

*“Uhuru for Education”
Mt. Kilimanjaro
Charity Climb
Information Packet*



Who We Are

Neema International is a non-profit organization based in the Kilimanjaro Region of Tanzania, committed to breaking down the cycle of poverty through grassroots education-based projects that synergize environmental and economic sustainability with creative learning and community engagement.

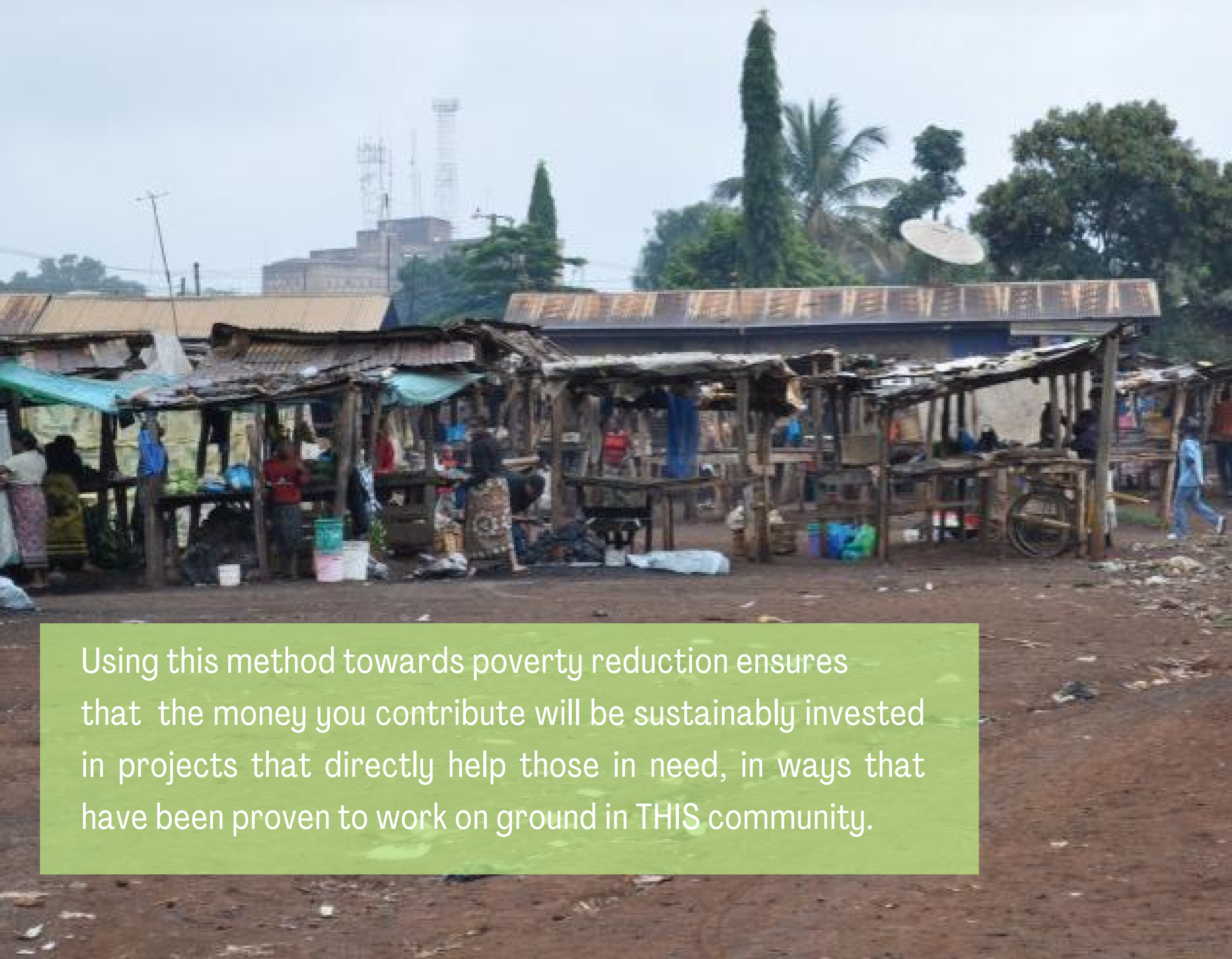
Our projects work to dismantle the cycle of poverty on an individual family level by taking a dual-generational approach, ensuring that both the caregiver and the children receive the education, life skills, confidence, and support that they need to achieve upward mobility and live successful and productive lives.



How We Differ

Large scale international-aid organizations tend to invest in top-down, macro-blanket-solutions that focus on the quantity of individuals served, instead of the quality or relevance of the services being delivered. Tremendous amounts of time, energy and money have been wasted on ineffective solutions that in the long run have further hindered the communities they were trying to help.

By using a grassroots, bottom-up approach, we not only allow members of the beneficiary community to serve as their own agents of change, but also ensure that the project being implemented serves the true needs of the community at hand, rather than what the West perceives that need to be.



Using this method towards poverty reduction ensures that the money you contribute will be sustainably invested in projects that directly help those in need, in ways that have been proven to work on ground in THIS community.

Fundraising for Neema International!

We are asking each climber to raise **at least \$2000** for Neema International. Every penny of the money raised by this charity climb will go **directly to supporting our education projects in Uru**. Each climber can create his or her own GoFundMe or MightyCause fundraiser for Neema International. Once you have signed up for your climb, we will walk you through the process of setting up your fundraising page! We would like for all fundraising to be completed before the climb so that you can celebrate the amount that you all raised together on the mountain!

If you have any extra room in your suitcase and want to bring some donations over for our kids, here is a list of some items we need. All donations are greatly appreciated!!

Any toiletries, undergarments (all sizes), backpacks, school supplies, kids/teen clothing and shoes, and ANY electronics (laptops, tablets, phones).



About Mt. Kilimanjaro

- * It is the highest free standing mountain in the world at 19,341 feet
- * It's known as the Rooftop of Africa as it is the highest point on the continent.
- * It has 3 volcanoes - Mawenzi, Shira & Kibo. Mawenzi and Shira are extinct, and Kibo is dormant. Uhuru Peak is the highest summit, which sits on Kibo's rim.
- * It is one of the few places on earth that encompasses every ecological life zone.
 - * It is the 4th highest of the world's 7 summits.
- * On a clear day on Uhuru Peak, you can see the curvature of the earth.
- * There are five routes that lead to Uhuru Peak: Rongai, Umbwe, Marangu, Machame, and Lemosho. We will be climbing Machame-- see the itinerary on the next page!

About the Machame Route

The Machame route is one of the most popular routes up the mountain, with one of the best summit success rates. We will traverse the southwestern face of the mountain, starting in the rainforest and into the moorland zone, onto the Shira Plateau. The terrain continues to change as you leave the moorland zone in route to the highest point of the crater, Uhuru Peak. The scenery on this route is truly spectacular!!

Machame 6 day Itinerary

Day 1: Machame Gate to the Machame Huts: The Machame gate is about a 1 hour drive from Moshi, where you will get your park permits, meet your crew of porters and start to climb! The first section of the route is beautiful taking you through the magnificent forest. This path is less well-trodden and is often wet and muddy. Upon reaching the Machame Hut camp, you will settle in for your first night on the mountain and enjoy some hot tea and snacks before dinner. *Trekking Time: 4-6 hours, Distance: 10.75 km, Altitude Change: +1,210m*

Day 2: Machame Huts to the Shira Caves: The route continues on up through the forest until reaching the steep ascent on 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. **Trekking: 4-6 hours, Distance: 5 km, Altitude Change: +818 m*

Day 3: Shira Caves to Barranco Camp: Walking now on high moorland, the landscape changes the entire character of the trek. You will traverse the southwest side of Kilimanjaro, passing underneath the Lava Tower and the final section of the Western Breach, then arriving at Barranco Camp. While you climbed up to a high altitude, you will sleep at a lower point—this 'hike high, sleep low' method helps tremendously with acclimatization! **Trekking Time: 6-7 hours, Distance: 10.2 km, Altitude Change: +788 m/ -641 m*

Day 4: Barranco Camp to Barafu Camp: You will start the day by descending into the Great Barranco, a huge ravine. Then you exit by climbing up what has been termed the 'Breakfast Wall', which divides you from the southeastern slopes of Kibo. You will then pass underneath the Heim and Kersten glaciers and head towards the Karanga Valley for lunch. After lunch you will walk hike on towards Barafu camp to prepare for summit! *Trekking Time: 6-8 hours, Distance: 8.5 km, Altitude Change: +676 m*

Day 5: Barafu Camp to Uhuru Peak to Mweka Hut: For our trek up to the summit, we will begin hiking around midnight. You will be climbing uphill with head lamps on for 5 to 6 hours--the views are amazing. You should be on the crater rim at Stella Point (5745 m) at sunrise. Here you can sometimes see the curvature of the earth. Another hour's walk takes you to your goal, the summit of Uhuru, the highest point in Africa. You made it! *Trekking Time: 6-8 hours ÷ Distance: 5 km / 3.1 mi Altitude Change: +1233 m*

After a quick celebration and photos at the top, you will begin the descent back down to Barafu Camp for breakfast and a short rest. Then, we will pack up camp and begin another hike down to Mweka Hut. On the descent, you will have fabulous views of the plains and Mawenzi peak. *Trekking Time: 6-8 hours, Distance: 11.5 km, Altitude Change: -2789 m*

Day 6: Mweka Hut - Mweka Gate: A gentle trek takes you down through the rainforest to the Mweka Gate, where the climb comes to an end! Here you will receive your certificate of ascent courtesy of the Kilimanjaro National Park Authority, have the tipping ceremony for your mountain crew and collect any luggage you stored. Your car will meet you to drive you back to Moshi! *Trekking Time: 2-4 hours, Distance: 9 km, Altitude Change: -1473 m*

What to Expect on the Mountain!

FOOD: All meals will be served in a private dining tent with tables and chairs that is just for our climbing group. Our cooks can cater to different eating preferences such as vegetarian, vegan or gluten free.

Breakfast: Toast, French toast, pancakes, sausage, bacon, eggs, cooked vegetables, fruit, cereal, and oatmeal.

Lunch: Sandwiches, rice, pasta, fruit, eggs, French fries, and salad.

Dinner: Soups, pasta, rice, vegetables, beef, chicken, potatoes, and fruit.

Water, juice, tea, hot cocoa, coffee and tea will be available at each meal

ACCOMODATIONS: On the mountain, you will be sleeping in 2-person tents with foam sleeping pads and sleeping bags. The tents are waterproof and have space for your belongings inside. While the camps have public toilets available, our porters will be bringing along a private toilet tent that is flushable and only will be used by the members on OUR climb. They position the toilet close to our tents so that you don't have to walk far in the middle of the night if you need to use to the bathroom.



Pristine Trails Adventures & Safaris

For the charity climb, we will be climbing with Pristine Trails Adventures & Safaris! Pristine Trails is an independent adventure travel company based in Moshi, Tanzania. Their team has more than fifteen years of experience in the Tanzanian tour industry. All of their tours are organized with an ethical approach, benefiting indigenous people, wildlife and conservation efforts throughout Tanzania.

Pristine Trails is a proud member of the Tanzania Association of Tour Operators, Kilimanjaro Porters Assistance Project and the Tanzania Tourist Board. The Pristine Trails owners and employees are very good friends with Neema's founder, Mandy-- she has climbed, traveled, and safaried with Pristine multiple times! Pristine has run our charity climb for the past five years, and we know it will be another great climb with them in 2022!



Climb Pricing per person

For Tanzanians, the price is 1,544,000/= TSH if there are 1-4 people climbing-- if more than 5 people climb, the price is 1,378,000/= TSH per person. For non-Tanzanian citizens, the price is approximately \$2,300 USD; Prices varies slightly based on number of climbers-- the more people, the cheaper the price per person!! Please bring approximately \$200 USD for tips. The payment for the climb can be done via money wire, paypal, or credit card, but the guide/porter tips must be in cash.

What is included in the price?

Price Includes:

- Professional guide & porter crew
- 2 person tent with sleeping pad
- Airport transfers upon arrival and departure
- Hotel night in Moshi pre & post climb
- All food, drinks and snacks while on the mountain
- Private Toilet and Tent
- Oxygen (if needed)
- Park, camping and rescue (if needed) fees

Price does not include:

- Gratuities
- Flight to and from Tanzania
- Travel Insurance
- Items of personal nature
- Visas (\$100 USD tourist visa)
- Personal hiking gear
- Fundraising for Neema International (\$2000 USD)
- Any gear rentals you may need i.e. sleeping bag for -30c temp- \$50, hiking poles \$10

Packing for your trip!

Please see the list below to help you pack for your trek. If you do not have certain equipment you can rent it from Pristine Trails for a very reasonable price-- all the equipment for rent is in great condition. This is an option that many people take advantage of because mountain gear can be very expensive to purchase at full cost. You will pack your items in a duffle bag which will be carried up and down the mountain by your porters.

- Hiking boots
- Sneakers/shoes for the evenings
- 6 pairs trekking socks
- Warm fleece
- Rain jacket
- Down jacket/ski jacket
- Thermals/Long underwear
- Water/windproof hiking pants
- Warm hat, gloves and glove liners
- Face Mask/ Balaclava
- 5-8 T-shirts/wicking tops
- Track pants/Leggings
- Baseball hat and sunglasses
- Sunscreen & Chapstick with SPF
- Sleeping bag for -10o C
- Sleeping bag liner
- Camera and extra batteries
- Dry Shampoo (optional)
- Undergarments
- Personal Toiletries
- Vaseline/Aquafor for skin chapping
- Quick-dry camping towel
- 2-3 Nalgene like bottles/Camelback
- Trekking poles (optional)
- Backpack to carry each day
- Wet-wipes
- Toilet paper and small plastic bags
- Large plastic bags to keep items dry
- Headlamp and extra batteries!!!!
- Mole Skin/Band-Aids for blisters
- Personal medication + pain killers
- Diamox/altitude medication
- Hand/toe warmers
- Kleenex w/Aloe
- Snacks (energy bars, drink powders, trail mix, etc)
- External power bank batteries for your phone if you want your phone for music or pictures-- there is no network on the mountain
- Pillow case (you can stuff your jacket or other clothes in to use as a pillow)

Thank you



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