

Trek Kilimanjaro



Raising sponsorship money

Register with RNIB and receive a fundraising pack full of information and ideas. You will also have a dedicated contact at RNIB to support you with every pound of your fundraising along with every step of your training. Once you set your mind to it, it's amazing what you can achieve!

We recommend downloading our tried and tested fundraising ideas to give you an idea of how easy fundraising really can be. Creativity, planning and having fun are the secrets to fundraising success.

Who can take part?

Anyone over 18 years old is welcome as long as you are fit and healthy enough to do the challenge.

Fitness

Kilimanjaro is one of our toughest challenges and training is essential. You will need to put in plenty of training to be able to meet the challenges. Our tour operator has 19 years of experience of running these challenges, and will provide a set of training guidelines to help you on your way. Various members of the RNIB Events team have participated in these challenges, so you will get advice from first hand experience within RNIB too. This is a challenging trek at altitude and you will be required to have your medical form signed by your doctor to take part.

Kit

You will need comfortable walking boots with ankle support and a four season sleeping bag. A full packing list will be sent to you once you have registered.

Support on the event

Experienced staff (tour manager, local guides, porters and doctor) will be there to provide help and encouragement whenever you need it.

Accommodation

The first and last nights are in a hotel and the nights on Kilimanjaro are in huts which sleep 8-12 people per room.

Food and drink

The food will be wholesome, tasty and plentiful. There will be snacks and water available whilst trekking.

Weather

Temperatures vary considerable with height and time of day. On the plains the average temperature is 30 degrees celsius, the higher you get the cooler it will become. At the summit it can be minus 25-30 degrees celsius.

Health

Tetanus, Hepatitis A, Polio, Typhoid, and Yellow Fever inoculations are suggested. Malaria prophylactics should be taken. Please consult your GP for professional medical advice.

Visa and travel insurance

A visa is required for British citizens. The cost is £38 (currently) and advice on how to apply for it will be given. If you are a non-British citizen please contact our tour operator (Classic Tours) for advice. Your passport must be valid for at least 6 months from the date of departure.

You must be insured to take part – either through a company or your choice or the Classic Tours recommended policy. You will need to provide proof of your insurance 8 weeks prior to the challenge.

Staying on

It is possible to stay on in Tanzania after the challenge, subject to availability. Full details will be sent once you have registered.

What's provided

Flights to and from Tanzania, accommodation, transfers, full medical support, experience guides, porters, support staff, water and all meals except lunch on day 10.

Other costs to budget for

We do not include airport taxes and any fuel surcharges set by the airline in the tour cost because these fluctuate and are beyond our control. Currently these are about £230 but are subject to change. The tour operator will invoice you for this cost at the point when RNIB will be invoiced for your tour cost.

In addition you will need to budget for personal travel insurance, any optional tours, gratuities and spending money.

Responsible tourism

Classic Tours operates a responsible tourism policy and you can off set your carbon emissions on their website.

If you have any further questions, please contact the RNIB Events Team at fundraising@rnib.org.uk or on **0845 345 0054**.