



# Ever wanted to climb Mount Kilimajaro?



# The Telco Together Kilimanjaro Challenge

Kilimanjaro is the tallest freestanding mountain in the world, one of the highest volcanoes and Africa's highest mountain, reaching 5895 metres.

Every year, over 35,000 people set foot in Tanzania to climb Kilimanjaro and in 2013 Telco Together will embark on an unforgettable experience to raise money for disadvantaged communities.

Located just 325 km from the equator, this magnificent mountain defies logic with its glaciated peak. Almost every climate type on earth is represented, including a year-round snow-topped summit, due to its equatorial location and high elevation.

Join Telco Together, for an adventurous challenge in 2013, while helping to raise money for Australian communities in need.

We guarantee it will be one of the most rewarding, memorable experiences you will ever have, while enjoying a unique opportunity to bond with telecommunications industry colleagues.



**Places are limited.  
Pay a \$1,000 deposit  
asap to secure  
your flights and  
accommodation.**

## The Facts

- Dates: 20th October - 1st November 2013
- Trek: 7 day Kilimanjaro climb - Rongai Route
- Location: Tanzania, near Kenyan border in East Africa
- Cost: \$5,000 per person\*, including return economy airfares, twin share accommodation, transfers, most meals, tour guides
- Fundraising: minimum \$1,000 per person
- Not included: travel insurance, personal equipment required for the climb
- Nearest Airport: Kilimanjaro International Airport
- Ecosystems: Bushland, Forest, Heath, Alpine, Arctic

\* Price valid to 1st May 2013, subject to change thereafter based on flight availability.

## About the Climb

Climbing Mount Kilimanjaro does not require any technical skills, special equipment or mountaineering experience. However, the journey is a challenging undertaking and must not be taken lightly.

Weather conditions are variable and some days will involve trekking across all kinds of surfaces for up to 12 hours.

The chosen route for Telco Together climbers will be the Rongai route, ranked as a medium level of difficulty.

To ensure you will enjoy the experience, we recommend 2-3 months fitness preparation prior to departure, with a focus on increasing stamina, lower body strength and cardio vascular fitness. This preparation will ensure participants enjoy the climb and reach the summit in good spirits.

Participants should also consult and receive clearance from a GP to take part and there are a number of recommended vaccinations associated with travelling to Africa.



*To avoid blisters, don't forget to wear in hiking boots at least 2 months prior to climbing.*

## The Climate

The temperature on Mount Kilimanjaro is determined by the altitude and time of day. Due to Mount Kilimanjaro's great height, the mountain creates its own weather, so it can be extremely variable and difficult to predict.

Participants can expect average temperatures of 21°C to 27°C at the beginning of the climb. Temperatures will then decrease as we move through Mount Kilimanjaro's ecological zones. At the summit, Uhuru Point, the night-time temperatures can range between -18°C to -26°C.





# Who Will Money Raised Go To?

Telco Together has a vision to harness the reach and capability of the telecommunications industry to support Australian communities in need.

Through our Community Partners, your donation will directly contribute to:

## HOMELESSNESS

Providing meals to the homeless.



## MENTAL HEALTH

Supporting young people with mental health issues.



## INDIGENOUS COMMUNITIES

Conducting health promotion workshops in remote Indigenous communities.



## SOCIAL INCLUSION

Helping refugees integrate into the community through sport.



# Itinerary – Mount Kilimanjaro Climb, Rongai Route

## Day 01

**Sunday 20th October 2013**

- Depart Australia on a late night Emirates flight, via Dubai, to Nairobi, Kenya.

## Day 02

**Monday 21st October 2013**

- Transfer in Nairobi to Precision Air for flight to Kilimanjaro International Airport. You will be met on arrival in the evening, and transferred to Kibo Palace Hotel in Arusha (approx 45 mins drive).
- Accommodation is provided on a bed & breakfast basis.

## Day 03

**Tuesday 23rd October 2013**

- Explore Arusha and surrounds on a free day of rest to acclimatise to the altitude and the timezone.
- A briefing on the climb will be held in the evening, with time to prepare luggage. Excess luggage can be stored at the hotel, and it is recommended that your passport and travel documents be left in the hotel safe.

## Day 04

**Wednesday 23rd October 2013**

- The climb begins after breakfast and a 3 – 4 hour drive to Rongai Gate on the northern side of the mountain, near the Kenyan border.
- Trek through fields of maize before entering an attractive forest with local wildlife, including the Colobus monkey.
- Hiking: 8 kms (3-4 hours).
- Overnight at Simba Camp, altitude of 2750 m. Full meals provided.

## Day 05

**Thursday 24th October 2013**

- A steady walk with spectacular views of the Eastern ice fields on the crater rim and Kibo, before heading across moorland to the Kikelewa Caves.
- Hiking: 7kms (3 – 5 hours).
- Overnight at Kikelewa Camp at an altitude of 3600m. Full meals provided.

## Day 06

**Friday 25th October 2013**

- Short steep morning climb up grassy slopes with impressive views.
- Spend the afternoon relaxing in the communal tent, or exploring the surroundings.
- Hiking: 4kms (2 - 3 hours).
- Overnight at Mawenzi Tarn Camp, altitude of 4330m. Full meals provided.

## Day 07

**Saturday 26th October 2013**

- Cross onto the high eastern edge of the Plateau for some of the rarest, clearest and most dramatic views of the climb.
- Slight descent to Third Caves Camp to allow for acclimatisation.
- Hiking: 11 kms (5 - 6 hours).
- Overnight at Third Caves Camp, altitude 3936m. Full meals provided.



## Day 08

### Sunday 27th October 2013

- Cross the lunar desert of the 'Saddle' between Mawenzi and Kibo.
- Another afternoon spent relaxing in the communal tent in preparation for the final ascent.
- Hiking: 5kms (3 - 4 hours).
- Overnight at School Camp, altitude of 4750m. Full meals provided.

## Day 09

### Monday 28th October 2013

- Depart in the early hours for the final ascent to Gilman's Point to watch the sunrise.
- From there, on to the summit at Uhuru Peak at an altitude of 5,895 m, passing close to glaciers and spectacular ice cliffs.
- Descend to Kibo and final campsite of Horombo,
- Hiking: 20kms (10 - 12 hours).
- Overnight at Horombo Camp, altitude of 3700m. Full meals provided.

## Day 10

### Tuesday 29th October 2013

- Steady descent on a different route through moorland and forest to the base of the mountain.
- Transfer to the African Tulip Hotel, a luxury boutique hotel in the heart of Arusha, for a welcome shower and celebratory dinner
- Hiking: 18kms (5 - 7 hours).
- Overnight at African Tulip Hotel on bed & breakfast basis.



## Day 11

### Wednesday 30th October 2013

- Travelers will depart by private transfer to Kilimanjaro International Airport for return flight home.
- Travelers who have organised side trips to explore more of Africa will depart separately.

## Day 12

### Thursday 31st October 2013

- Day in transit.

## Day 13

### Friday 1st November 2013

- Travelers arrive home to Australia in the early morning.

## Payment Schedule

Due to the nature of this experience, places are limited. We recommend interested participants confirm as soon as possible. An immediate \$1,000 deposit will secure your flight booking and place on the tour. Payment terms are flexible depending on requirements, with full payment required 70 days prior to departure (August 12 2013).

## Fundraising tips

Telco Together will work with participants to provide fundraising ideas and support. Some easy ways to fundraise include;

- Fundraiser Page - setting up your fundraiser page through the Foundation's portal
- Events - host a dinner party, morning tea, bake sale or quiz night with all funds raised going towards your charity challenge.
- Promotion - setting up an email signature promotion social media promotion & approaching contacts and colleagues for sponsorship.





## FAQs

### What can I expect to see during the climb?

Mt Kilimanjaro is located at the heart of a national park, and is one of Africa's magnificent sights. The mountain rises from cultivated farmlands on the lower levels, through lush rainforest to alpine meadows, and finally across a barren lunar landscape to the twin summits of Kibo and Mawenzi.

The lower rainforest is home to many animals, including buffaloes, leopards and monkeys, and elands are occasionally seen in the saddle area between Kibo and Mawenzi peaks.

### What Training is Recommended?

It is recommended that participants undertake a fitness training program at least 2-3 months prior to departure. Following are some links to information on various Kilimanjaro training programs recommended by tour operators in the region;

<http://www.climbingkilimanjaro.com/climbing-kilimanjaro-fitness.php>

<http://www.ultimatekilimanjaro.com/preparation.htm>

<http://www.souladventures.co.za/mountaineering/climb-kilimanjaro/kilimanjaro-training-advice/>

<http://www.lonelyplanet.com/thorntree/thread.jspa?threadID=1498010>

<http://www.4thsummit.com/training-for-mount-kilimanjaro.aspx>

### Where will we sleep?

Participants will stay at The Kibo Palace for two nights prior to departure to recover from the flight and prepare for the climb. All accommodation on the mountain will be camping (6 nights), with quality tents and mattresses provided by the tour operator. Camping is the only form of accommodation available for the Rongai route.

After the climb, participants will enjoy a night at the African Tulip Hotel - a luxury boutique hotel in the centre of Arusha, and the number 1 rated hotel on TripAdvisor.

### What's included & not included in the Tour Cost?

Economy flights on Emirates, on-mountain accommodation (camping twin share), African transfers, tour guide and all meals on the mountain are included in the tour. Accommodation at Kibo Palace & African Tulip Hotel is provided on a bed & breakfast basis.

Participants should budget to spend \$30-\$40USD per day on the tour to cover additional food and refreshments on the mountain. Travel insurance, alcohol, and equipment such as sleeping bags, warm jackets etc are also not included in the tour cost. A list of what to bring will be sent out to all participants.

All participants are required to take out travel insurance (this is not included in the price) and it is recommended this is taken at the time of paying deposit.

### Am I required to carry my bag?

Transportation of luggage will be taken care of by the tour operator, however participants should carry a small rucksack containing personal items such as water, sunscreen, snacks, gloves etc. A full list of what to bring will be circulated to those who have confirmed participation.

(source: <http://www.lonelyplanet.com/tanzania/mount-kilimanjaro#ixzz2FeFNyJG> )



## What to bring

A detailed what to bring list will be circulated to all participants upon registration. Some of the key items to bring include:

- Waterproof Jacket, breathable with hood
- Insulated Jacket, synthetic or down
- Waterproof Pants, breathable (side-zipper recommended)
- Hiking Pants (convertible to shorts recommended)
- Hiking Boots, warm, waterproof, broken-in, with spare laces
- Sleeping Bag & liner warm, four seasons
- Trekking Poles (recommended)
- Head lamp, with extra batteries
- Duffel bag, (waterproof recommended) for porters to carry your equipment
- Daypack, for you to carry your personal gear

## Can I hire equipment in Mount Kilimanjaro?

Yes, a limited supply of equipment is available to rent directly from Arusha, however the quality varies. It is recommended that you thoroughly check the quality of any rented items and that they are in correct working order.

A list of rental prices and items can be provided on request.

## Is it possible to meet the group there (in Tanzania)?

Yes this is possible, and only the tour cost will apply. Please advise us if this is your preference and arrangements will be made accordingly.

## Can I add on an additional tour?

There are many side trips that can be arranged, including safaris & tours. Feel free to ask for more information.

## Can I upgrade my flight?

Yes, please advise and the additional cost to upgrade your flight will be provided.

## Can I have my own tent, instead of sharing?

Please advise us and the additional cost will be provided.

## What vaccinations are required for travel to Tanzania?

Yellow fever vaccination is recommended and malaria and sand flies are in this area. Insect repellent and protective clothing should be worn by all participants. It is the responsibility of participants to consult with their GP prior to travel to ensure they have the required vaccinations.

(source: <http://www.ultimatekilimanjaro.com/preparation.htm#gearlist>)

## About Telco Together Foundation

Launched in July 2012, the Telco Together Foundation is a registered charity, uniting the telecommunications industry to make a positive difference to the lives of those in need.

The core focus of the Foundation's work will be the development of industry-wide community investment projects that provide widespread, innovative solutions to social problems. The Foundation's work also aims to support disadvantaged communities through member volunteering programs and fundraising activities such as the Kilimanjaro Challenge.

Members of the Foundation include Optus, Vodafone, NBN Co, Dodo, M2, AAPT, Cisco, Alcatel-Lucent, Smart Business Telecom, Skybridge, Globe Telecom, Community Telco, Eftel, Telcoinbox, and Vocus Communications.

For more information, please visit [www.telcotogether.org.au](http://www.telcotogether.org.au)

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Uniting telcos  
in support of  
disadvantaged  
communities.



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# REGISTRATION FORM

## PERSONAL DETAILS (Please ensure all details given match your passport)

First Name:	Middle Name:
Family Name:	D.O.B
Address:	
City:	Postcode:
Mobile:	Email:
Company:	Position:
Passport #	Nationality:
Country of Issue (Passport):	Passport Date of Issue:
Passport Expiry:	QF Frequent Flyer#:

## EMERGENCY CONTACT

Contact Name:	Relationship:
Day time Phone:	Mobile:
Email:	

## TOUR INFORMATION

Accommodation is based on twin share. If known, please write name of person you want to share with:

Are you interested in a single room? <input type="radio"/> YES <input type="radio"/> NO (single supplement will apply, cost provided once form submitted)
Airfare is based on flexible economy fare, please indicate if you prefer to upgrade this fare to: <input type="radio"/> premium economy <input type="radio"/> business or <input type="radio"/> first class
Please write your Departure City:
Are you interested in additional African tours? <input type="radio"/> YES <input type="radio"/> NO
Do you have any special dietary requirements?
Do you have any allergies?
Do you have any pre-existing medical conditions which may affect your ability to take on this tour?

## PAYMENT INFORMATION

I would like to pay the \$1,000 deposit via; <input type="radio"/> Bank Transfer <input type="radio"/> Credit Card: Type of card: <input type="radio"/> Visa <input type="radio"/> Mastercard <input type="radio"/> Amex	
Card #:	Expiry Date:
Name:	
Signature	
<input type="radio"/> I understand that I will be invoiced for the outstanding balance, and agree to pay no later than August 17 2013.	

Terms & Conditions: Tour is provided by Fight Centre and Team Kilimanjaro and subject to their respective terms and conditions which can be viewed online. Full details will be provided to participants prior to tour final payment. Deposit is non-refundable, however if your place is filled by another participant a 50% refund may apply.

Email this REGISTRATION FORM to: [getinvolved@telcotogether.org.au](mailto:getinvolved@telcotogether.org.au)