



INFORMATION PACKET

KILIMANJARO 2020: CLIMB FOR CLEAN WATER

2020 CLIMB DATES

KILIMANJARO CLIMB

June 26 – July 3 (*plus travel time*)

KILIMANJARO CLIMB + 2-DAY SAFARI

June 26 – July 5 (*plus travel time*)

KILIMANJARO CLIMB + 2-DAY SAFARI + VISION TRIP

June 26 – July 8 (*plus travel time*)

Join a team of outdoor enthusiasts for the expedition of a lifetime and the opportunity to make a difference in the world! We are now taking applications for the 2020 Climb for Clean Water team. Together, we will summit Mt. Kilimanjaro, the highest peak in Africa, for the cause of providing clean water and sanitation to families living in remote regions of Uganda and Ethiopia.

Each participant/household commits to raise enough funds to support a village water project for up to 125 people and has the option to participate in a safari following the climb. It's more than climbing a mountain. It's a chance to create lasting change for generations to come!

In this information packet you'll find:

- Key dates and costs
- Fundraising information
- Helpful links
- Next steps
- What's included with your trip

Questions? Contact team leader Daren Wendell at daren@lifewater.org.

HOW IT WORKS

The Climb for Clean Water is a unique way to raise awareness and funds for clean water. Each climber (or household, if more than one climber per family) commits to raising \$6,000 to fund a village water project for up to 125 people. This is separate from the cost of the climb, which must be covered by the climber(s).

COST FOR THE CLIMB

- \$2,950 Outfitting Fee for Climb Kili (\$350 deposit to secure spot). See what's included on next page.
- \$2,000 (est) Airfare/Travel Agent
- Tanzanian Visa: \$100 (paid upon arrival to Tanzania)

Est. Total Cost to Climb: \$5,100

If you would like to participate in the 2-Day Safari, an additional **\$750 fee** applies. If you would like to participate in the 2-day safari plus the Vision Trip, an additional **\$1500 fee** applies.



EARLY BIRD DISCOUNT AND RECRUITING CREDIT

- \$200 discount if you make a deposit and submit all forms by July 31, 2019
- \$150 discount if you make a deposit and submit all forms by August 31, 2019
- \$100 discount if you make a deposit and submit all forms by October 31, 2019
- \$50 discount if you make a deposit and submit all forms by December 31, 2019
- **Recruiting Credit:** For every person you successfully recruit to the team, you will receive \$150 off your flat fee. Your name must be stated as the recruiter in writing when a new climber submits their application. Discounts will be applied upon payment in full from recruited climber.

FUNDRAISING COMMITMENT

As noted above, each climber/household commits to raise funds for one village water project for up to 125 people (USD \$6,000). Lifewater will help you with fundraising, including providing a personalized website. But, ultimately, the responsibility to fund the project is yours. You will be required to complete a Fundraising Agreement to participate in the expedition. **Fundraising Commitment: \$6,000**

ABOUT THE CLIMB

We will be climbing the 7-day Machame Route to the top of Mt. Kilimanjaro. Lifewater has partnered with Climb Kili, a respected Kilimanjaro tour operator based in Tanzania. Take a virtual tour of the Machame Route here: <http://www.climbkili.com/3d-routes/7-day-machame/>

ARRIVAL/DEPARTURE

You will need to arrive at Kilimanjaro International Airport (JRO) no later than the day before the climb (June 26th). Departures can be planned anytime on July 4th for the climb only and July 5th after 5:30pm for the Safari. If you are participating in both the safari and Vision Trip, departures can be planned on July 8th.



NEXT STEPS: JOINING THE TEAM

Want to join the team? Here are your next steps.

- 1. Get medical clearance and passport:** Get medical clearance for your participation. Climbing Mt. Kilimanjaro is a strenuous activity over several days. Please check with your doctor prior to applying to ensure you are healthy enough to climb. Apply for a passport, if you do not have one. Your passport must be valid for at least 6 months **after** your return to the U.S.
- 2. Register:** Register for the climb and any additional activities with Climb Kili. You will need to make a one-time deposit (\$350) to reserve your spot. Visit [Climbkili.com/availability/reservations](https://climbkili.com/availability/reservations) to make your deposit. Our contact at Climb Kili is Tiffany Watson; please contact her at **1.888.589.1884** or tiffany.watson@climbkili.com if you have any questions.

Upon your registration, you will receive a welcome packet with information about gear, weather, mountain conditions, rental equipment, what to expect, and training tips.

- 3. Complete paperwork:** Sign Waiver, Code of Conduct, and Fundraising Agreement (available at [Lifewater.org/Kilimanjaro](https://lifewater.org/Kilimanjaro)) and send to: Lifewater International P.O. Box 3131, San Luis Obispo, CA 93403.
- 4. Fundraising page:** Set up your fundraising site, set a goal, and be the first to donate.
- 5. Book flights:** Book travel to Mt. Kilimanjaro. (We will connect you to our travel agent.)
- 6. Engage your supporters:** Make a plan to engage your friends, family, church, co-workers, and other supporters so you can meet your goal and help others get safe water.
- 7. Begin training:** Start training for your climb!



CLIMB PACKING LIST

Be prepared for your adventure! Below is our recommended packing list. Skimping on equipment can jeopardize safety and summit success, so think carefully about any changes or substitutions you may be considering. Feel free to print this and use it as a guide.

CLIMBING ATTIRE

- Warm cap
- Ball cap or sun hat
- Buff or bandana
- Fleece or wool gloves (for lower elevation trekking and windy days)
- Heavy-weight, insulated gloves or mittens (wind/water resistant)
- Long-sleeve wool or synthetic top (zip-neck styles will allow for better temperature regulation)
- A fleece or other insulation layer
- A jacket made of rain/wind-proof material with attached hood
- Insulated parka with a hood (goose down and waterproof recommended/ worn primarily in camp, at rest breaks, and on summit day/size up)
- Lightweight, synthetic shirt (not cotton/ long sleeve recommended)
- 5-7 pairs of underwear (not cotton)
- Light to medium-weight wool or synthetic bottoms
- Synthetic climbing pants (insulation quality based on your temperature preference)
- Hard-shell pant (made of breathable rain and wind-proof material/ full-length side zippers required for facilitating quick clothing adjustments)
- Hiking shorts
- Hiking boots (warm, waterproof, lightweight boots hiking on rugged terrain)
- Lightweight hiking shoes (for day hikes and camp)
- Gaiters (large enough to fit over your trekking boots)
- 4-7 pairs of socks (wool or synthetic)

OTHER CLIMBING NEEDS

- 1-2 duffel bags (100-120+ liter bag made of tough material with rugged zippers. One duffel will be carried by porters with all of your mountain equipment. The other duffel will be left at the safe room at the hotel with items not needed on the mountain.)
- Backpack (40+ liter daypack with a hydration bladder)
- Sleeping bag (rated 0° to 15° F/ goose down or synthetic)
- Compression stuff sack for sleeping bag
- Trekking poles (lightweight and collapsible)

ELECTRONIC GADGETS

- Headlamp
- Lithium batteries for headlamp

HEALTH & SAFETY

- Medications and first aid (Band-aids/ Aspirin or ibuprofen, Antacids, anti-diarrhea, 250 mg Diamox: acetazolamide tablets for altitude illness/prevention, malaria medication (optional))
- Passport: valid for six months beyond your return date
- Copy of passport (first two pages)
- Copy of flight itinerary
- Immunization record
- Toothbrush
- Toothpaste



Climb Packing List Continued

TOILETRIES

- Sunscreen
- Lip protection
- Small hand towel
- Cleansing face and body wipes
- Travel size moisturizers
- Waterless shampoo

OTHER ITEMS

- Personal snacks (for between meals and summit day/ snacks should be edible in cold climates/ Sports drink mixes to supplement water)
- 6-8 chemical hand warmers
- 2 one-quart water bottles (Wide mouth bottles to prevent opening from freezing)
- 2 - 3 large garbage bags (to line backpack)
- Earplugs
- Insect repellent
- 2 - 3 stuff sacks
- Journal (provided by outfitter)
- Camera
- Binoculars for safari
- Plastic Zip Lock bags
- Travel clothes
- 2 pairs shorts
- 1 pair casual pants
- 3 shirts
- Sweater/ sweatshirt
- Comfortable shoes
- Sunglasses
- Swimsuit
- Personal hand sanitizer

OPTIONAL ITEMS

- Insulated mug
- Water bottle parka (helps keep bottle from freezing)
- Luggage locks (TSA approved)
- Pocket knife (optional)
- Rain cover (to protect daypack from rain)
- Daypack (25+ liter to use while traveling or sightseeing)
- Medicating powder
- Medium-weight glove, water resistant
- Sleeping pad (full-length, inflatable or closed cell pad for added comfort)
- Reading material
- Music player/headphones
- Balaclava
- Sock liners (for reducing friction)

AVAILABLE EQUIPMENT RENTALS

Please let your Climb Kili representative know which items you will be renting before your arrival.

- Sleeping bag - \$40
- Trekking Poles - \$15
- Warm jacket - \$30
- Day pack - \$25
- Rain pants - \$25
- Rain jacket - \$25
- Head Lamp - \$20
- Gaiters - \$25
- Balaclava - \$25
- Gloves - \$20



WHAT IS INCLUDED WITH YOUR TRIP

You can expect plenty of support both before and during your Kilimanjaro trip. Here is a breakdown of what Climb Kili and Lifewater will provide.

CLIMB KILI 7-DAY MACHAME ROUTE INCLUDES:

- Welcome package
- Detailed itinerary
- Equipment list
- Journal
- Information guide
- Personal fitness program
- Booking conditions
- Warm summit cap
- Personal trekking coordinator to assist throughout your preparation
- 7-day-a-week toll-free phone assistance
- Transport to and from Kilimanjaro International Airport
- 2 nights hotel
- Breakfast at hotel
- Daily trip reports from the mountain to interested friends and family back home
- Transportation to and from your selected route
- All personal and group tents
- English-speaking guides
- Staff gratuity
- All Tanzanian National Park fees
- Government climbing taxes
- Climbing permits
- All meals while on Kilimanjaro and safari
- Daily briefings

- Sleeping pads
- Private chemical toilets
- Staff salaries
- All meals during the duration
- Purified water
- Climb Kili exclusive guides
- Assistant guides
- Chefs and porters
- Safety equipment:
 - Emergency Oxygen
 - Hyperbaric Bag
 - Pulse Oximeter
- Hot drinks at every meal
- One tree planted on your behalf
- Emergency rescue fees
- Free wireless internet at the hotel
- Solo Supplement included (if applicable)
- Personal Summit Certificate signed by the National Park and your Guide

LIFEWATER WILL PROVIDE:

- Fundraising support, including donation processing and receipts
- A personalized fundraising website
- Team leadership and coordination before and during the expedition
- Ideas, encouragement, high-fives, and prayer
- Lifewater Kilimanjaro jacket
- Reporting on impact of raised funds

INCLUDED IN THE 2-DAY SAFARI:

- Personal Trekking Coordinator to assist throughout your preparation
- Transport to and from Kilimanjaro airport/hotel
- Breakfast at hotel
- Knowledgeable Climb Kili Safari guides (driver)
- New or newer Land Cruisers and fuel
- Guaranteed window seat with pop up roof top
- All Lodges – which are located within the game parks
- All meals while on safari
- All Driver/Guide salaries
- In-vehicle charger for cameras, camcorders, etc
- Daily bottled water chilled in vehicle refrigerator
- All Tanzanian National Park fees