

THRIVE GLOBAL PROJECT



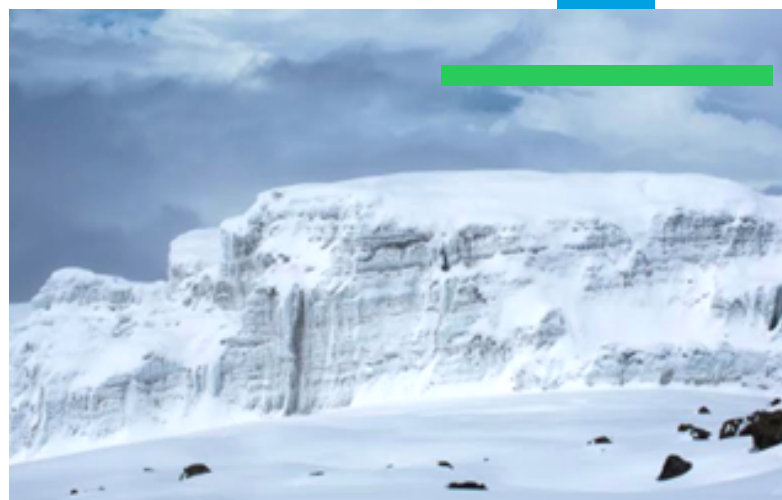
2021

# CLIMB KILIMANJARO

UNZIP THE POTENTIAL

*Benefiting Thrive Global Project*

**October 15 - 24, 2021**



**Thrive is a 501(c)(3)**

# WHAT IS THRIVE?

## WE UNZIP THE POTENTIAL

Thrive Global Project provides students around the globe with educational resources to empower them in the classroom. We believe that to break the cycle of poverty we must provide the tools for a quality education.



### SUSTAINABILITY

We invest in forming strong relationships with local non-profits on the ground working hand-in-hand with the students we support.



### LOCAL PARTNERS

We partner with local organizations around the world who are providing educational resources to the most vulnerable students.



### PROOF OF IMPACT

We monitor and evaluate the projects you fund with partner updates globally and ways to volunteer locally.



### 100% TRANSPARENCY

Private donors cover our operating costs so 100% of your donation will go towards providing educational resources to the most vulnerable students around the globe.

## ACCESS FOR EVERYONE

We believe in access to quality education for ALL students, regardless of race, gender, religion, income or social status.

At TGP, we provide disadvantaged students with educational resources, financial support and workshops for empowerment.

To break the cycle of poverty we must provide students with resources to succeed.



# THRIVE CLIMBS

**MORE THAN TEAM BUILDING.  
MORE THAN AN ADVENTURE.  
MORE THAN A MOUNTAIN.**

When you join us on a Thrive Adventure, not only are you signing on to the trip of your lifetime but also, you're helping to empower students around the world!

The cost of your trip helps support the local economy by hiring our guide and porters, and provides funding for critical educational resources for students in need.

At Thrive Global Project, we believe that to break the cycle of poverty we must provide quality education - and that all starts with a backpack.



# COST BREAKDOWN

Cost per person:  
**\$5,000**

\*this price is contingent on a 10 person climbing group

Cost + Flight:  
**\$7,000**

\*We're now offering the opportunity to fundraise for the cost of your flight as well!

Group Fundraising  
Goal: **\$75,000**

## Cost Includes:

- Two airport transfers, one before and one after the climb
- One night of accommodations before and one night after the climb at Ameg Lodge-2 people per room
- Transfer to and from the mountain
- Fees for the climb
- Food and drinking water on the climb
- Competent guides (WFR Trained) and other Supporting crew (porters & cooks)
- Camping gear- tents, mattresses, chairs, private toilets
- Oxygen tanks in case of emergency

## Cost Does Not Include:

- Your flight to and from Kilimanjaro International Airport - if flight is not fundraised
- Food and beverage at the AMEG Hotel
- Tipping to your mountain crew\*
- Tipping is very much appreciated by the crew and strongly suggested tip to be given direct to crew by the clients - suggested amount is \$200-250

## Want More Africa?

- Now you can add more activities in Tanzania, such as Thrive Global Project Vision Trip + Safari! Interested? Contact our team at [hello@thriveglobalproject.org](mailto:hello@thriveglobalproject.org) for additional information and pricing



# IMPORTANT DATES



- **March 1st** - - \$500 Non-Refundable Deposit Due to Hold Spot
- **May 1st** - - Questionnaire and Waiver Due
- **June 1st** - - \$2,000 Deposit Due
- **July 1st** - - Proof of Flight Purchase + Proof of Insurance Purchase
- **July 10th** - - Final payment or reach fundraising goal of \$5,000

**IMPORTANT NOTE:** *We will book flights as a group through a travel agent in order to find the most affordable flights. Furthermore, the trip will not go unless there is a COVID vaccine readily available by June 1, 2021. Deposit for the trip is non-refundable. In addition, trip fees are non-refundable after June 1st, 2021 and will be credited for the next year of travel with Thrive Global Project or the option of turning any trip fees paid into a tax deductible donation.*

# KILIMANJARO EXPERIENCE

## Machame Route:

- Machame route -7 days
- The most scenic and summited route on Kilimanjaro.

## Day 1 MACHAME CAMP

- After breakfast you will be transferred to the Kilimanjaro Machame gate
- Once the necessary park formalities are completed the permit will be issued and the hike will begin. You will traverse through Afromontane Forest, and under the tree canopy a picnic lunch is taken along the trail.
- **Overnight: Machame Camp - Full board**



## Day 2 - SHIRA CAMP

- The first part of the hike and altitude gain is relatively quick. Lunch is taken at the camp. We suggest a walking activity after lunch to keep your body active in order to acclimatize better.
- **Overnight: Shira Camp - Full board**

## Day 3 - BARANCO CAMP

- The hike today consists of a gentle incline into the alpine desert to a suggested lunch spot (Created by Emanuel Motta) at about 15,000feet, then descending to Baranco valley for overnight. This 'climb high and sleep low' method helps your body acclimate to the high altitude. From this camp you can experience a stunning view of the southwest face of Kibo peak.
- **Overnight: Baranco Camp - Full board**

## Day 4 - KARANGA CAMP

- From Baranco camp to Karanga camp the 'climb high and sleep low' continues. Ascending Baranco wall after breakfast is your first assignment, followed by a hike through deep glacial valleys crossing to Karanga camp. Lunch is taken at the camp. An afternoon walk may be suggested for better acclimatization
- **Overnight: Karanga Camp (Full board)**

## Day 5 - BARAFU CAMP

- Today is another half day ascending to Barafu camp where lunch will be saved. In this alpine desert zone the camp is exposed to cold winds from which this camp got its name. The view of Mawenzi peak and the glacial valleys below is remarkable. Dinner will be had relatively early to allow time to rest before the summit bid.
- **Overnight: Barafu camp. (Full board)**



## Day 6 - SUMMIT BID

- Most people start at midnight for the summit attempt aiming to reach the top by sun rise. This final ascent bid is a mental challenging game which requires patience and persistence. Most people see the sun rise before reach crater rim and left with a short final section to reach Uhuru peak.
- **CONGRATS YOU DID IT!**

## Day 6 - POST SUMMIT - MWEKA CAMP

- After taking souvenir photographs at the highest point of Africa your final mission is to reach Mweka camp where you will spend the night and relish in your accomplishment!
- **Overnight: Mweka Camp (Full board)**

## Day 7 - DESCENT AND BACK TO MOSHI

- The final descend down the mountain to your hotel accommodation. After saying a fond farewell to the crew at Mweka exit gate you will be transferred to your hotel
- **Overnight: Ameg Hotel - Moshi, Tanzani (Full Board)**



# PACKING GUIDE

## Essentials & Suggestions for Packing

### Essentials:

- Two pairs of pants
- Three comfortable shirts
- Undergarments
- Basic Toiletries
- Hiking boots
- Rain gear
- Sun block
- 3 liter water bladder in daypack
- Ginger for nausea
- Biodegradable wipes
- Ibuprofen
- Glove liners and mittens
- Hand warmers
- Ziploc bags
- Camp shoes (Crocs or other slide on shoes)
- Rain gear
- Pack cover
- Four pairs wool socks and liners
- Head lamp & extra batteries
- Camera & extra battery
- Hand sanitizer sunglasses

### HIGHLY RECOMMENDED:

- P-style (for women)
- Wide mouth container (Nalgene)
- Supplements: Chloroxygen, Ginkgo Biloba, Rhodiola, Vitamin C and E
- Gel shots/Blocks
- Smartwool gaiters
- Down booties for sleeping
- Fleece/wool long underwear
- Down coat & ski-type waterproof jacket
- 2-3 sports bras (women)
- K-tape for knees
- Poles for descent
- Heel-lock lacing technique for boots
- Ear plugs/melatonin/eye mask
- Buff/bandana/Balaclava/fleece neck gaiter for summit night
- Ipod or book
- Neoprene water bottle sleeve for summit night to prevent freezing
- Camelbak thermal control kit (for cold weather)
- Hat to block sun/rain
- Solar charger or extra batteries for camera
- Journal
- Feminine Hygiene Products
- Midweight fleece
- Glide (anti-blister balm) lotion
- Lip balm with sun block
- Salty snacks, Snack bars, Mini snickers
- Ski socks for summit night
- Small tent light
- Saltine crackers
- Ski pants (for summit night)





# ALTITUDE ADVICE

by Dr Jim Duff, 30/09/2012

## FITNESS AND TRAINING:

The fitter you are, the more you will enjoy your holiday. Plan your training well in advance and seek advice if you are not sure of what is to be expected. Lack of personal fitness can cause problems. Turning back may be difficult to arrange and causing delays in bad weather can be especially dangerous.

Overexertion is a risk factor for altitude illness.

Kilimanjaro, the Inca Trail, Everest Base Camp and many other treks, climbs and trips involve strenuous days. On Kili, the summit day on the popular routes involves climbing 1200m (4000ft) and descending 2200m (7200ft). The Inca Trail also has a demanding final three days, involving an ascent of 1100m (3600ft), an ascent and descent of 900m (3000ft) and finally a descent of 1400m (4500ft). In addition, these hard days are at altitude where there is a reduced oxygen level. At Kala Pattar (Everest viewpoint) or the summit of Kilimanjaro, there is only 50% of the oxygen that is available at sea level.

**See Altitude Illness:** AMS, HAPE and HACE for a comprehensive description of these altitude problems.

## PRE-EXISTING MEDICAL CONDITIONS

If you suffer from any ongoing medical condition, especially: asthma, respiratory diseases, high blood pressure/heart disease, kidney disease, diabetes, epilepsy or mental illness; consult a doctor before your trip. The doctor needs to have knowledge of the special problems involving high altitude and these illnesses.

## PREVENTING PROBLEMS

THE BUDDY SYSTEM - You or your leader should organize the 'buddy system' (pairing up to keep an eye on each other) to make early recognition of illness/problems easier. Buddies should voice their concerns to the leader/doctor as soon as possible (on an organized trip the leader and doctor are on call 24 hours a day, so don't 'wait till morning' if something goes wrong in the night).

# ALTITUDE ADVICE

by Dr Jim Duff, 30/09/2012

## RECOGNIZING SOMEONE IS BECOMING UNWELL

These signs and changes in behavior are particularly important when they are 'out of character'

- Loss of appetite, missing meals
- Tiredness, lethargy; coming in at the end of the days walk late and last, going to bed early, being last to get out of bed
- Personality changes: anxiety, irritability, excitability, anger, aggression, complaining, social withdrawal, depression, loss of concentration, talking more/less
- Clumsiness, staggering, falling over, dropping things, inability to tie shoelaces or pack or carry one's own bag
- Breathlessness, confusion, drowsiness This can be memorized as the 'umbles': "Grumble, Mumble, Fumble, Stumble, Tumble

## SUNBURN, BLISTERS, ETC.

- Wear a wide brimmed hat to reduce the risk of sunburn and heat exhaustion
- Cover up or protect noses, necks, ears, the backs of hands on walking poles, and backs of knees and calves
- Diamox™ (acetazolamide) and doxycycline (an antibiotic often taken for malaria prevention) can cause a person to sunburn more easily (photosensitivity), so extra care with sun protection is needed
- Stop and treat blisters at the first sign of rubbing and apply Blister dressing
- Walking poles are very useful while trekking, but practice with them pre-departure
- Mittens are much warmer than finger gloves.

## PAINKILLERS AND MEDICATIONS

- Anyone contemplating taking any medication but the irregular one(s) should think carefully about their effects/side effects before taking them. On a commercial trip you should inform the leader/doctor.
- If pain relief is needed at altitude, paracetamol is a safe option, while ibuprofen is better at treating the headache of acute mountain sickness. Neither drug will mask symptoms of altitude illness.



# ALTITUDE ADVICE

by Dr Jim Duff, 30/09/2012

## FLUIDS

- Dehydration occurs whenever heat and exertion cause excessive sweating without adequate replacement. It is also common at high altitude due to exercising in cold dry air and inadequate fluid replacement.
- One needs to drink enough fluid (as soups, beverages or water) to keep hydrated.
- You are hydrated if your urine is pale yellow (straw coloured) and of your usual frequency and amount
- This can be summed up as 'pale and plentiful'
- Infrequent small amounts of strong smelling, dark coloured urine means you are dehydrated
- Discipline yourself to stop and drink at least every hour.

## CARING FOR YOUR PORTERS

- If you employ porters directly or indirectly through a company, you must take care of them
- This means they should have adequate clothing, footwear, food, shelter and insurance. This is important above the treeline and vital above the snow line
- The maximum legal load a trekking porter should carry varies from country to country: 20 kg on Kilimanjaro, 25 kg in Peru and 30 kg in Nepal.
- These weights are regularly exceeded by ignorant or exploitative employers. Many trekkers take far too much 'stuff' with them and you should aim to travel light
- If you want to take more, be prepared to hire another porter.
- If you are travelling in a group and are concerned for your porters' welfare speak out there and then, and complain loudly when you get home!
- **More information about porters and their needs can be found on <http://www.ippg.net/>**



# ALTITUDE ADVICE

by Dr Jim Duff, 30/09/2012

## AS YOU ASCEND

As you ascend to altitudes above 2000m, your body has to acclimatize to the decreasing amount of oxygen available. If the ascent is too fast and/or the height gain too much, these acclimatization mechanisms do not have time to work, and symptoms and signs of altitude illness (also called high altitude illness) will appear.

**Altitude illness becomes common above 2500m and presents in the following ways:**

- AMS (Acute Mountain Sickness): common but not life-threatening if dealt with correctly
- HACE (High Altitude Cerebral Edema): less common but life-threatening
- HAPE (High Altitude Pulmonary Edema): less common but life-threatening

**If you think you or your 'buddy' are becoming ill, TELL YOUR LEADER IMMEDIATELY. Warning: do not ascend with symptoms of altitude illness as this has led to many deaths from HAPE/HACE.**

## ACUTE MOUNTAIN SICKNESS (AMS)

**A diagnosis of AMS is made when there has been a height gain in the last few days, AND:**

The victim has a headache (typically throbbing, often worse when bending over or lying down) **PLUS** there is one or more of the following symptoms:

- Fatigue and weakness
- Loss of appetite, or nausea, or vomiting
- Dizziness, light headedness
- Poor sleep, disturbed sleep, frequent waking, periodic breathing

Use the Lake Louise Score to check list found [HERE](#).



# ALTITUDE ADVICE

by Dr Jim Duff, 30/09/2012

## HACE (HIGH ALTITUDE CEREBRAL EDEMA)

The important symptoms and signs are:

- Severe headache
- Loss of physical coordination
- Declining level of consciousness

*This is a deadly condition and immediate descent is the treatment.*

## HAPE (HIGH ALTITUDE PULMONARY EDEMA)

The important symptoms and signs are:

- Breathlessness

*This is a deadly condition and immediate descent is the treatment.*

**FOR MORE INFORMATION ABOUT HACE AND HAPE CLICK [HERE](#).**

## TREATMENT OF MILD AMS

- Rest at the same (or lower) altitude until the symptoms clear (this will take a few hours to a few days)
- Avoid unnecessary exertion
- Keep warm, drink enough fluid to maintain hydration and occasional sugary drinks
- Rest in a semi-reclining position if this is more comfortable

## MEDICATION FOR MILD AMS

Treat headache with ibuprofen or paracetamol

- Consider treating persistent nausea or vomiting with prochlorperazine (Stemetil™) or other anti-vomiting medication
- Consider starting acetazolamide (Diamox™) 125 to 250 mg 12-hourly for the rest of the time at altitude Hypothermia, dehydration and low blood sugar (due to not eating) share many symptoms and signs with AMS and may be present at the same time. So always re-warm, re-hydrate, re-sugar
- If the illness is more severe, DESCEND.
- Other specific treatments will be given by your leader/doctor.

# ALTITUDE ADVICE

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## PREVENTING ALTITUDE ILLNESS

**Above 2000m, altitude illness (AMS, HACE and HAPE) is a possibility, and above 2500m it becomes common**

- As a rough guide, above 2500m the maximum daily height gains between sleeping altitudes should not exceed 300m (slow acclimatizers) to 500m (fast acclimatizers), with a rest day every third day (or after every 1000m of ascent)
- Over 5000m, the daily height gain for the slow and fast acclimatizers is halved to 150m and 250 meters per day, respectively
- If you must fly or drive rapidly to 2500m or higher, spend a minimum of two nights at your arrival altitude (or lower if possible) or until symptoms disappear, before ascending further. If ascending rapidly to 3000m or higher, consider using acetazolamide (Diamox™)
- Avoid overexertion and breathlessness while acclimatizing, especially if experiencing symptoms of AMS
- Drink enough liquid to keep your urine pale and plentiful
- Avoid alcohol, excess caffeine, salt and protein

**Warning: do not ascend with symptoms of AMS, consult your leader/doctor**

## ACETAZOLAMIDE (DIAMOXTM)

- Acetazolamide does NOT mask the onset of AMS, HACE or HAPE. A dose takes 12 hours to become fully effective. However, taking acetazolamide does not guarantee that altitude illness will not develop.

There are 3 situations where acetazolamide is useful:

1. Prevention of AMS
2. Treatment of altitude illness
3. Poor sleep, disturbed sleep or periodic breathing at altitude

### • Side effects include:

- Paraesthesiae (tingling) in lips, fingers, toes or other body parts and a metallic taste when drinking carbonated drinks are the most obvious. Both side effects are milder with lower doses and disappear on stopping the medication
- Acetazolamide can cause photosensitivity (sunburn more easily) so use hats, gloves, sunscreen
- Extra urine output. The effect of acetazolamide to increase urine output is mild (people pee more as part of the normal acclimatization process as they ascend)