



16-DAY ADVENTURE

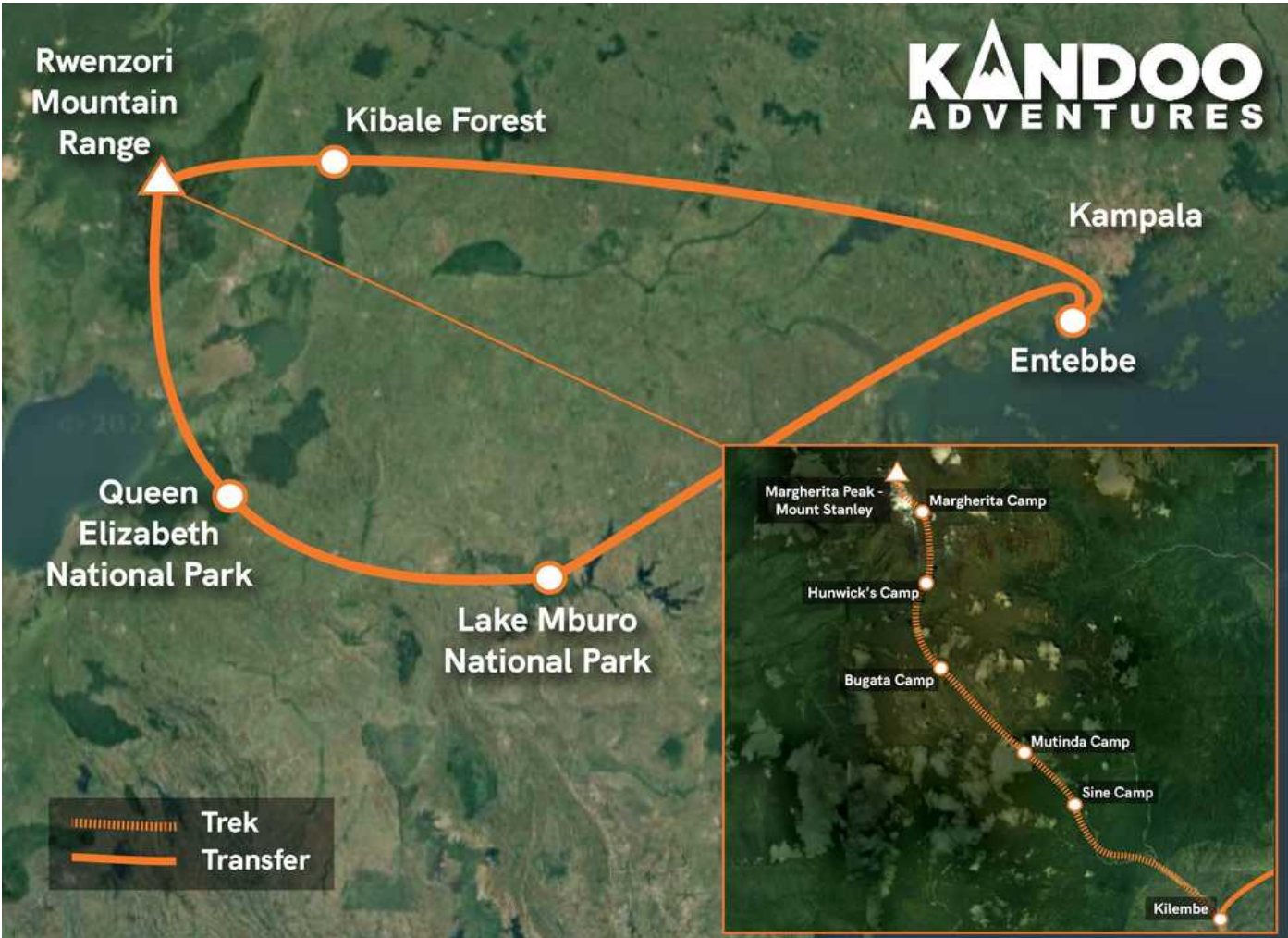
## MOUNT STANLEY CLIMB & SAFARI

Uganda

Standing at a whopping 5109m, Mount Stanley is the highest mountain in Uganda. It boasts several high peaks, the highest being Margherita Peak. Our trip encompasses a challenging climb that crosses high altitude glaciers to reach the rugged summit of Margherita Peak, floating above the mist in the esoteric landscape of the Rwenzori Mountains. Over 16 days, experience the incredible highlights of Western Uganda; trekking amongst playful chimpanzees before reaching new heights amongst the aptly named 'Mountains of the Moon'. This trip culminates with 4 days spent immersing yourself where the savannah meets the rainforest. Expect to see some of Africa's finest game including: lions, elephant, buffalo, hippos, leopards and a whole host of primate species, in the national parks of Queen Elizabeth and Lake Mburo.

## TRIP HIGHLIGHTS

- Watch chimpanzees roaming through their natural habitat in Kibale Forest National Park
- Summit a 5,000m alpine peak that almost lies on the Equator
- Go on safari through the savannahs of Queen Elizabeth Lake Mburo National Parks
- Relax in the knowledge this trip is fully carbon offset



# ITINERARY

## DAY 1

### WELCOME TO UGANDA

All trekkers need to organise their own flights to Entebbe International Airport (EBB). At EBB, you will be met by a member of our team and transferred to your hotel. Early the next morning you will meet your local Kandoo representative and have a full pre-trip briefing.

Transport: **Private transfer**  
Accommodation: **Guesthouse**

## DAY 2

### ENTEBBE - KIBALE FOREST

After breakfast this morning we meet the rest of the group and have a pre-trip briefing at our hotel. We then hop into our private 4x4 vehicle and make the long drive to Kibale Forest. As this is a 6 hour journey, we stop on route to visit several points of interest and stretch our legs, keeping our eyes peeled for the primates that inhabit these areas. Upon arrival in Kibale, we can have a wander around the local community, immersing ourselves in the eclectic traditions and culture of the local people.

Kibale Forest showcases spectacular jungle and is known worldwide for its incredible range of primates; from chimps and baboons to colobus monkeys and grey cheeked mangabey, the sights and sounds we can experience beneath the canopy are unrivalled.

Transport: **4wd Safari Vehicle**  
Accommodation: **Lodge**  
Meals included:  
**Breakfast / Lunch / Dinner**

## DAY 3

### KIBALE FOREST - CHIMPANZEE TRACKING

This morning we head out into the lush canopy of the rainforest to track our inquisitive Chimpanzee neighbours. Depending on how long it takes us to track them down, we may have time to go on the Bigodi Swamp Walk, a delve into a wildlife corridor rich in diversity. Famed for its birdlife such as the Great-blue Turaco and Yellow-billed Barbet, the Bigodi Swamps are also home to Sitatungas, Bushbucks, wild pigs and otters. We then return to our lodge and spend the evening relaxing and reflecting on our wildlife encounters.

Hiking time: **2 hours**  
Accommodation: **Lodge**  
Meals included:  
**Breakfast / Lunch / Dinner**

## DAY 4

### KIBALE - KASESE

This morning, after breakfast, we make the transfer to Kasese, which will be our base hotel before we embark on our challenging trek into the mystical mountains of the moon. On our way to Kasese we stop to explore the beautiful crater lakes scattered through the valleys before settling into our hotel. This evening we meet our trekking guide and have a pre-trek briefing. We then have a free dinner, so head into Kasese and sample some of the local cuisine or have a chilled night in and order at the hotel restaurant.

Transport: **4wd Safari Vehicle**  
Accommodation: **Hotel**  
Meals included: **Breakfast**

#### DAY 5

### KASESE - KILEMBE - SINE CAMP

This morning we transfer to Kilembe where our trek begins. We start by walking up the valley floor through the towering trees of the Afro Montane forest. This is a steady climb as we are serenaded by choruses of birds with colobus and blue monkeys scampering through the forest canopy above. Upon reaching Sine Hut, we can take a short walk to Enock falls; set in livid, green vegetation and hanging vine. Then relax and enjoy the beauty of the forest.

If the group are all feeling good, we may proceed to Kalalama Camp at 3,134 metres which gives us more time at Mutinda Camp allowing us to climb up to Mutinda Lookout the following day should we wish to.

Hiking time: **5 - 7 hours**  
Ascent: **1146 m**  
Max. altitude: **2596 m**  
Accommodation: **Mountain Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 6

### SINE CAMP - MUTINDA CAMP

We wake at around 7:30am this morning for some breakfast, before beginning trekking at 8.30am. We immediately enter the Bamboo-Mimulopsis Zone which involves a steep climb with lots of high steps. Close to the wet season the bamboo zone can be rather muddy and slippery making the going slow. However, the atmosphere in the forest is beautiful as we climb 1.8km before reaching Kalalama Camp. From here, we enter the Heather-Rapanea Zone in which the trail meanders up and over several small knolls along a ridge top then drops down the side of the valley before climbing again, crossing small streams and passing close to moss strewn waterfalls. We follow the side of a river, tumbling over cushioned, moss covered rocks, under the Giant Heather trees cloaked in old man beards (Usnea lichen). The trail twists and turns as we climb up the deep valley, the atmosphere shrouded in mist.

In the afternoon, if we have time, we can climb up to the top of the Mutinda Lookout where views across the Rwenzori Mountains and down to Kasese town are incredible.

Hiking time: **5 - 7 hours**  
Ascent: **992 m**  
Max. altitude: **3588 m**  
Accommodation: **Mountain Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 7

### MUTINDA CAMP - BUGATA CAMP

The trail to Bugata Camp is boggy, particularly around the wet season, the going is slow, stepping from tussock to tussock to make the going easier. We cross the Mutinda valley, through tufted grass and everlasting flowers interspersed with Giant Lobelias, before climbing a steep section up to the Namusangi Valley (3,840 meters). Sheer waterfalls cascade over the steep rockfaces all around and behind us, we have fantastic views of Mutinda Peaks. The Namusangi Valley is wide, with many ups and downs as the trail climbs steadily to Bugata Camp at 4,100 metres.

Hiking time: **4 - 6 hours**  
Ascent: **474 m**  
Max. altitude: **4100 m**  
Accommodation: **Mountain Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 8

### BUGATA CAMP – HUNWICK'S CAMP

Today we trek to Hunwick's Camp via Bamwanjarra Pass. As we leave Bugata Camp, we pass up a ridge then drop back down before ascending to Bamwanjarra Pass at 4,450 meters. From the pass on a clear day, there are excellent views of the three main peaks. The trail passes down the valley and around the edge of some bogs and thick evergreen vegetation. Here is possibly the best place in all the Rwenzori to observe the Malachite Sunbird as it feeds on the many lobelia flowers. Further on, we pass through some steep sections before a steady climb up and over a ridge to Hunwick's Camp which is situated on the top of a deep valley and has good views of Mt Stanley, Mt Baker, Weismann's Peak and McConnell's Prong.

Hiking time: **5 - 7 hours**  
Ascent: **457 m**  
Descent: **87 m**  
Max. altitude: **4450 m**  
Accommodation: **Mountain Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 9

### HUNWICK'S CAMP – MARGHERITA CAMP

From Hunwick's, we pass down and across the valley floor to Lake Kitandara which forms a stunning vista of deep, dark water and beautiful vegetation. From here we climb up Scott Elliott's pass then up the ridge to Margherita Camp which is situated between some huge rocks and offers some shelter from the strong winds. This is the very spot where the Duke of Abruzzi camped when making his climb to Margherita Peak in 1906.

Hiking time: **4 - 6 hours**  
Ascent: **510 m**  
Max. altitude: **4485 m**  
Accommodation: **Mountain Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 10

### MARGHERITA PEAK SUMMIT

A very early start this morning as we wake up at 2am and catch an early breakfast before setting off to climb Mt Stanley. The early start is necessary as the mountain is prone to closing in with heavy clouds and snow fall between 1-4pm which can happen drastically quick within a period of 10 to 15 minutes. Due to this extreme change in weather, we have set a strict turnaround time, so if we have not reached the summit before 10am we must turn around and begin our descent for the safety of everyone. Margherita glacier is no mean feat and the ice in one section is becoming steeper with about 200 meters of more than 60% grade, posing a real challenge. Crevasses have also become more prominent so it is necessary to follow the guide's path as they weave between the weaker areas of glacier.

Depending on the progress of the group, the guide may make the decision to climb up to a good vantage point on the southern edge of Alexandra Peak rather than the summit. Here we can enjoy fantastic views over Congo and return safely. After ascending the peak, we then pass directly back down to Hunwick's Camp.

Hiking time: **12 - 15 hours**  
Ascent: **624 m**  
Descent: **1134 m**  
Max. altitude: **5109 m**  
Accommodation: **Mountain Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**



#### DAY 11

### HUNWICK'S CAMP – KIHARO CAMP

From Hunwick's Camp we start the day by climbing up a ridge towards McConnell's Prong where we have unbelievable views of all three peaks and Scott Elliott's Pass before reaching Oliver's Pass at 4,505 metres. The trail cuts below Weismann's Peak to the confluence of the Nyamwamba River which flows down through Kilembe and Kasese to Lake George in Queen Elizabeth National Park. After crossing the confluence, the trail meanders down the valley to Kiharo Camp at which is situated in a deep valley with high cliffs and dense vegetation. On the way down the valley, after each bog, we climb over ridges of stones and earth which seem out of place but are remnants from the slow moving glaciers which eventually stopped moving, melted and left a pile of rocks and debris in front of where the glacier once stood.

Hiking time: **9 - 12 hours**  
Ascent: **530 m**  
Descent: **1075 m**  
Accommodation: **Mountain Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 12

### KIHARO – QUEEN ELIZABETH NATIONAL PARK

The trail down the Nyamwamba Valley is mostly downhill and absolutely stunning with beautiful views and moss covered rocks bejewelling the river. The cascading waterfalls, deep valleys and forests are possibly the best in the Rwenzori Mountains. A few kilometers from Kiharo Camp the path turns off to the right to pass along the river. In the clear areas, you may catch a glimpse of a Duiker quietly feeding in small clearings. A few kilometres down the river it becomes very steep with multitudes of waterfalls so we move away and follow a narrow ridge to bypass steep sections. The forest along this section is magnificent and full of life with many birds, primates, duikers and hyrax. A great experience and ending to a fantastic trek. Upon arrival back in Kilembe, we hop aboard our transfer vehicle and make our way to Queen Elizabeth National Park where we can get a shower and settle in to our safari lodge.

Hiking time: **7 - 8 hours**  
Descent: **1980 m**  
Accommodation: **Safari Lodge**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 13

### QUEEN ELIZABETH NATIONAL PARK

This morning we explore the Queen Elizabeth National Park in our comfortable, private 4x4 vehicles; expect to see lions, elephants, hippos, crocodiles, buffaloes and leopards. This afternoon, we then head out on the water, taking a boat trip on the Kazinga Channel; one of the highlights of Uganda and the area with the highest concentration of hippos.

Transport: **Boat**  
Accommodation: **Safari Lodge**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 14

### QUEEN ELIZABETH – LAKE MBURO NATIONAL PARK

We begin with a morning game drive before transferring to Lake Mburo National Park (2-3 hours drive). Lake Mburo is one of the 2 National Parks with zebras and the only National Park with impalas in Uganda. There are no elephants and lions, so walking safaris are possible here. We settle into our accommodation for the evening.

Accommodation: **Safari Lodge**  
Meals included:  
**Breakfast / Lunch / Dinner**

**DAY 15**

**LAKE MBURO - ENTEBBE**

This morning we have a relaxed morning at the lodge and embark on a walking safari through the savannah. Taking to the pathways we keep our eyes peeled for zebras and impala as they go about their day to day life. We then transfer to Entebbe making a stopover at the Equator for photos. This evening we can get packed up ready for our departure flight tomorrow.

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

**DAY 16**

**DEPARTURE**

Transfer to the airport and flight home.

Transport: **Private transfer**

Meals included:

**Breakfast / Lunch / Dinner**

**PLEASE NOTE**

*Due to the technical difficulty of this trip, for safety reasons, if your guide deems your technical level as unsuitable or if you are seen as a danger to yourself or to those around you, you will be asked to descend and will not be permitted to summit. If you are unsure on your suitability for this trip please speak to a member of our team prior to booking.*

# TRIP INFORMATION

## DIFFICULTY

Climbing Margherita Peak is a **very tough challenge**. Some sections involve **technical climbing** and knowledge of ropes and how to use crampons, ascenders, belay devices and an ice axe is advisable with ice sections of 60% steepness. The hardest sections are more of a hard scramble than climb but increase in difficulty when it snows. Fixed lines and guided roped sections make the route safe, but it is very steep and will take lots of determination to get up to the summit. Once you do, however, the rewards and exhilaration are enormous!

If you have already been to a lower alpine trekking peak and want to be pushed that bit further, this is a great next challenge. On the other hand, if you love a challenge, but have no experience of winter climbing then we recommend booking onto a course to learn basic winter skills and self rescue or head up [Mount Toubkal in Winter](#), [Mera Peak](#) or [Gran Paradiso](#). All our guides are trained in ice climbing and rescue and can guide you up with little experience, however you must be prepared to learn on the way up, be able to fit your own crampons, be comfortable using ascenders, descenders and tying basic knots. We provide the following equipment necessary for the climb; ropes, harnesses, carabiners, helmets, ice axes, ice screws and ascenders, all you need to bring are a pair of B2/B3 boots and crampons.

## FOOD & DRINK

During your trek, your local guide is a trained chef and will provide you with unbelievable meals considering the remoteness of these mountains.

There will be tea, coffee, hot chocolate and biscuits available upon arrival at the huts. Your three main meals will consist of a combination of fresh and canned foods. For breakfasts there will be a selection of sausages, bacon, onions, baked beans, green beans sliced avocado, yoghurt, rolled oats and eggs. Lunches will generally consist of a sandwich, some fruit and a small drink. Evening meals will be three courses, usually consisting of a soup starter with a main meal such as chicken and potato curry, chilli con carne or even steak and mash! This will then be topped off with a sweet pudding for example rice pudding with sultanas or custard and chopped banana. Additional servings of fresh vegetables and local fruits will be included where possible. Depending on your energy requirements, you may wish to bring additional snacks such as muesli bars, chocolate, sweets or biscuits to have during your day's trek. Occasionally, porters may sell items such as sweets, chocolate bars, cans of beer or coke along the trail that you could purchase should you so wish.

Our chefs are able to cater to all dietary requirements as long as they are provided with this information prior to the trip, so please inform us of these upon booking.

In Entebbe, at the start and end of your trip, you can purchase meals at the hotel or head out in to the city to find a restaurant. You will find restaurants offering both Ugandan and western alternatives. Expect to sample local cuisine such as matoke, cassava, chicken and beef stews, fresh fish and millet bread. Beer is probably the most widely available alcoholic drink across Uganda as well as the locally made fermented banana beer - Pombe.

On the trek we will boil mineral water for you to fill your bottles each morning and evening, however we suggest you bring a water purification system in case you need to refill your bottle from a natural spring during the day. We do not encourage the purchasing of single use plastic bottles and there will be nowhere to purchase these during your time in the Rwenzori Mountains.



## ACCOMMODATION

Your full day by day itinerary shows what is included in terms of accommodation and meal basis. All of our pre- and post- climb accommodation is based in Entebbe. Where your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in Ugandan Shillings, or often in US Dollars. When you arrive at the hotel, take a moment to familiarise yourself with the layout and the procedures in the event of a fire, especially your escape routes and fire exits. Please be aware that Uganda is still a developing country and cut offs in both water and electricity supply still happen regularly. The hotel will help as far as they can, but these outages are outside their control.

On the trek we will be staying in mountain huts. These are small, wooden cabins or A-frames housing between 4-16 people in dormitory-style beds. The huts on the Kilembe Trail are maintained and run by the Rwenzori Trekking Service (RTS). To use these facilities we have partnered with RTS for our trek. This ensures you get the benefit of the best maintained huts in the Rwenzori. RTS provide mattresses and in some huts, blankets too, but you still need to bring a warm, sleeping bag. Rooms usually have solar powered lighting but no electrical sockets and your meals will be served in an indoor dining hut with a stove. Toilet facilities are primitive and consist of sheltered long drop toilets - these aren't necessarily a pleasant experience, however toilet tents are not permitted on this trail.

During your safari you will stay in comfortable safari lodges in spectacular locations. Rooms will be either double or twin with en-suite facilities and your stay will be on a full board basis.

## YOUR GUIDE

To allow us to use the Kilembe Trail we have partnered with the Rwenzori Trekking Service as they are the only company permitted to deliver trekking along this route. Their huts are well maintained and provide a more comfortable experience than those on other routes in the Rwenzori.

You will therefore have two guides on this trip, your Kandoo guide who will be the overall lead for your trip and a Rwenzori Trekking Service (RTS) guide who will lead your trek. Your Kandoo guide will meet you on Day 1 of your trip and give you your pre-trip briefing, they will then be with you until Day 5 when they will drop you off at your trek start point. Your RTS guide will meet you on the evening of Day 4 and give you a pre-trek briefing at your hotel in Kasese. They will then be with you through until the end of your trek on Day 12. Here, your Kandoo guide will once again meet you and stay with you until your airport drop off on the final day of your trip.

## TRANSPORT

On this trip we use comfortable 4x4 safari vehicles for all our transfers.

## LUGGAGE

### CLIMBING BAG WEIGHT

There is a strict weight limit of 23kg per porter on our trips in the Rwenzori Mountains, however this must also include group equipment, so we ask that your main luggage bag is no heavier than **15kg**. This limit includes your sleeping bag and climbing equipment and is more than sufficient for your needs in the mountains.

### PLASTIC BAG BAN

Similar to many African countries, Uganda has introduced a **ban on all single-use plastic bags**. Please support this fight against plastic by using more sustainable alternatives in your luggage, such as packing cubes and dry bags. Passengers with plastic bags in their luggage may be asked to surrender them on arrival at the airport.

The zip-lock bags required to carry liquids and toiletries in cabin baggage on airplanes will still be permitted.

## HOW DO I GET THERE?

All of our tours begin and end in Entebbe, which is just south of Kampala, Uganda's capital. You will need to arrive into Entebbe International Airport (EBB). KLM and Brussels Airlines fly to EBB from all of the major UK airports. Flights tend to leave early in the morning, transferring at Luchthaven Schiphol, Amsterdam's main airport or Brussels, then Kigali International airport, before arriving at EBB late that same evening. Emirates also offer flights via Dubai. From the US, Delta offer flights with a similar flight path to KLM, however arrive the next day. Emirates and Qatar also offer flights, transferring in Dubai and Doha respectively.

We will arrange transport from the airport to your hotel at any time, including the late evening or early morning. The transfer takes approximately 40 minutes. As flights into Entebbe tend to arrive around 10pm in the evening, we would recommend planning in an additional rest day after such a long flight to recover and prepare yourself and your kit for the trek, rather than heading out straight away the next morning.

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

### Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from your arrival in destination to drop off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

### [eCO2 Flights Calculator](#)

## PRE-TREK BRIEFING

It is a requirement of joining any of our trips that you attend a pre-trip briefing prior to the trip beginning. This gives our guides the opportunity to speak to you about your adventure, and sort out any last-minute queries or concerns. Most flights into Entebbe arrive late in the evening so our briefing in Uganda is held at 7am on the morning of Day 2, in the restaurant at your pre-trip hotel.

## FITNESS AND TRAINING

Looking for training advice or a training plan in preparation for this trip? We'd recommend checking out [Kate Sielmann](#) and her coaching programs that are specific to mountaineering and trekking training. [Find more details here.](#)

## BUDGET & CHANGE

The **Ugandan Shilling** is a closed currency so you will not be able to buy these at home before you arrive. It is advisable to travel with US Dollars, as these are widely accepted and can be easily exchanged. It is very important that US bills be new (no more than 10 years old), crisp and unturned. If you need to take out more local currency whilst in Entebbe then we can take you to an ATM or bank. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

**Please Note** that not all hotels can accept card payments so you may need to use an ATM to access funds.

## **TIPS**

Tipping customs vary all over the world and can be very confusing when travelling to a new country. In Uganda tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual. Tips are not a substitute for good wages: our guides are all well paid and well looked after. If you are pleased with the service your guides have provided and feel you have been well looked after, we would recommend the following tips for your trip:

- US \$10-15 per person per day for your hiking team (this can be given to the Rwenzori trekking guide in an envelope at the end of the hike, who will split it between the support team)
- US \$5 per person day for the Kandoo guide and drivers
- US \$2-5 per person per day for Chimpanzee guides and rangers

We would recommend budgeting \$200-\$250 for your tips.

# FORMALITIES & HEALTH

## PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Uganda. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport with you at all times.

## VISA

For visitors traveling to Uganda, it is mandatory to apply for a visa online. We advise you to apply at least one month before departure.

Visas can be acquired via the following website - <https://visas.immigration.go.ug/>

For each visa you need to upload the following documents:

Copy of your passport (photo page with bio-data). Validity of at least 6 months after returning from Uganda

Recent Passport size photograph

Copy of Vaccination Certificate Yellow Fever (copy or photo of page with Yellow Fever vaccination)

Return Ticket

All documents must be in pdf, jpeg, png or bmp format, small file size (minimum file size 5 KB, maximum file size 250 KB).

When filling in the form:

Visit: Uganda only

Visa or permit type: Visa

Category: Uganda Ordinary/Tourist Visa

Subcategory: Single entry

Single Entry visas cost US \$50. This can be paid online or on arrival.

When you send the form, you will immediately receive a tracking code. This code helps you to keep track of how far your application has progressed. You can check its status using the immigration link above.

The Ugandan authorities will send you a letter via email after they have approved your application (please make sure to check your SPAM folder)

Print this letter and bring it with you when you arrive at Entebbe International Airport - you need it to collect or pay for your visa

Some nationalities do not require a visa, please check this in advance.

## VACCINATIONS

The standard vaccinations required are Diphtheria; Hepatitis A; Polio; Tetanus and Yellow Fever, but you should always consult your doctor or travel clinic for the most up to date advice.

Please be aware that a Yellow Fever certificate will be necessary for your Ugandan visa application.

## **INSURANCE**

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. If you are climbing Mount Stanley, we recommend cover up to 5200m of altitude. If you are climbing Mount Elgon you will need cover for trekking up to 4400m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

## HEALTH

### Malaria

There is a high risk of malaria in Uganda so you will need to plan anti-malarial medication for your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts, particularly at dusk and dawn when the mosquitos are active, and using a DEET based mosquito repellent.

### Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Our routes have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

### Diamox

There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

### Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

## MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Anti-inflammatory tablets/gel - Second Skin Elastoplast (to prevent blisters)/ bandages - Sunscreen for lips and skin - After sun cream (for sunburn) - Any personal medication including malaria tablets



# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

For Margherita Peak you will need specialist climbing equipment. We provide the following equipment as part of your trip package. This equipment is regularly checked and updated to meet regulations.

- Ropes
- Ice Axe
- Helmet
- Harness
- Carabiners
- Ascenders
- Descender (Figure 8 belay device)
- Slings

Please note: we do not provide crampons or stiff boots (B2 or B3) for this trip so you will need to bring your own.

## **CLOTHING TO BRING**

### **HEADGEAR**

- Warm beanie style hat – knitted or fleece
- Neck gaiter or scarf. It can get very cold in the upper reaches of the Rwenzori. A scarf or balaclava comes in useful as a warm layer for your neck and face!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

### **UPPER BODY**

- Thermal or fleece base layer
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking
- Short sleeved shirt/tshirt – lightweight, moisture wicking
- Fleece or soft shell jacket
- Insulated jacket – down or primaloft
- Water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric
- Gloves – heavyweight, insulated, preferably water resistant
- Over mittens – with safety straps

### **LEGS**

- Leggings – thermal or fleece base layer
- Trekking trousers – light or medium weight – convertible trousers work well
- Waterproof hard shell trousers – ski pants work fine
- Gaiters

### **FEET**

- Climbing boot – insulated, stiff-soled (B2 or B3)
- Trekking boots – some people choose to wear Wellington Boots instead of trekking boots due to the muddy sections of path that you will come across in the Rwenzori mountains
- Training shoe or similar – to wear around the huts
- Mid-weight trekking socks
- Breathable, high-wicking liner socks
- Thermal trekking socks for upper reaches of your trek

## **EQUIPMENT TO BRING**

### **TREKKING GEAR**

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Sleeping bag (4 season or -5 Deg C) and compression sack
- Trekking poles
- Water bottle or hydration bag - must be able to carry 1.5-2L of water
- Water purification system - a charcoal filter or chlorine tablets will work well

### **CLIMBING GEAR**

- Crampons - to fit your climbing boots
- B2 or B3 Boots

### **OTHER ACCESSORIES**

- Sunscreen and lip balm - high SPF
- Toiletries, including toilet paper, wet wipes and hand sanitiser
- Camera and spare batteries
- Plug adapter, for charging devices in hotels
- Solar charger/powerpack - for charging devices on the trek
- Personal medication and first aid kit
- Personal snacks and energy bars - dried fruit and nuts are a good option
- Isotonic drink powder / energy drink powder to mix in with your water
- Microfibre towel for wiping hands and face each day
- Toilet roll - in case the long-drops are running low

# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

