

Kilimanjaro

Climb & Safari

Everything You Need To Know

OVERVIEW



Price Per Person
€2,999

Embark on an extraordinary journey to the summit of Mount Kilimanjaro, the highest peak among the Seven Summits, with high-altitude mountaineer Jason Black, who holds the world record for the fastest ascent of Kilimanjaro twice in one day. This meticulously designed expedition offers an unparalleled experience, allowing climbers to traverse the mountain's diverse ecosystems while encountering the breathtaking wildlife and landscapes of Tanzania. This adventure is not just about reaching the summit but also about immersing yourself in the rich cultural tapestry and natural beauty of this enchanting country.

Tanzania, located on the eastern coast of Africa, is a land of diverse landscapes and vibrant cultures. Home to the towering Kilimanjaro and the UNESCO World Heritage site Ngorongoro Crater, Tanzania's wilderness shelters a stunning array of wildlife, including elephants, lions, and unique flora. This expedition provides a holistic experience of Tanzania's splendor, combining the thrill of high-altitude climbing with an exploration of the country's national parks, game reserves, and cultural heritage.

Beyond the climb, participants will delve into the heart of African culture, visiting coffee fields to grind and sample their own brew, swimming in waterfalls, and engaging with local schools and villages. This journey promises a once-in-a-lifetime adventure, blending the challenges of climbing the "mountain of greatness" with the rich, authentic experiences of Tanzanian life, ensuring a truly unforgettable expedition.

TRIP FACTS

**COUNTRY**

Tanzania

**DURATION**

11 days

**GRADE**

Moderate

**MAX ALTITUDE**

5895 m

19341 ft

**DAILY ACTIVITY**

Approx

6-8 hrs

**SEASON**

Dec - March

Jun - Oct

DESTINATION

TANZANIA

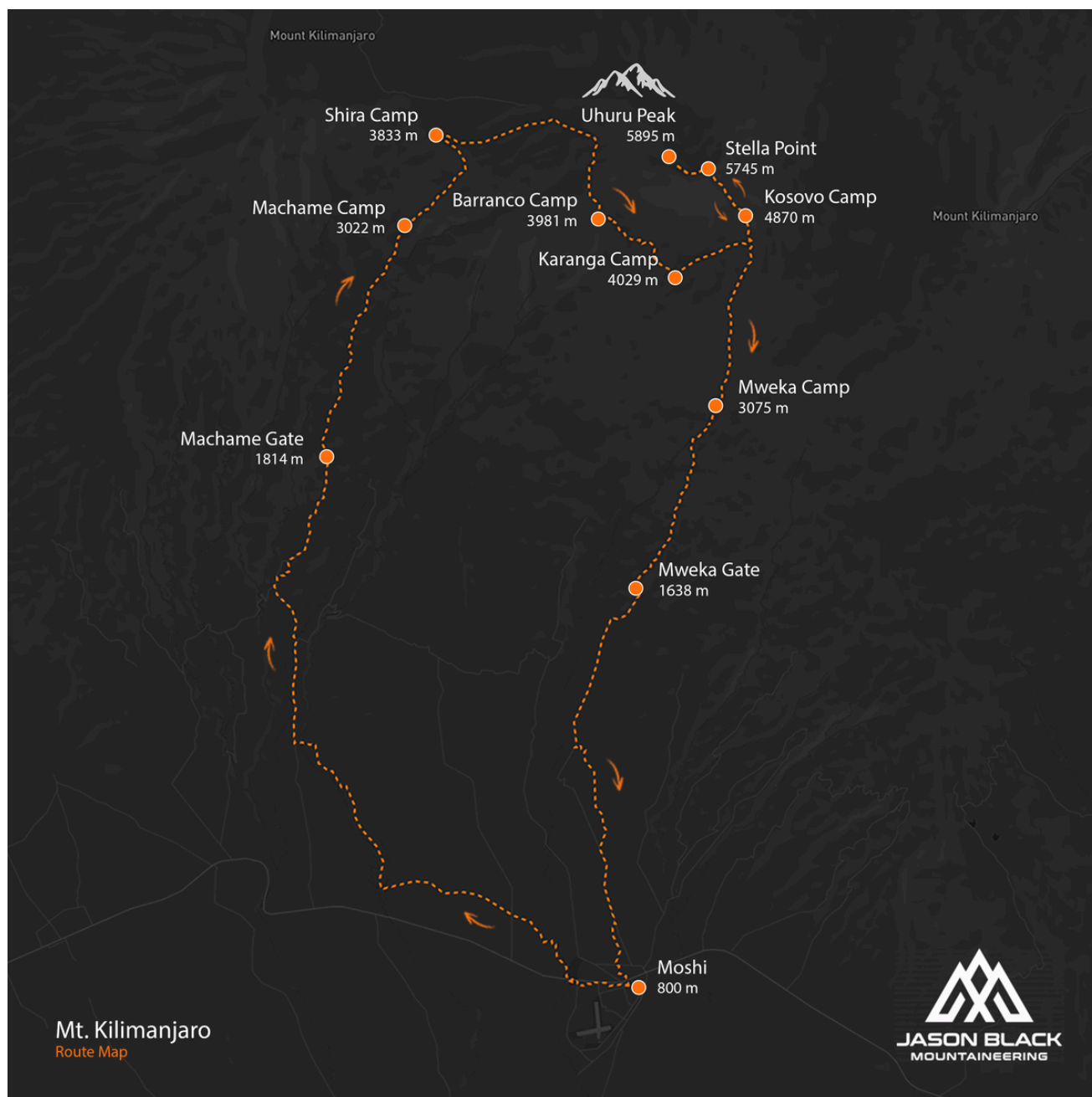
Tanzania, a captivating land on Africa's eastern coast, is renowned for its stunning landscapes and vibrant cultural heritage. At its heart stands Mount Kilimanjaro, the tallest freestanding mountain in the world, offering climbers a unique journey through five distinct ecosystems. This expedition, led by world-record mountaineer Jason Black, combines the thrill of scaling Kilimanjaro with immersive cultural experiences, including visits to coffee fields, waterfalls, and local villages. Participants will gain a deep appreciation for Tanzania's natural beauty and rich traditions, making this adventure truly unforgettable.

REQUIRED EXPERIENCE

Climbs like Kilimanjaro demand hard physical effort at extreme altitudes - you will need exceptional cardio-vascular fitness and to be thoroughly prepared. When you sign up, we'll ask you to share key performance data and look closely at your past experience. We'll then work with you to develop an appropriate training program, which will guarantee you the best chance of success.

If there are shortfalls within abilities and experience, we can collectively discuss the opportunities and/or provide a training support plan, including recommending preliminary climbs in the years and months leading up to this expedition, to ensure that you achieve your objective.

ROUTE MAP – MT. KILIMANJARO



WHAT ARE THE CAMPS ON THE ROUTE?

Millennium Camp or **Machame camp** are on the tree line and have a number of campsites set in small clearings in the forest. The whole site can accommodate probably a hundred tents. You will see a central ranger station and a number of brick toilets and long drop latrines. The air is quite humid and it's not too cold; being right in the trees you won't see lots of other people round the site.

Shira Camp is situated on the vast Shira plateau which is a volcanic spill-off from the last explosion some 100,000 years ago. Open and exposed and often dusty with smaller, you will find more fragile plants among the rocks. Brick toilets and latrines and Ranger huts are around and the area is so huge it is easy to spread out and have some privacy. Shira could accommodate hundreds of tents fairly easily. Expect it to be colder here, more windy potentially. The views of the summit massif are really amazing, especially at dawn and dusk, and it's worth getting up in the night if there is a full moon to see it rise behind the summit.

Barranco Camp is at the head of the steep valley which drops down into the Umbwe route that goes all the way down to Moshi. Tucked up underneath the summit massif there are huge dramatic cliffs to see, some remains of hanging glaciers and often the whole of Kibo will be plastered in snow. Meanwhile looking down the valley you can see the lights of Moshi. The campsite has brick toilets and latrines (long drops), a Rangers hut of course, and there is a lot of plant life here so it's green and verdant, especially the giant groundsels which can grow several metres tall. The camp can take over a hundred tents quite easily but space is limited so you can sometimes expect to walk a distance to find your tent.

Karanga Camp is very open and situated somewhat on a slope so make sure your tent is on a flat piece of ground. There are great views of the summit massif again and you can see the route to the summit quite easily. Looking downhill you can see the lights of Moshi. Brick toilets and pit latrines again, a Rangers Hut and space for at least a hundred tents. It can be cold and windy here, and the cloud can come and go very fast. Water is a problem at this camp, the porters have to walk forty minutes back down the trail to the nearest stream. Many people go direct from Barranco to the next camp Barafu in one day in order to climb Kilimanjaro in six days, so Karanga is a half-way stop, but it's well worth the additional acclimatisation.

Kosovo Camp (4870 m / 15,978 ft) is where Jason Black Mountaineering stay and push for the summit its a quiet camp and makes life much easier on summit night starting ahead of most group and recovering much faster on the way back down.

COST INCLUDES

- 4-nights hotel accommodation on a shared basis (B&B) – 2 pre-climb, 2 post-climb.
 - Meals on the mountain – fresh food, 3 meals per day.
 - All group gear on the climb.
 - Porter service on the climb.
 - All climbing staff including mountain guides and local support staff.
 - All park fees, permits and tour fees.
 - All transportation in-country.
 - Oxygen bottles and masks, mountain shelter and portable stretcher on every trip.
 - Jason's personal magical day to finish.
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COST EXCLUDES

- Meals while not on the mountain, taxis, etc
 - International flights airfare to/from Kilimanjaro Airport (JRO)
 - Tanzanian airport Visa (\$50 for most passports)
 - Vaccinations and anti malaria tablets
 - Personal expenses, eg taxis into town, bottled water in Moshi, kit rental, meals in Moshi
 - Tips – you pay \$200 in total each (which we can get exchanged in Moshi) for distribution at the end to the team for working on the expedition.
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ADDITIONAL SERVICES

- Single hotel room supplements €30 per night
 - Kilimanjaro Safari - €1099 per person (€199 deposit)
 - Extra nights accommodation - €80 Per Person
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MEDICAL AND HEALTH INFORMATION

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

TRAVEL INSURANCE (MANDATORY)

Participants must carry travel insurance that covers hillwalking/scrambling (non-technical) up to 6,000 m in Tanzania, including trip interruption and medical cover. Bring your policy details in the event required.

We recommend [True Traveler](#)

TRAINING AND FITNESS

It's very simple you need to be very fit to summit Kilimanjaro, It is a very hard 8hr climb on the final summit night, and you need a very good level of fitness. Although this is not a technical climb, it is steep in places and you will be gaining height very quickly. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to ensure you are in good physical fitness, health and ability to complete the climb.

Hillwalking: Everybody is different, so I cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking on a very regular bases and at least 4big hikes per month in preparation for this expedition,(6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least two high intensity cardio training sessions per week. The type of training is not important you just need to elevate your heart rate go a high level interval style for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

ITINERARY

Days	Itinerary
Day 1	Arrive in Tanzania. Land at Kilimanjaro International Airport, where you'll be greeted by our Jason Black Mountaineering representative. After immigration, baggage collection, and customs clearance, enjoy a scenic 1-hour drive to our comfortable hotel in Moshi. Relax, recover, and prepare for an adventure of a life time.
Day 2	Chemka Hot Springs Be prepared to be Immersed in an Oasis of Tranquility as we swim with the locals and camp privately under the stars at Chemka hot springs. Nestled in the remote heart of Tanzania, Chemka Hot Springs is a hidden gem offering a serene escape into nature. Crystal-Clear Waters The geothermal waters of Chemka are crystal clear, creating a magical turquoise-blue pool perfect for swimming. The refreshing temperatures are ideal for cooling off in the Tanzanian heat. Lush Surroundings The springs are surrounded by lush vegetation, including fig trees whose roots form picturesque overhangs, adding to the area's enchanting ambiance. Unique Geothermal Features Unlike many hot springs, Chemka's water is cool and soothing, bubbling up from underground aquifers. The name "Chemka" means "boiling," referring to the bubbling effect of the spring water. Peaceful Escape Chemka is a tranquil retreat away from the hustle and bustle, offering a serene setting to relax, picnic, and connect with nature.
Day 3	Machame Gate to Machame Camp & Massai Tribe village visit After an early morning swim we visit a local Masai tribe to understand life on the African plains. Massai Tribe village visit Our Jason Black Mountaineering unique visit to a Maasai village offers a rare opportunity to experience the culture and way of life of this renowned tribe in Tanzania. Expect to be welcomed with vibrant song and dance, learn about their traditions, and see how they build their homes and manage their cattle. You can also observe their intricate beadwork, which holds social and cultural significance. Welcoming Ceremony: You'll be greeted with traditional songs and dances, often performed by both men and women, showcasing their vibrant culture. Cultural Immersion: Our JBM Guides will explain the Maasai way of life, including their social structures, customs, and the significance of their clothing and beadwork. Traditional Homes: You can explore the layout of a typical Maasai village, including the "manyatta" (homestead) made of mud, sticks, and cow dung, and learn about the division of space for families and animals. Daily Activities: You might have the chance to participate in activities like milking cows or goats, collecting firewood, or learning how they start a fire the traditional way. Souvenir Market: While not mandatory, you can browse and purchase handcrafted Maasai jewellery, beadwork, and other items, supporting the local community. Negotiation: Remember that bargaining is a part of the culture, and you can negotiate prices for souvenirs. Be mindful and respectful of the Maasai people, their traditions, and their way of life throughout your visit. Mid morning we drive to Machame Gate to register and start your Kilimanjaro climb. • Elevation: 1,800m to 3,000m • Distance: ~11 km • Time: 5-7 hours • Highlights: Lush rainforest, steep incline

ITINERARY

Days	Itinerary
Day 4	Machame Camp to Shira Camp - Elevation: 3,000m to 3,850m - Distance: ~5 km - Time: 4-6 hours - Highlights: Heath and moorland, panoramic views
Day 5	Shira Camp to Lava Tower, then Barranco Camp - Elevation: 3,850m to 4,600m (Lava Tower) to 3,960m - Distance: ~10 km - Time: 7-8 hours - Highlights: Acclimatisation day, stunning Lava Tower
Day 6	Barranco Camp to Karanga Camp - Elevation: 3,960m to 4,035m - Distance: ~6 km - Time: 4-5 hours - Highlights: The famous Barranco Wall
Day 7	Karanga Camp to Kosovo Camp - Elevation: 4,035m to 4,870m - Distance: ~4 km - Time: 5-6 hours - Highlights: final preparation for summit Kosovo Camp , offers privacy and positions you closer to the summit.
Day 8	Summit Day! Kosovo Camp to Uhuru Peak, then to Mweka Camp - Elevation: 4,870m to 5,895m (Uhuru Peak) to 3,080m - Distance: ~17 km - Time: 12-15 hours - Highlights: Midnight summit push, unforgettable sunrise
Day 9	Mweka Camp to Mweka Gate - Elevation: 3,080m to 1,640m - Distance: ~10 km - Time: 3-4 hours - Highlights: Descent through rainforest
Day 10	Jason's personal magical day Immerse yourself in Jason's curated African experience , designed to leave you with unforgettable memories. - Visit local villages to learn about coffee harvesting and roasting, and sample the unique banana beer. - Swim in hidden waterfalls, explore a museum showcasing early native settlements, and join locals in singing traditional songs. - End the day with a rooftop dinner celebration, savoring local cuisine and dancing to the rhythmic beats of tribal music under the African night sky.
Day 11	Departure Say farewell to Tanzania as you head to Kilimanjaro Airport for your flight home, or extend your adventure with a breathtaking African safari in nearby national parks. This is more than just a climb—it's an immersive journey into the heart of Africa, blending culture, adventure, and personal triumph. Let's make this your story of a lifetime.

PACKING LIST

Travel Documents

- ☐ Passport 6mts Valid
- ☐ Debit/Credit Cards
- ☐ Insurance Papers
- ☐ Photocopy of passport

Base Layers

- ☐ Merino Wool Underwear (2 pcs)
- ☐ Merino long sleeve base layer (1 pcs)
- ☐ Merino long pants base layer (1 pcs)
- ☐ Merino Short Sleeve T Shirt (2 pcs)

Mid Layers

- ☐ Fleece top (1pcs)
- ☐ Hiking shorts (1pcs)
- ☐ Heavyweight Hiking Pants (1pcs)
- ☐ Lightweight Hiking Pants (1pcs)

Windproof/Rain Layers

- ☐ Hard Shell Jacket (1pcs)
- ☐ Hard Shell Pants (1pcs)

Insulation Layers

- ☐ 800+ gram Goose Down Jacket with hood
- ☐ Insulated Pants
- ☐ Lite puffer jacket

Headwear

- ☐ Warm Hat (1pcs)
- ☐ Balaclava (1pcs)
- ☐ Baseball Cap (1pcs)
- ☐ Bandana or Buff (1pcs)

Eyewear

- ☐ Sun Glasses

Gloves

- ☐ Lightweight Liner Gloves
- ☐ Shell Guide Glove with Insulated Liner or Expedition Mitts

Footwear

- ☐ Liner Socks (2 pairs)
- ☐ Wool or Synthetic Socks (3 pairs)
- ☐ Sturdy hiking boots
- ☐ Trekking Approach Shoes
- ☐ Camp Shoes - crocs or sandals.

Sleeping Equipment

- ☐ Sleeping Bag -20°C
- ☐ Earplugs
- ☐ Inflatable Pillow (optional)

Mountaineering Gear

- ☐ Large 120ltr Duffel Bag
- ☐ Trekking Backpack 35L
- ☐ Trekking poles (optional)
- ☐ Headlight 500-700 Lumens (2pcs)

Travel Items

- ☐ Travel Clothes
- ☐ Cash
- ☐ Visa Card
- ☐ ATM card

Additional Food Items

- ☐ Snack food
- ☐ Salty-sweet bars
- ☐ Summit gels
- ☐ Nuts
- ☐ Beef jerky

Additional Items

- ☐ Compression Stuff Sacks
- ☐ Water Bottles 1- liter (2pcs)
- ☐ Pee Bottle 1- litre
- ☐ Female Urination Device (FUD)

PACKING LIST

Medical

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Sutures & steri strips
- ☐ Ibuprofen
- ☐ Paracetamol
- ☐ 250mg Diamox 10 days
- ☐ Medicated throat lozenges
- ☐ Medicated throat spray
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Mosquito repellent
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Duct tape - Repair Kit
- ☐ Hand & Feet chemical warmers

Toiletries (Personal)

- ☐ Toilet Paper
- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (2pcs)
- ☐ Soap
- ☐ Shampoo
- ☐ Shaver
- ☐ Towel
- ☐ Small nail-brush
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30
- ☐ Aftersun

Optional Electronics

- ☐ Country-appropriate power adapters
- ☐ Adventure Sports Watch
- ☐ [Sherpa 100AC Power Bank](#)
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads

Additional Personal Items

(Add your own personal items here)

- ☐ -----
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TRAINING PLAN

Here is our suggested 12 week training program to climb Mt. Kilimanjaro:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
1	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
2	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
3	Run 30 min Zone 2	Strength Training	Hill repeats: 7 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
4	Run 35 min Zone 2	Strength Training	Hill repeats: 7 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
5	Run 35 min Zone 2	Strength Training	Hill repeats: 8 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
6	Run 40 min Zone 2	Strength Training	Hill repeats: 8 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
7	Run 40 min Zone 2	Strength Training	Hill repeats: 10 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
8	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
9	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
10	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
11	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
12	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains

Every training session must include 15min warm up and 15 to 20 min of cool down after training.

PASSPORTS, VISAS ENTRY REQUIREMENTS

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites.

Visa to enter Kilimanjaro is your own responsibility and Not your expedition leaders responsibility. Please read up and have everything you need to enter Africa.

Your Tanzanian Visa is \$50 cash, and can be purchased easy at the airport on arrival.

FLIGHTS

Arrive and depart on the website expedition dates. With direct flights using the one company your less likely to loose your bags. Make sure your lock your bags before the flight. The concern with cheaper multi airline connecting flights is your bag not arriving, this can happen, works most times but just one to watch out for. A good tip is to have a carry on bag that you can at least exist, until your late bag arrives, let's hope this doesn't happen but it can. if you are arriving earlier or staying later just let me know and I can help.

Ensuring you arrive in time for the expedition departure in Africa.

It is your responsibility to be on time for the climb. You will be picked at airport arrivals in Killimanjaro airport by your Jason black mountaineering expedition leader and transported to your accommodation, Don't panic we will see you before you see us.

KILIMANJARO ACCOMMODATION

Jason Black Mountaineering has reserved your accommodations B&B (breakfast provided) – pre-climb and post-climb. If you choose to arrive earlier than the expedition dates or stay later Jason Black Mountaineering can arrange an extension of accommodation, please notify asap. The rooms are on a twin sharing bases.

TREKKING AT HIGH ALTITUDES

OVERVIEW

Our treks include strenuous activities at altitudes over 2500m and are suitable only for those in excellent health and fitness. With over 30 years of experience, we maintain a strong safety record. Proper training and preparation is crucial.

ALTITUDE SICKNESS (AMS)

Trekking above 2500m poses a risk of Acute Mountain Sickness (AMS), which can be life-threatening if untreated. Common symptoms include:

- Sleeplessness
- Loss of appetite
- Vivid dreams (2500-3800m)
- Shortness of breath
- Periodic breathing
- Blocked nose, dry cough, mild headache

If you experience nausea, dizziness, or other severe symptoms, inform your group leader immediately. Pre-existing conditions or medications may affect your ability to acclimatize. Consult your doctor before booking and discuss the use of Diamox for Acclimatisation.

SAFETY MEASURES

Our trips adhere to strict altitude safety measures, and our leaders are trained in First Aid. Descent will be arranged if continuing is deemed unsafe. Be aware that some ascents may exceed recommended rates, but our safety protocols ensure acceptable risks.

MEDICAL AND INSURANCE

Ensure your travel insurance covers high altitudes and helicopter evacuation. Carry proof of insurance for verification by your group leader.

YOUR DIETARY REQUIREMENTS

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them in advance to expedition leader Jason Black. It is not possible for us to source specialist gluten or dairy free products locally in Africa. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

SAFETY

TRAVELING TO AFRICA

We advise all participants to do their own research on local laws and customs before travelling to Africa. Up to date travel advice can be found on the DFA website: www.dfa.ie/travel/travel-advice/a-z-list-of-countries/africa/.

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitiser after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

STRIKES AND DEMONSTRATIONS

Strikes and protests are common and can lead to curfews or roadblocks. Businesses may close, and vehicles might be restricted. Avoid demonstrations and political gatherings, and follow local advice.

PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.

GROUP GUIDE

All group trips are accompanied by one of our Jason black mountaineering group guide(s). The aim of the group guide is to take the hassle out of your travels and to help you have the best trip possible. Jason Black Mountaineering endeavours to provide the services of an experienced group guide however, due to the seasonality of travel, rare situations may arise where your group guide is new to a particular region or training other group guides.

Your group guide will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email Jason@jasonblack.ie.

TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

Key Tips

- Carry sufficient cash outside main cities.
- Use new, clean currency notes.
- Prepare enough small denomination currency for treks.
- Exchange leftover currency before leaving Tanzania.
- Budget for optional expenses and have contingency funds.
- Tip appropriately for good service.

BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us).

We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.

Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. Your notice of cancellation will only be effective when it is received in writing by us.

Except as set out in paragraph 8 below, the following cancellation charges will be payable.

For more information about our refund terms, please visit [this link](#)

WHY JASON BLACK MOUNTAINEERING?

Jason Black Mountaineering is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "Mount Everest", "Amadablam" and all the worlds "Seven Summits".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit:

[**Kilimanjaro Expedition Page**](#)

FOLLOW US

