

September 21 – 30, 2023

In 2018, a daring group of vegans summited Africa's highest peak! To join this 2nd trek, email Akhila Ananth (see below).

Vegan Kilimanjaro 2

Plant-Based Nutrition Challenge!



Supporting the life-saving mission of **PCRM's Barnard Medical Center!**

UltimateKilimanjaro
THE #1 GUIDE SERVICE ON KILIMANJARO

PhysiciansCommittee
for Responsible Medicine

Although Covid-19 has subsided, teammates must still conform to Tanzanian entry requirements as detailed here: <https://tz.usembassy.gov/covid-19-information>

Team Page: www.facebook.com/vegankili
Team Organizer Akhila Ananth: veganadventures2023@gmail.com
Team Advisor Mike Weinberg: mike.weinberg1952@gmail.com

COSTS & LOGISTICS

BASICS

- * Train to walk ~5 hours/day and ~12 hours on summit day: www.ultimatekilimanjaro.com/kilimanjaro-training
- * Summit one day before official full moon—bright light, fewer crowds.
- * High-altitude hiking experience a plus but not mandatory: www.ultimatekilimanjaro.com/preacclimatization-on-kilimanjaro
- * Bring/wear only 100% animal-free clothing and gear (no leather, wool, down, silk, etc.).
- * Need all-weather layers (can be -20F/-30C on summit): www.ultimatekilimanjaro.com/ultimate-kilimanjaro-gearlist
- * Pre-vegan spouses/companions are welcome if they agree to wear/eat exclusively vegan gear/food.
- * Total cost around **\$4795 per person** (double occupancy—couples or paired with a teammate)
 - ~ \$2795 for guide service (12 persons, 2 airport/hotel transfers, 7-day trek/all meals, 3-nights hotel/breakfasts)
 - ~ \$1200 for international roundtrip airfare (cost will vary)
 - ~ \$ 800 for insurance, visa, tips, gear, carbon offset, some meals (cost will vary)

7-DAY MACHAME ROUTE

The iconic Machame route, also known as the “Whiskey” route, is the most popular trail on Kilimanjaro. Map and daily route description: <https://www.ultimatekilimanjaro.com/machame-route>

ITINERARY

Date		Activity					
21-Sep-23		Pick up at JRO. Transfer to Moshi. Overnight at hotel.					
22-Sep-23		Rest day. Overnight at hotel.					
MACHAME ROUTE: 7 DAYS							
Date		Start	Altitude(ft)	Finish	Altitude(ft)	Time(hrs)	Distance(km)
23-Sep-23	1	Machame Gate	5,380	Machame Camp	9,350	5-7	11
24-Sep-23	2	Machame Camp	9,350	Shira 2 Camp	12,500	4-6	5
25-Sep-23	3	Shira 2 Camp	12,500	Lava Tower	15,190	4-5	7
		Lava Tower	15,190	Barranco Camp	13,044	2-3	3
26-Sep-23	4	Barranco Camp	13,044	Karanga Camp	13,106	4-5	5
27-Sep-23	5	Karanga Camp	13,106	Barafu Camp	15,331	4-5	4
28-Sep-23	6	Barafu Camp	15,331	Uhuru Peak	19,341	7-8	5
		Uhuru Peak	19,341	Mweka Camp	10,065	4-6	12
29-Sep-23	7	Mweka Camp	10,065	Mweka Gate	5,380	3-4	10
		Transfer to Moshi. Overnight at hotel.					
30-Sep-23		Transfer to JRO. End of services.					

GUIDE COMPANY BASE COST

Ultimate Kilimanjaro – The #1 Kilimanjaro Guide Service: www.ultimatekilimanjaro.com

Chicago based firm with Tanzanian staff in Moshi. Prices mid-range: more expensive than budget firms; less expensive than luxury firms. Member of KPAP (Kilimanjaro Porter Assistance Project). Guides are WFR (Wilderness First Responder) certified. Extensive website leaves few questions unanswered.

Reviews: www.ultimatekilimanjaro.com/reviews

Truth About Prices & Costs: www.ultimatekilimanjaro.com/how-much-does-it-cost-to-climb-kilimanjaro

Persons	Discount	Cost	Payments
4	----	\$2895	* \$875 deposit/booking fee
8	\$50	\$2845	* Balance due by July 22, 2023 (if later, full amount due)
12	\$50	\$2795	

INCLUDED IN BASE COST

- * 3 hotel nights, vegan breakfasts, secure luggage storage (double occupancy)
- * Transport to/from trailheads
- * Park permit, camp fees, rescue fees, value added tax
- * Guide, assistant guides, cook, porters (~3:1 ratio: e.g., 36 crew for 12 climbers)
- * Twice daily medical checks (pulse oximeter + Q&A survey)
- * Bottled oxygen for emergency rescue
- * Private tented toilet/s
- * Purified stream water
Use www.aquatabs.com because filtration alone will not remove viruses. No unpleasant aftertaste.
- * Mountain Hardware Trango 3-person, 4-season tents
- * Sleeping pad (1.5" thick foam) inside a washable cover
- * Meals on mountain (breakfast, lunch, dinner)
- * Food tent (tables, chairs, lanterns, etc.)
- * Up to 15 kg (33 pounds) of personal gear carried by porters

GUIDE COMPANY RENTAL OPTIONS

Payable on site in US Dollars or Tanzanian Shillings only. No need to reserve.

- * Sleeping Bag: \$50
Mountain Hardware Lamina -30F/-34C degree synthetic sleeping bag, fits 6'6" tall hiker.
- * Two trekking poles: \$20

TYPICAL VEGAN TREK MENU

Served family style – take some and pass it on!

- * Breakfast: Oats porridge, granola, toast, peanut butter, jam, cassava, baked beans, sweet potatoes, red yam, chapati, fried banana, fresh fruits....
- * Lunch/Dinner: Soups (zucchini, leek, carrot, onion, vegetable...), fresh fruits/vegetables, pasta, rice, spaghetti, chips, mashed potatoes, fried potatoes, various vegetable sauces....
- * Drinks: Tea, coffee, juices, soya milk...

SAFARI OPTION

You can add a private pre- or post-trek safari to your climb package:

<https://www.ultimatekilimanjaro.com/safari>

LIABILITY WAIVER

Volunteer organizers/advisors neither seek nor receive perks or compensation for their services. Their only goal is to have compatible travel companies and companions while demonstrating that a vegan lifestyle can be fun and adventurous. Since any trip has inherent risk, teammates must consent to assume that risk and release the organizer and advisor of liability for any hazard or risk, foreseen or unforeseen. As part of the enrollment process, each teammate will be emailed a Liability Waiver for their approval.

TRIP INSURANCE (MANDATORY)

Clients must be able to provide proof of insurance to staff upon request or they will not be allowed to participate.

www.ultimatekilimanjaro.com/how-to-prepare-for-climbing-kilimanjaro/#insurance

PASSPORT & VISA REQUIREMENTS

* Passport must be valid for at least 6 months upon entry to Tanzania.

* Tanzanian Visas and Traveler's Surveillance Forms can be acquired online: www.ultimatekilimanjaro.com/visa-passport

VACCINATIONS & MEDICATIONS

Tanzanian Covid-19 entry requirements: <https://tz.usembassy.gov/covid-19-information>

Discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

A yellow fever vaccination card is required if arriving from [countries where yellow fever is present](#).

www.ultimatekilimanjaro.com/kilimanjaro-vaccinations-medications

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>

TIPS

Each teammate should expect to tip about \$200 total for their trail guides, assistant guides, cooks, and porters.

Also consider tips/gifts for your airport-hotel drivers and hotel staff. www.ultimatekilimanjaro.com/tips-donations

CARBON OFFSET

Plant-based diets have dramatically-lower carbon footprints than animal-based diets, but teammates will also offset their travel emissions via www.cooleffect.org/travel-offset. A round-trip international flight lasting 13 or more hours each way can be offset with a contribution of about **\$60 (USD)** although teammates are encouraged to submit more to cover road transportation as well as fund several worthy projects like tree plantings, grassland & forest preservation, wind turbines, economical cookstoves, or a bird sanctuary. Over 90% of every dollar donated to Cool Effect goes directly to the projects.



CHARITY CLIMB

All climbers fund their own treks but are encouraged to donate, or ask family and friends to donate, to the Physicians Committee at www.pcrm.org. The goal is to raise funds for the Barnard Medical Center in Washington, D.C., a non-profit facility dedicated to the research, prevention, and treatment of lifestyle diseases through plant-based nutrition. The capstone of the trek will be the 2nd unfurling of the Vegan Kilimanjaro banner beneath the famous Uhuru Peak summit sign.



 Mike Weinberg San Diego California Age 66 21-year vegan	 Jason E. Keller Irvine California Age 40 26-year vegan	 John Meili Houston Texas Age 53 6-year vegan	 Jackie Meili Houston Texas Age 53 6-year vegan	 Sarah Alexander New York & Toronto Age 34 15-year vegan	 Nora Heyning Bilstad Norway Age 43 1-year vegan
 Sharon Warner Silver Spring Maryland Age 50 5-year vegan	 Christopher A. Warner, MD Silver Spring Maryland Age 50 2-year vegan	 Alexandra Warner Silver Spring Maryland Age 20 6-year vegan	 Madison Warner Silver Spring Maryland Age 18 6-year vegan	 Jordan Warner San Francisco California Age 24 1-year vegan	 Deborah Jefferson Silver Spring Maryland Age 69 1-year vegan
 Charles Jefferson Silver Spring Maryland Age 70 1-year vegan	 Warren Vlojoen Balfito South Africa Age 53 5-year vegan	 Tanja Vlojoen Balfito South Africa Age 51 5-year vegan	 Andy Catzascia Ticino Switzerland Age 28 2-year vegan	 David Clement Toulouse France Age 50 1-year vegan	Vegan Kilimanjaro Plant-Based Nutrition Challenge Team Summit Day March 1, 2018

TEAM TABLE

To promote camaraderie and to be able to recognize one another when meeting for the first time in Moshi, each team member's headshot photo, city, state or country, age, and years of veganism (as of June 2023) will appear in a Team Table.

A non-vegan spouse or companion who agrees to eat exclusively vegan and bring and wear only 100% animal-free gear will be listed as Pre-vegan.

V-CARDS

V-Cards are available in over 100 languages to ensure cruelty-free meals and food while traveling. V-Cards are useful in non-vegan eateries as well as in grocery stores and shops. Simply hand a card to the waiter, chef, or store clerk so they'll know what you can and can't eat. Or use them yourself to screen packaged product ingredients.

If you'd like your own set of V-Cards for Tanzania, visit www.maxlearning.net/HEALTH/V-Cards.pdf and print the Swahili page then follow the instructions for cutting them into individual cards. Technically, Swahili is the people, Kiswahili is the language.

Swahili~

<p>I AM VEGAN Plant foods only please! NO MEAT No mammal, bird, fish, seafood, insect, sauce, broth... NO EGG No whites, albumen, yolk... NO DAIRY No milk, cheese, yogurt, whey, casein, lactose... NO ANIMAL PRODUCTS No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>MIMI NI VEGAN Vyakula vya Mimea tafadhali! HAKUNA NYAMA Hakuna mamalia, Ndege, samaki, wadudu, vyakula vya kusindikwa, mchuzi.... HAKUNA YAI Hakuna ute, uwambo, kiini... HAKUNA MAZIWA Hakuna maziwa, jibini, mtindi, samli... HAKUNA MAZAO YA WANYAMA Hakuna asali, gelatin, mafuta ya nguruwe, damu, mifupa, mafuta... [Kiswahili]</p>
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Tel Aviv store clerk checking ingredients.



Shopping in a Vienna grocery store.

Good Luck to Vegan Kilimanjaro 2!



Vegan Kilimanjaro 1 * Team & Guides