

pennyappeal

# CONQUER KILIMANJARO

CLIMB ONE ICONIC MOUNTAIN TO TRANSFORM THOUSANDS OF LIVES

5-15 DECEMBER 2019

All in aid of Penny Appeal's Emergency Response Programmes

GAZA · ROHINGYA · SYRIA · YEMEN

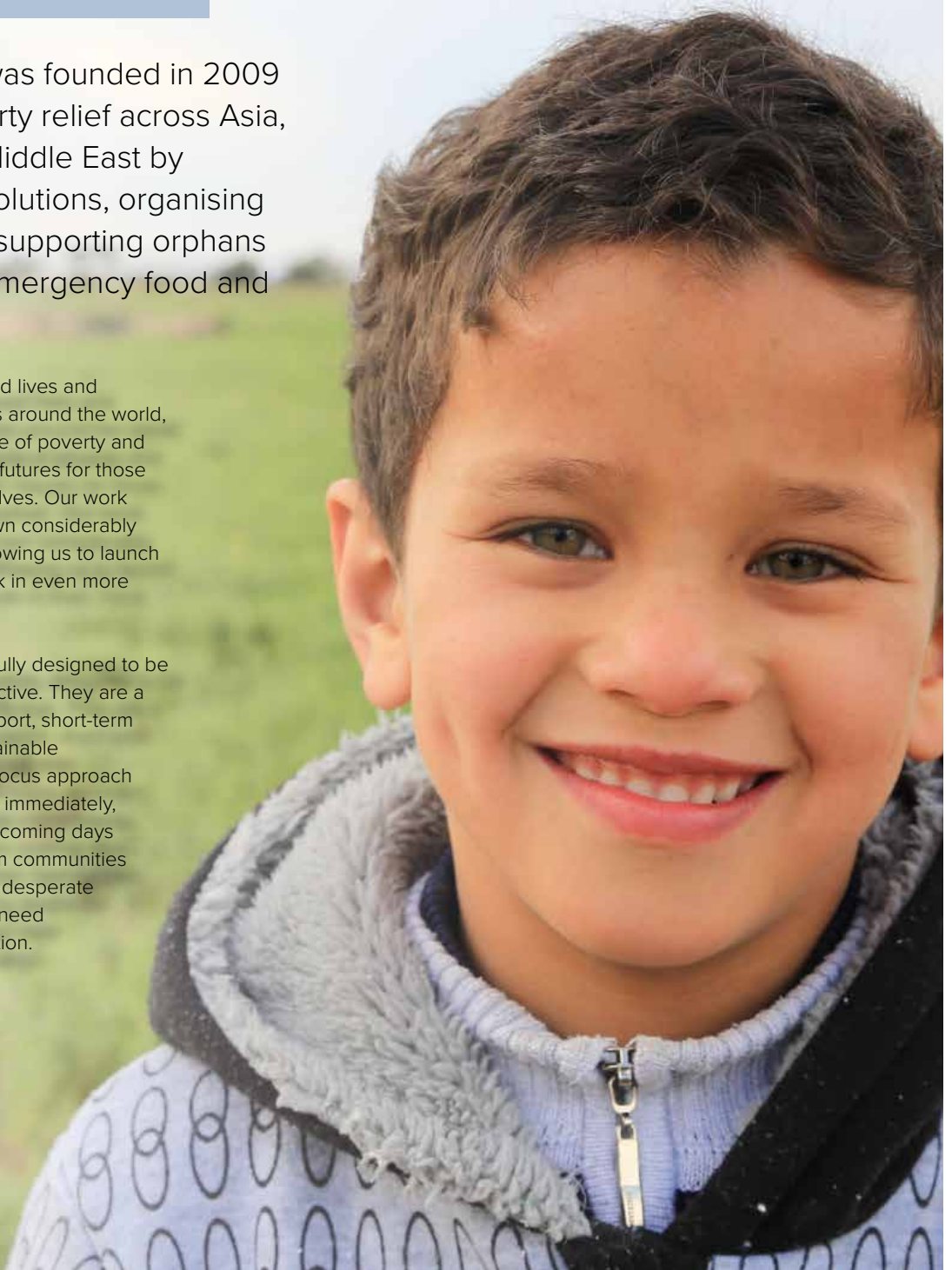
Registration Fee £399 | Minimum Sponsorship £4,500

# Who is Penny Appeal

Penny Appeal was founded in 2009 to provide poverty relief across Asia, Africa and the Middle East by offering water solutions, organising mass feedings, supporting orphans and providing emergency food and medical aid.

Since then we have saved lives and transformed communities around the world, helping to break the cycle of poverty and build better and brighter futures for those less fortunate than ourselves. Our work and our teams have grown considerably in the past few years, allowing us to launch new campaigns and work in even more crisis-hit countries.

All our projects are carefully designed to be both accessible and effective. They are a blend of emergency support, short-term relief and long-term sustainable interventions. This multi-focus approach means we can save lives immediately, improve situations in the coming days and weeks, and transform communities for years to come, giving desperate people the support they need depending on their situation.





# About the Challenge

Kilimanjaro is the highest mountain in Africa. Standing at 19,341ft, it's also the highest free-standing mountain on Earth and truly is the challenge of a lifetime! Trekkers will test their endurance as they take on this 11 day trip which will give them the chance to experience some of the most dramatic mountainous landscapes on earth.

Mount Kilimanjaro is one of the most majestic sights on the African continent. The sight of its snow-capped peak provides a constant source of inspiration when viewed from the vast plains; and when you finally get to stand at its peak, you'll feel as though you're on top of the world. On this awe-inspiring 7 day trek, you will experience it all. It's a challenge like no other. This trip is taking place from the 5th to the 15th of December 2019, with 7 days of trekking. You'll make memories that will last forever. Push yourself to the limits and know that long after you've completed the challenge, you will be helping deliver life-saving essential aid to those who are suffering around the world.



# How we'll help you

We provide dedicated support from the moment you sign up right through to when you go on the trip. Once you receive your booking confirmation you will have access to all the information you need, from fundraising ideas, kit lists to training regimes. You'll have the opportunity to connect with fellow fundraisers so you can share tips on training and fundraising. You will also be accompanied by Penny Appeal staff during your eleven day trip so you'll always have somebody on-hand to help you.

## Is this trip for me?

Absolutely! Kilimanjaro welcomes all with a sense of adventure, so if you are up for a physical and mental challenge this is for you. Most of your fellow trekkers won't have done anything like this before, and whether you tackle the mountain with friends or go it alone, by the end you will go home with new friends for life! You don't need to be an athlete to conquer Kilimanjaro. However this is a tough and challenging trek, mainly due to the high altitude that you will be walking at. A good level of fitness will be required to make the most of this fantastic opportunity. We will provide you with a comprehensive training guide to help get you to the summit of the highest freestanding mountain in the world, and will of course be on hand every step of the way with any queries you may have.

Aside from your own training that we can help you with, you'll be invited to a series of group treks (usually in North Wales), to help with your preparation. These days are designed to help your body to get familiar with hiking, to build fitness, and to meet the team. These days will be a lot of fun and will give you a great opportunity to document your training preparations for fundraising purposes.

## Key Information



**How much does it cost?** To book your place **you will need to pay a £399 deposit**. You then need to **raise a minimum of £4,500** before the trip. 80% of your sponsorship must be collected at least 3 months before the trek.



**What's included?** Accommodation, return flights (including airline taxes) and in-country travel, all meals during trekking days, water, camping equipment (**excluding sleeping bag/mat**), fully qualified UK Leader, UK Doctor, and local crew, porters and drivers, as well as medical support.



**What should I bring?** We'll provide you with a Kit List tailored to this challenge when you book to ensure that you are prepared. A good well-worn pair of walking boots, waterproofs, a warm sleeping bag and sun cream are essential. Whilst on the trek, your main bag will be carried by porters so all you'll need to carry yourself is your day pack with **your daily essential items**.



**Accommodation** 2-3 star hotel either side of the trek. During the trek we will be camping on the mountain. **All accommodation is twin share.**

# About the Cause

Penny Appeal always strives to respond to global disasters and emergencies as they happen, but more importantly, we are always working to grow our capacity. This means delivering aid quicker, better and towards a more sustainable impact, benefitting more people than ever before.



**Prophet Muhammad (SAW) said,**  
*“Whoever relieves the hardship of a fellow Muslim, Allah will relieve them from hardship on the Day of Judgement.”* - Sahih Muslim

The funds you raise are absolutely critical in our ability to act fast during a crisis. War, famine, disease, poverty & climate change have immobilised communities in Myanmar, Syria, Yemen, Gaza, Indonesia and East Africa, and Penny Appeal needs your support to be able to deploy life-saving medical aid, food, clothing, sanitation and shelter to those who've been left incredibly vulnerable.

## How can you help?

By signing up to this challenge you will be asked to raise a minimum of £4,500. Help support our EMERGENCY RESPONSE campaign to help protect and save thousands of families from devastating effects of natural disasters and conflict. There's no upper limit to how much you can raise though, and we expect participants will go above and beyond to raise as much as they can. The more you raise, the more lives you can change.

**Minimum Sponsorship £4,500**

**EMERGENCY  
RESPONSE**

### Our teams are currently providing support in:

- Indonesia - Over 2,000 people have lost their lives, after the coastal city of Palu was rocked by a 7.5 magnitude earthquake.
- Syria and neighbouring countries - where refugees are battling to survive.
- Yemen - where civilians are targeted amidst conflict, faced with famine and struggling to receive medical treatment for Cholera.
- Myanmar - where Rohingya communities are being persecuted.
- Palestine - where people are living amid conflict.
- Bangladesh - Sunamganj Floods and providing essential aid to Rohingya refugees.
- Areas affected by the famine in East Africa, such as Somalia, South Sudan, Ethiopia and Kenya.
- India - Kerala where floods have claimed over 400 lives and destroyed 20,000 houses and left for more than 220,000 people homeless.



# Fundraising Tips

£4,500 does sound like a lot of money but if you allow yourself plenty of time and if you put your mind to it, you can do it. You are doing something quite amazing, so the important thing is to let everyone know about the great cause you are fundraising for and to enjoy yourself! With a bit of creativity, energy and determination you will easily be able to reach your fundraising target. If you sign up early, you'll have over a year to raise the funds, and you'll also have the opportunity to maximize fundraising potential during the month of Ramadan with zakat donations, too.



**Haroon Mota**, Head of Challenge Events

Penny Appeal will provide you with a fundraising pack and plenty of useful hints and tips to help you hit your target.

## Fundraising

Our fundraising guru, Haroon Mota is full of ideas and will be in touch to help you raise money for the trip. Whether you'd like resources to support your fundraising or just some ideas to get you started, please feel free to ask for anything you might need!

**Here are some ideas to start you off, and we're more than happy to help you raise money for the trip!**

- Begin by setting up an online donation page and ask everyone you know to donate - the more people you ask, the more you will raise! This means getting extremely busy on social media too!
- Host a dinner night or coffee morning and charge guests for a delicious home-cooked meal or tea and cake.
- Get busy in the workplace, organise a samosa sale or sell Krispy Kremes. Everyone loves a bake sale!
- Speak to your employer. Many employers have match funding schemes and could match your donations pound for pound. If not, there's always other ways they could help - perhaps organise a dress down day, a quiz night or promote you in their newsletter.
- Dig out your unwanted treasures and organise a car boot or jumble sale.
- Organise a games night and invite friends over, charging for an evening of fun and games!
- Contact your local papers. Tell your story to your local radio station or your newspaper and ensure the wider community get to hear about your incredible efforts.
- Leave collection boxes in your local supermarkets and takeaways or organise a bag pack at your local supermarket.



**SIGN UP TODAY!**

[PENNYAPPEAL.ORG/CHALLENGES](https://PENNYAPPEAL.ORG/CHALLENGES)

07714 249 215

[HAROON.MOTA@PENNYAPPEAL.ORG](mailto:HAROON.MOTA@PENNYAPPEAL.ORG)



# The Itinerary

## Day 1 *Depart from London*

Depart London Heathrow Airport for Tanzania.

## Day 2 *Arrive into Kilimanjaro airport*

Upon our arrival at Kilimanjaro International Airport we make our way to the first night's hotel where we'll receive a briefing and the chance to prepare together for the challenge ahead. **Overnight hotel**

## Day 3 *Start of the trek to Machame Camp*

Our challenge starts at Machame Gate (1,743m), the beginning of our route up the mountain. We'll start at a steady pace through the lush rain forest, giving us the chance to spot some of the colourful birds and wildlife who call this area of the mountain home. Our campsite for the night is Machame Camp at 3,100m. **Overnight camping. Trekking time approx. 5-7 hours**

## Day 4 *Machame Camp to Shira Caves*

After our first night under canvas, we'll wake early for a hearty breakfast before we set off for our second day trekking. On Day 4, we'll leave the rainforest and enter moorland plains scattered with rocks and heather. Don't forget to look behind you where, across the plains, Mount Meru looms in the distance! Our camp for the night is by Shira Caves and sits at 3,840m. **Overnight camping. Trekking time approx. 4-6 hours**

## Day 5 *Shira Caves to Barranco Camp*

We'll leave camp behind us this morning and head east for our ascent to the Lava Tower at 4,600m. This is great acclimatisation as we walk to a much higher altitude where we will be sleeping, letting our bodies slowly adjust. The scenery dramatically changes as we head in to the Barranco Valley where we will be met by huge senecio plants before we set sight upon our camp set at 3,900m. **Overnight camping. Trekking time approx. 6-7 hours**

## Day 6 *Barranco Camp to Karanga Valley*

Our challenge on Day 6 morning is the Barranco Wall which we'll be able to see from camp. The path to the top is steep but we will be rewarded with stunning views across Karanga Valley, where we will camp tonight at 4,040m. After lunch at camp, there will be the opportunity for a light walk with even more fantastic views of the stunning glacial valleys. **Overnight camping. Trekking time approx. 4-5 hours**





# The Itinerary

## **Day 7** Karanga Valley to Barafu Camp

Day 7 will be another shorter walking day as we ascend to Barafu camp at 4,680m. This morning's walk will be a short but steep uphill climb across barren landscapes with lots of boulders and rocks. In the evening, we will have the chance to rest and take in Kilimanjaro's neighbouring peaks before our final push to the summit! **Overnight camping. Trekking time approx. 4-5 hours**

## **Day 8** Barafu Camp to Uhuru Peak to Millennium Camp

Our trek on Day 8 begins very early and we'll ascend slowly but surely, following the trail of torches in the distance heading towards the summit. This will be a tough day but will certainly provide lots of memorable moments, as by sunrise we should be near Stella Point (5,750m), which lies on the crater rim, and as our eyes adjust to the light we are treated to yet more breathtaking views of glaciers and ice fields shimmering in the new light of morning. From here we'll continue our trek to the Uhuru summit (5,895m), the roof of Africa! After our celebrations here we'll descend back down to Millennium Camp (3,000m), our final home on the mountain, with a rest stop at Barafu Camp on the way. **Overnight camping. Trekking time approx. 10-12 hours**

## **Day 9** Millennium Camp to Hotel

Our final day trek through the rain forest leads down to the Mweka gate where we'll collect a certificate of a ascent and say good bye to the mountain. Tonight the celebrations will begin, with a chance to party with our new trekking buddies and reflect on the incredible challenge we've completed together! **Overnight hotel. Trekking time approx. 5 hours**

## **Day 10** Free Day

Today will be a free day to relax at the hotel or take a trip into town before we transfer to the airport for our flight back to London.

## **Day 11** Depart from Tanzania

Arrive back to London Heathrow Airport



# Hassan & Kasim's Testimonial

So after appearing on Special Forces Ultimate Hell Week series 2 in South Africa I was looking for my next serious physical challenge. I chose to climb mount Kilimanjaro as it's something I've never done before and completely different to what I'm used to.

I chose to climb mount Kilimanjaro as it's something I've never done before and completely different to what I'm used to. I raised over £12000 for Penny Appeal which has built 3 deep water wells in The Gambia. At first I was very concerned about the minimum target at £4500 but with the help and support of the fundraising team my target was always met and increased on a regular basis. Conquering Kilimanjaro was tough but at the same time hugely rewarding. Not only have reached the highest point in Africa but most importantly made friends for life.. having done charity work in the past on a small scale this was a taste of really spreading the word and making a huge difference on a level I've never experienced and became a spring board for me to continue working with Penny Appeal.

**- Hassan Nawaz**



I signed up to climb Kilimanjaro with Penny Appeal after suffering a ruptured brain aneurysm. I had a rare second chance to do something good whilst pushing myself. The trek was tough but having a goal helped me through dark times and gave me focus.

The staff were amazing and a good laugh. I was worried about raising £4,500 but I had support all the way from the fundraising Manager, which allowed me to achieve well beyond my target. I raised over £16,000 in the end. Most importantly, I have made friends for life and have memories that will never fade.

**- Kasim**





# Gulfareen's Testimonial

Salaam, my name is Gulfareen. In December 2017, I took on the Conquer Kilimanjaro challenge, aiming to build deep water wells in Africa. Allhumdillah, with the help of my amazing friends and family, we were able to successfully raise and even supersede the fundraising target. I was initially very worried about the fundraising, but on the contrary, once I got around to fundraising, it was actually very fun and a lot more enjoyable than I thought it would be.

Personally, the most phenomenal aspect about this whole experience, was that I was able to accomplish multiple personal goals at once. I felt honoured to have the opportunity to carry out charitable work, in tribute to the memory of my late nan, as well as get fit and tick climbing Kilimanjaro off my bucket list. As if that wasn't enough, as a "Brucie bonus", I got to meet some of the most incredible people along the way and have made lifelong friendships. I even had the opportunity to visit a local orphanage whilst I was out in Tanzania, which was in itself, a humbling and life changing moment.

I personally believe carrying out charity work is not only rewarding, but in itself, is a direct act of worship to God and I can't highly recommend it enough to get involved! Accompanied with the knowledge that you have actively made a positive difference to someone's life, the sense of achievement and unforgettable memories that you create along the way, honestly, is there anything more one could ask for?

- **Gulfareen Akhtar**





pennyappeal

◀ PENNYAPPEAL.ORG ☎ 03000 11 11 11