



Mt. Kilimanjaro: Climb for Clean Water

Information Packet

Experience the expedition of a lifetime and make a lasting difference in the world! When you summit Mt. Kilimanjaro, the highest peak in Africa, you'll bring safe water and improved sanitation to families living in remote regions of Africa.

It's more than climbing a mountain. It's a chance to create lasting change for generations to come!

Throughout this information packet, you'll see our top recommendations for who to partner with, what to bring, and how to fundraise to meet your goal.

Next Steps

- 1. Get medical clearance and passport:** Climbing Mt. Kilimanjaro is a strenuous activity over several days. Please check with your doctor 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 with a Tour Operator:** We recommend you partner with [Climb Kili](#), a respected Kilimanjaro tour operator. In previous years, climbers have had great success with the [7-day Machame Route](#), and we highly recommend it. Visit Climbkili.com/availability/reservations to make your deposit. 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. Fundraising page:** Set up your fundraising site, set a goal, and be the first to donate. Lifewater will help you with fundraising, including providing a personalized website. To get started, visit [this web page](#) and click "Start a Fundraiser." Typical fundraising goals range from \$6,000-10,000 per climber.
- 4. Book flights:** To get prepared for your climb and get a good night's rest, we recommend you arrive at Kilimanjaro International Airport (JRO) no later than the day before you plan to climb. The estimated cost of the trip, including airfare, your Climb Kili tour operator and outfitting fee, and a Tanzanian Visa is estimated to cost \$5,100.
- 5. 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. See our fundraising letter to get started!
- 6. Begin training:** Start training for your climb! There are many resources online to help you train for Mt. Kilimanjaro. We suggest choosing the one that works best for you and being persistent!

Recommended Packing List

Be prepared for your adventure! Below is our recommended packing list based on seven days of climbing. Note that skimping on equipment can jeopardize safety and summit success, so carefully consider any changes or substitutions you may be considering.

Feel free to print this and use it as a guide.

Climbing Gear

- 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

Recommended 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

Climb Kili 7-day Machame Route Includes:

- Welcome package
 - Detailed itinerary
 - Equipment list
 - Journal and pen
 - Information guide
 - Personal fitness program
 - Booking conditions
 - Luggage Tags
 - 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
- 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
 - First Aid & Injury prevention kits
 - Portable Stretcher
 - Mobile Communications
 - Pulse Oximeter
 - Hot drinks at every meal
 - One tree planted on your behalf
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 - Free wireless internet at the hotel
 - Solo Supplement included (if applicable)
 - Personal Summit Certificate signed by the National Park and your Guide
 - Climb Kili's exclusive Guarantee
 - Climbing permits
 - All Meals while on Kilimanjaro and Safari
 - Daily Briefings
 - Sleeping pads
 - Private chemical toilets
 - Staff Salaries

Lifewater Will Provide:

- Fundraising support, including donation processing and receipts
- A personalized fundraising website
- Ideas, encouragement, high-fives, and prayer
- Reporting on impact of raised funds

Questions? Contact a representative at representative@lifewater.org.