

Your Questions Answered



Are Flights Included?

Yes! All of our Climb For Africa challenges include return flights from London. If you are travelling from overseas, take advantage of our **land only packages**, enabling you to book on to the challenge without flights. You will be required to arrange all flights to and from Tanzania and all transfers in order to meet your group at the hotel on day 2 of the itinerary.

What Else Is Included?

Transfers, National Park fees, and a UK leader and doctor on every climb. A private camp with modern equipment, including spacious three-man tents, on a twin-share basis and private toilets. Three freshly cooked meals and a minimum of three litres of purified water a day, and a celebration meal at the end of the challenge. Local guides and porters to look after you, whatever your pace. 3* hotels with swimming pool, either side of the climb.

Can I Fundraise For Any Charity?

By joining us on one of our Climb For Africa challenges, you will be required to support a charity that funds communities or projects within Africa. If the charity you wish to fundraise for is not listed in this brochure, please do let us know and we will speak to the charity on your behalf!

Can I Travel On My Own?

Yes! Our group climbs are available to anyone who wants to join either as a group of friends, family, colleagues or as an individual. We try to ensure that everyone bonds and works as a team, and we find that there is a great sense of camaraderie on all of our climbs! It is extremely important to us that whilst you are challenging yourself to reach the roof of Africa, you are enjoying yourself along the way!

How Big Are These Groups?

The average group size is typically 30-35 participants. You will also be accompanied by a UK leader and doctor, local English-speaking guides and a team of up to 70 porters, looking after the everyday logistics on the mountain and the movement of camp each day.

What Is A Typical Day Like?

You will be woken between 6-7am most mornings and will be fuelled for the day by a hot, hearty breakfast in our private mess tents! These tents will be a welcome sight at lunch time after a morning's trekking, where you will be served lunch and have a chance to rest your legs! After an afternoon's trekking, you will be handed a hot drink and snack on arrival into camp, and after some time to rest, a hot dinner will be served, before you retire for an early night!

Can I Stay On In Tanzania?

Yes – and you will be very deserving of some relaxation time! Get close to some of the world's wildest beasts on the spectacular plains, relax on the white beaches of Zanzibar, or visit your chosen charity's local project.



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When Should I Go?

The two main trekking seasons, and the optimum times to climb Kilimanjaro, are from the end of December to March and June to October. It should be about 25-30°C at the foot of the mountain and the temperature will decrease by approximately 1°C every 200m we climb. Mountainous weather is always unpredictable, so ensure that you are fully prepared for all eventualities. Our Climb For Africa challenges run in October and February.

How Fit Do I Need To Be?

Climbing Kilimanjaro is a tough challenge, but one that is very achievable with the correct training. It requires a reasonable level of strength, stamina and determination. Your training should incorporate aerobic (endurance building) and anaerobic (strength building) exercises. Most importantly, you should get in some good hill walking, in the boots you are going to be wearing on the challenge.

Will The Altitude Affect Me?

Our bodies are required to adapt to the decreasing levels of oxygen through a process called acclimatisation. As we climb higher, the air gets thinner, and at the summit of Kilimanjaro there is half the amount of oxygen than there is at sea-level. Therefore, altitude is likely to affect everyone slightly, but this isn't something to worry about! Our UK doctor will be carrying out daily health checks, and food, hydration, rest and a good pace set by our leaders will help you get to the summit safely. However, measures are in place, in the unlikely case of a serious reaction.

What Kit Do I Need?

You need to be prepared for intense sun, extreme cold, rain, wind and even snow! Upon registration, you will be sent a full kit list, written by our Mountain Leaders. You will be able to hire a lot of your kit and we can offer you great discounts on hire and purchase!

Do I Need A Visa?

Yes – all UK Nationals require a Visa and the cost is £38. Once you have registered, Action Challenge will send you the visa application form and necessary details to fill it in. You can apply by post or in person. To find out more about visa applications or if you are of a different nationality, please check the [Tanzania High Commission's website](#) for visa requirements.

What Vaccinations Do I Need?

Whilst the risk of contracting malaria on your Kilimanjaro climb is very low, Tanzania is a high risk malaria zone. Therefore, you will need to take anti-malarial tablets, to ensure that you are covered for times when you are at lower altitudes.

Advised vaccinations include Hepatitis A, Tetanus, Typhoid, Diphtheria and Yellow Fever - some of which you may have already had. Please ensure that you seek medical advice from a travel clinic before you depart, as they will have up to date information on what is required. Action Challenge can offer you a 10% discount at [Nomad Travel Health Clinic](#)

