



# NATURE DISCOVERY

TANZANIA

Safaris · Mountaineering · Trekking

## INCLUDED SERVICES AND EQUIPMENT ON KILIMANJARO, LITE SERVICE OPTION

Our 'Lite' option cuts down on some of the frills without compromising on standards of safety or responsibility. Some items are unique and exclusively provided by us.

### Camping equipment

Our camp is easily recognizable anywhere on the mountain. With 3 decades experience of outfitting on Kilimanjaro, and pursuing our own passion for innovation, we've found the right combination of utility and form with our mountain equipment.

- **Mountain Hardware Trango 3.1 sleeping tents**- a triple tent used as a double tent or single tent (with supplement)
- **Custom-made ground sheets** for all sleeping tents, covering both vestibules to allow clean & dry storage of gear
- **Cold weather sleeping mats (closed cell foam)** which cover the entire floor of the sleeping tent, ensuring that you, and all your gear, stays dry throughout the climb.
- **Large private toilet tent with portable flush toilets** - Each chemical toilet has hand-sanitizer available and a built-in wastebasket. Groups from 7+ have 2 private toilets
- **Dining tents** are large custom-designed and fabricated weatherproof tents with fly sheet, two doors, windows, and ventilation. We have various sized dining tents, the largest of which can accommodate up to 15 trekkers comfortably!
- **High powered solar LED lights** are provided in the dining tent for headlamp-free dinners each evening.
- **Aluminum roll-up dining tables**, with customized adjustable legs to make a level surface on uneven ground - covered with colorful Maasai-style tablecloths
- **Lightweight aluminum chairs** with backs, for all meals.
- **Washstands** provided for washing hands before each meal with single use hand towels
- **Wash basins** provided for each trekker upon reaching camp
- **Hot water bottles** prepared each night, using your own bottles, to keep you toasty in your sleeping bag.
- **We purify all our climbers' and staff drinking water** and provide it in your dining tent each morning and evening. Staff will help refill your bottles or Camelback
- **Rental gear** of the highest quality is offered like synthetic sleeping bags, Gore-Tex outer wear, warm layers, gloves, trekking poles, etc.



## Mountain Cuisine

Our menus have been developed by a team of professional cooks and mountain foodies who have long-term experience in food service in Tanzania. We continue to develop and improve our menu plans to create astonishingly great meals in such inhospitable environments, using only propane gas cookers.

We have an exciting menu, which includes inspired vegetarian, vegan, and gluten free menu plans. We can also cater to guests' allergies or faith-based dietary restrictions.

- **Three healthy and energizing meals a day** giving the right combination of protein, carbs and fat, expertly and hygienically prepared to give you energy for the task at hand.
- **Tea-time snacks** and warm drinks upon arrival in camp each day.
- **Organic produce** from our ½ acre garden at our office base.
- **Mountain cool boxes** have been designed to keep foods fresh on the climb.
- **Menu training** is done annually on a two-week intensive training session. Each climb travels with a set recipe book written in Swahili, laminated with photos of each dish of each meal to ensure standards stay high. We are serious about exceeding our trekkers' expectations about mountain cuisine!

## Safety Equipment & Training

Safety is our main priority! We provide more safety gear than any other outfitter on Kilimanjaro. We're the only outfitter providing a hyperbaric chamber on every trek, the only company supplying a fully rigid litter, and we supply more emergency oxygen than any other outfitter. On just about every item below, we exceed all others in the provision of safety gear, communication devices, and levels of emergency response and expertise.

- **Oxygen** for emergency use - 360L medical oxygen bottles, each with a regulator & 2 nasal canula masks. For groups of 2-6, two kits are provided and for 7 or more climbers, we supply 3 full kits.
- **Stretcher / Litter** - A fully rigid steel-framed litter on each trek.
- **First-aid / trauma & medicine kit** - fully stocked as per Wilderness First Responder guidelines, with medicine instructions. Two first-aid kits are carried for groups of 9 or more.
- **Pulse-oximeters** - The head guide checks, evaluates, and documents climbers' pulse and oxygen saturation levels daily at dinner time.
- **VHF handheld radios** - Three VHF radios with spare battery are carried on each trek, for quick comms between head and assistant guides at the back and front of the group, and the camp manager.
- **Mobile phones** are carried by all guides, for daily communications with our base in Arusha.
- **Satellite phone** with spare battery is always carried by the head guide for use in emergencies (in areas with limited or poor mobile network). This allows us to make comms immediately, no matter where we are, during an emergency.
- **Safety equipment porter(s)** always stay with the group, to ensure that the safety gear is always nearby and ready to employ. We send a second medical equipment porter with every group, allowing us to split oxygen and other redundant emergency supplies.
- **A comprehensive safety briefing** - The head guide briefs the climbers before the trek, covering expectations, risks, safety gear, and proactive safety.



## Mountain Guides and crew

Our mountain guides and core crew are recognized as the most capable and professional crew on the mountain. All of our mountain guides are WFR trained and certified, which separates us from all other companies on Kilimanjaro. We have more than 40 WFR certified guides in our organization. Our guides and core crew have the best compensation packages on Kilimanjaro.

- **Wilderness First Responder Certified Mountain guides** - We provide only certified WFR guides on each trek currently certified by Sentinel Outdoor Institute ([www.sentineloutdoor.com](http://www.sentineloutdoor.com)), a certification process, which is done biannually. We have more than 40 WFR certified guides in our organization.
- **Ratio of 1 guide per 2 guests** (on average)
- **Professional cook** - trained to the highest standards on a set menu plan
- **Waiter** on each trek is trained to expedite the meal service and ensure our climbers' nourishment is their top priority.
- **Campsite Manager** - Ensures expert setup and breakdown of each camp, practicing Leave No Trace outdoor ethics.
- **Camp setting crew** - Our fastest porters ensure the very best camp location and tent sites daily
- **KPAP monitoring porter** works as one of our team and reports back to KPAP on our adherence to the standards which we are dedicated to in terms of ethical, fair and transparent work conditions for our porters.

## Other Inclusion

- Round Trip private transfers between Arusha and Kilimanjaro and back.
- VAT - All Tanzania Government Value Added Taxes are included in these prices.

## Not included

- National Park fees
- Emergency transport costs including helicopter evacuation coverage
- Tips and gratuities to climbing staff or transfer drivers
- Personal expenses
- Personal medical kit
- Travel insurance
- Sleeping bags
- Other personal trekking gear and optional items

**We hereby confirm that Nature Discovery is committed to Sustainable Business Practices and Responsible Tourism, read more here:**

<https://www.naturediscovery.com/about/responsible-tourism/>.

**We respect and set the standards in the ethical treatment of porters, read more here:**

<https://www.naturediscovery.com/porter-ethics/>.

