Loneliest Road, Europe Sarah was part of the team who helped raise critical funds of over £170k. For 2024 Kelly's Heroes will be parking their bikes up and the challenge will be the climb.

"My experience last year as a team member for the Loneliest Road cycle challenge made me determined to continue to support the much-needed work of Kelly's Heroes." Sarah Ball.

Please feel free to contact Sarah for any help or information relating to the charity.

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“The charity is reliant on fundraising and donations to deliver these vital services, which is why your participation in this latest challenge. would be truly appreciated.”

Why the fundraiser	01
The challenge	03
Itinerary	05
Costs and payment	07
Funding your place	08
Fitness levels	09
Quick Questions	11

The Challenge

So you think you're up for the challenge?
Here's a little bit more about it and
what's involved, to get you thinking.

Kilimanjaro is the highest freestanding mountain in the world, it is also the highest mountain on the African continent at 5895m. With a snow-capped summit rising high above the dusty African plain; huge permanent glaciers flow down from the summit, spectacular views and beautiful ice formations are the reward for pushing your limits both physically and mentally.

We have chosen to complete the Machame Route which is known for its scenic beauty, though a slightly longer route it allows gradual acclimatisation to the altitude helping to minimise altitude sickness and giving a better chance of reaching the summit.

This is a commitment to take part in a challenging trek at altitude, you will be climbing one of the most impressive mountains in the world.

Discover Adventure is providing all the support and expertise in leading this trip for Kelly's Heroes.

www.discoveradventure.com/challenges/mount-kilimanjaro-trek

The challenge duration is 10 days all in, trekking the Machame route, we will take 6 days to reach the summit.



[View the route online](http://www.discoveradventure.com/challenges/mount-kilimanjaro-trek)

Itinerary

We depart from London on our flights to Kilimanjaro International Airport. Enjoy the rest!

Day 6 Barafu Camp

17th September 2024

Our day starts by descending into the Great Barranco, a huge ravine. We then exit steeply, up the Great Barranco Wall, which divides us from the southeastern slopes of Kibo. It's a climb over rock, not technical, but long and tiring. Passing underneath the Heim and Kersten glaciers, we head towards the Karanga valley, which is our last stop for fresh water before the summit. Scree now forms the terrain as we walk through arid and desolate land towards camp. Night camp: Barafu Camp (4600m). Trek approx 18km / 7-9 hours



Day 2 Arrive in Moshi

13th September 2024

Arrive at Kilimanjaro International Airport; transfer to Moshi town, where we can admire the views of Kibo, the crater at the summit and the youngest of Kilimanjaro's three volcanic cones. We check in and relax, with time to sort out our kit for tomorrow before dinner and a briefing. Night hotel.

Day 7 Summit – Millenium camp

18th September 2024

We avoid walking too long in the heat of the sun today by starting while it's dark, and walk steeply upwards to the summit glaciers. We will be climbing scree for 4 to 5 hours but gain incredible height over a short distance. The views are spectacular. We should be on the crater rim at Stella Point (5739m) as the first rays of the sun hit us. Spectacular ice cliffs within the crater surround us and the views to jagged Mawenzi – Kilimanjaro's secondary but more technical peak – and beyond are breathtaking. Another hour's walking takes us to the summit, Uhuru Peak (5895m); Uhuru means freedom in Swahili. We begin our descent by returning to Stella Point and then descending on scree slope and track back to Barafu Camp for breakfast, before finally heading down to camp for a long well-earned rest. On our descent we have fabulous views of the plains and Mawenzi. Night camp: Millennium Camp (3720m).

Trek approx 20km (7km climb); 10 – 12 hours

Day 3 Machame Gate

14th September 2024

One hour's drive from Moshi lies the gate to the Machame route, where we complete park formalities, meet our crew of porters and start to climb! The first section of the route climbs steadily and passes through magnificent, dense rainforest. This path is less well-trodden so it can get somewhat overgrown in places and it is often wet and muddy underfoot. Night camp: Machame Camp (3100m).

Trek approx 18km / 5-7 hours

Day 8 Mweka Gate – Moshi

19th September 2024

One hour's drive from Moshi lies the gate to the Machame route, where we complete park formalities, meet our crew of porters and start to climb! The first section of the route climbs steadily and passes through magnificent, dense rainforest. This path is less well-trodden so it can get somewhat overgrown in places and it is often wet and muddy underfoot. Night camp: Machame Camp (3100m).

Trek approx 18km / 5-7 hours

Day 4 Shira Caves

15th September 2024

Our route continues on up through the forest until we reach the steep ascent onto the Shira Plateau, where there are rewarding views of the mountain. Looking back, you will be able to see Mt Meru rising high above Arusha town in the distance. Night camp: Shira Caves (3840m).

Trek approx 9km / 4-6 hours

Day 9 Moshi

20th September 2024

Moshi has some great markets and areas to explore, or just relax with your fellow achievers. Flight times vary, but we will re-group in the hotel in time to transfer to the airport for your flight home, arriving day 10.

(Breakfast included with overnight stay; lunches and dinners not included)



Day 5 Barranco Gate

16th September 2024

Now on high moorland, the landscape changes the entire character of the trek. We traverse the southwest side of Kilimanjaro, passing underneath the Lava Tower and the final section of the Western Breach and finally reach camp at Barranco Hut (3900m), a tin shack where we pitch our tents. The day has been spent at altitude (up to 4600m), but we have followed the mountaineering code of 'walk high, sleep low' to aid your body's acclimatisation to altitude. Night camp: Barranco Hut (3900m). Trek approx 15km / 8-10 hours

Day 10 Arrive in UK

21st September 2024



Costs and payment schedules

The costs

The cost of taking part in the challenge is £3350, this is inclusive of all costs involved including flights, accommodation and meals. The airline taxes are not included and these would be around £250 and the cost of your equipment etc, which could be anywhere between £300 - £500. A full recommended kitlist is available from Discover Adventure, [View the kitlist](#)

In addition to the cost of the challenge you are committing to raising £3500 for the charity in your fundraising.

All payments for the trip are made to Discover Adventure.

Payment schedule - key dates

31/12/2023	Registration balance £500 due
18/04/2024	Trip instalment payment £575 due
25/04/2024	We will contact you to plan a slideshow date for the group
20/06/2024	We will chase you for any outstanding Medical and Insurance Forms
04/07/2024	We will ask you for final names and numbers (This is final payment for flights and hotels etc) / Final trip balance for full trip costs due and for the trip extension if applicable
18/07/2024	Insurance information and medical forms are due / We will send you the rooming list to check / We will close the trip off on our system & website / We will send you the flight list for approval Cancellation period 50% of trip costs
15/08/2024	We will check your final joining instructions Cancellation period 75% of trip costs
29/08/2024	We will send trip extension final joining instructions if applicable to participants Cancellation period 100% trip costs
25/09/2024	We will ask you for any feedback / A post trip review/debrief will be arranged with you to discuss how the trip went / Any mop up will be sent one week after the event, this will cover any additional costs

Funding your place

Personal spot

This is where you are paying for the cost of the challenge £3350 yourself. Where this is the case you must make sure all payment deadline dates are paid by the dates noted.

Sponsored spot

If you are able to secure funding of your place for the challenge costs of £3350 through your company or a business that would like to support you, we will ensure the business is promoted in our challenge communications.

We understand this is quite a commitment financially for you for the costs and the drive to raise £3500 for your Kelly's Heroes fundraising pledge. In addition to the financial side you'll have to take 7 working days holiday for completing the challenge. There is no disputing it will take alot of dedication, support and commitment from yourself, colleagues and family and friends. We are sure once they realise the importance of undertaking the task for you and the charity they will be fully behind you.

We will have your back to, you'll be part of the Kelly's Heroes Kilimanjaro community to share training advice, information and ideas on the climb and fundraising and simply for a bit of motivation to get you through. ideas and energy to help you smash that goal.

Any other thoughts

If you are really keen to join the challenge but just not sure about covering the costs, fundraising this amount, having the time and dedication, talk to us. We may have some ideas and thoughts on how to tackle it.

Fitness levels

How fit do you need to be

Trekking Mount Kilimanjaro is all about endurance rather than speed; you will soon come to learn the term 'pole, pole' ('slowly, slowly' in Swahili) when on the mountain. You will be waking up early in the mornings and trekking for long distances each day, so ensuring that you have a good level of fitness and stamina before you depart is key. Sticking to our training plan will really pay off. The best form of preparation is to walk for good lengths of time on undulating terrain, and where possible to follow this up with a similar length trek the next day. It is important that you train with the walking boots that you will be using on the trek itself and with your day pack on your back.

A schedule to get you on the right route

We will be holding a number of fundraising events throughout 2024 leading up to the climb. We'd encourage you to sign up for as many as possible and bring friends/family along to give them a taste. All events like this can be used to kick off your fundraising.

Jan - Feb: Start your own training walks, build up with trying to get in a few miles a day by the end of February.

- 16/3/24: Snowdon (1 day)
- 11/5/24: Scafell (1 day)
- 13/7/24 & 14/7/24: Yorkshire 3 peaks (2 days)

Remember...

family and friends can join us to support your fundraising events.

01. High Altitude

Altitude training, either through simulated altitude environments or by spending time at higher elevations, helps your body adjust to lower oxygen levels.

If possible, consider altitude training using a hypoxic chamber or altitude mask to simulate the reduced oxygen levels at higher altitudes.

Plan weekend hikes in areas with higher elevations to gradually expose your body to reduced oxygen levels.

03. Strength Training

Climbers use their legs to get them to the top, so make sure your legs are strong!

Set aside 2 sessions a week for strength training, especially for legs. However, don't focus only on the legs. Be diverse in your exercises and include back, chest, and arms as well.

02. Aerobic training

Regular aerobic training will prepare you or Cardiovascular exercise such as running, jogging, cycling, and even aerobic dance classes. Cardio is an effective method of training for climbing Kilimanjaro because it increases heart rate and breathing.

Cardio is not the only exercise to focus on, but it is an important one to get your body in good physical condition.

04. Mental Attitude

Kilimanjaro is not accomplished in a few days, and your mental attitude going into what may be a week on the mountain is important. A great deal of time is spent hiking with just your thoughts to yourself - and those internal thoughts can be incredibly powerful.

Having a positive mental outlook is important for the confidence to reach the top. Make a concerted effort to keep your thoughts positive, either using affirmations on a regular basis, or shutting down negative thought patterns.

Quick Questions

Kelly's Heroes Kilimanjaro

Q: Why was the September date chose?

A: The dry seasons are January to March and June to October, we have chosen September as it should offer more stable weather conditions.

It also means that our training is over the summer.

Q: How long will it to take us to climb Kilimanjaro?

A: On average, it takes about 7 to 9 days to climb Kilimanjaro. We will be taking the Machame route which will take 6-7 days.

Q: How difficult is it to climb Kilimanjaro?

A: Kilimanjaro is a challenging trek, but it doesn't require technical climbing skills. It's more about endurance and acclimatization to the altitude.

Q: How fit do I need to be do take part in the challenge?

A: You should have a good current level of fitness (but don't need to be an elite) and be prepared to take part in cardio, strength and other training to prepare you for the challenge.

Q: How do I prepare mentally for the challenges of the climb?

A: Mental preparation is crucial. Understand the physical and mental demands of the trek, set realistic expectations, and focus on the rewarding aspects of the experience.

Q: How can I get ready for the climb?

A: Training should focus on cardiovascular fitness, strength training, and altitude simulation exercises. Hiking and stair climbing are particularly beneficial.

We will support you with a training plan and ideas and motivation from early next year.

Q: What would I need to pack for the climb?

A: Essentials include good quality trekking gear, warm clothing, a comfortable backpack, and a sleeping bag suitable for low temperatures. Don't forget essentials like sunscreen and a water purification system.

Q: Are permits required to climb Kilimanjaro?

A: Yes, permits are mandatory. Your permit will be organised via discover adventure.

Q: What will we be staying in during the climb?

A: You will be staying in trekking tents on the route.

Q: Any tips for a successful summit attempt?

A: Stay hydrated, maintain a steady pace, and listen to your guides. Be prepared for changing weather conditions, and be mentally prepared for the challenge.

Q: What kind of food is provided during the climb?

A: Most trekking companies provide a variety of nutritious meals to sustain energy. This often includes a mix of carbohydrates, proteins, and vegetables. Dietary preferences and restrictions can usually be accommodated with prior notice.

Q: How cold does it get during the climb?

A: Temperatures can vary, but it can get quite cold, especially at higher altitudes. Be prepared for sub-zero temperatures, particularly during the night and summit attempt.

Q: How much water should I drink during the climb?

A: Staying hydrated is crucial at high altitudes. Aim for at least 3-4 litres of water per day. Some trekkers also use hydration systems or water bottles with insulation to prevent freezing.

Q: Are there opportunities for photography during the climb?

A: Yes, Kilimanjaro offers stunning landscapes and unique photo opportunities. Ensure your camera equipment is suitable for the conditions, and consider bringing extra batteries.