



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

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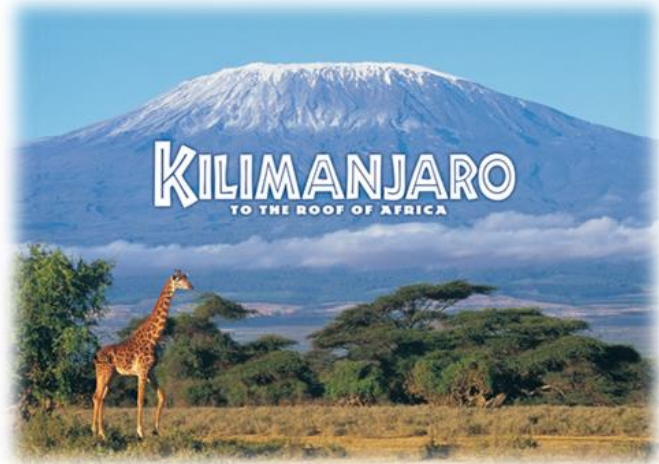
Kilimanjaro Summit Climb

About This Expedition

Adventurebug Worldwide knows Kilimanjaro and we are offering an opportunity to climb Mount Kilimanjaro, Africa's highest peak at 5895 meters (19,341 feet), the tallest freestanding mountain on earth. This expedition is a world-class challenging trek to the highest roof in Africa and whether one makes it to the summit or not, it's still a life-enhancing experience! It can be done as one of our charity fundraising events or as a private expedition with us. Either way, you are providing an influx of money, resources and employment for the team on the ground in Tanzania.

Adventurebug works closely with a licensed expedition team from Kilimanjaro who are both local to the community and passionate about preserving their local culture and of course the fragile ecosystem of Kilimanjaro itself. *Responsible Travel* ethics are core to our operations. Every aspect of safety and preparation is looked after by Adventurebug and our dedicated ground team. You are in very good hands by local expedition leaders who have climbed Kilimanjaro hundreds of times.

To make the ascent, we climb the classic *Marangu* route, considered the safest and most diverse approach. More importantly, ascent and descent completion time is 7 days – the minimum climb recommended by the *Royal Geographic Society* to embody safety protocols and sufficient altitude acclimatization. This expedition uses the mountain hut format (opposed to tent camping) and our locally licensed guiding team looks after all logistics: Including meal provisions, transfers, safety systems, evacuations, route guiding and all materials required.



Climbing Kilimanjaro

This expedition recommends that you are in above average condition. One is expected to be adequately trained for the long, strenuous days on the trail and for the demands that high altitude trekking has on the body. Kilimanjaro is essentially a trek, not a climb in the traditional Alpine sense. It's not technically demanding although it is very high and altitude sickness (AMS) of some degree is common – even for the guides themselves! On the other hand, with sufficient training and mental preparedness, one can overcome AMS, alleviate most symptoms and hopefully carry on with the expedition.

Trekking to the summit of Kilimanjaro is a radically diverse experience as you pass through a number of biospheres on route. From desert like Savanna to tropical rainforest, moon like landscapes and an icy, snow covered summit there is no trek quite like this on earth. For your hard efforts, it's a deeply satisfying experience. For the local team and suppliers in Africa itself, it's an opportunity to gain employment and meet ourselves, visitors from around the planet!

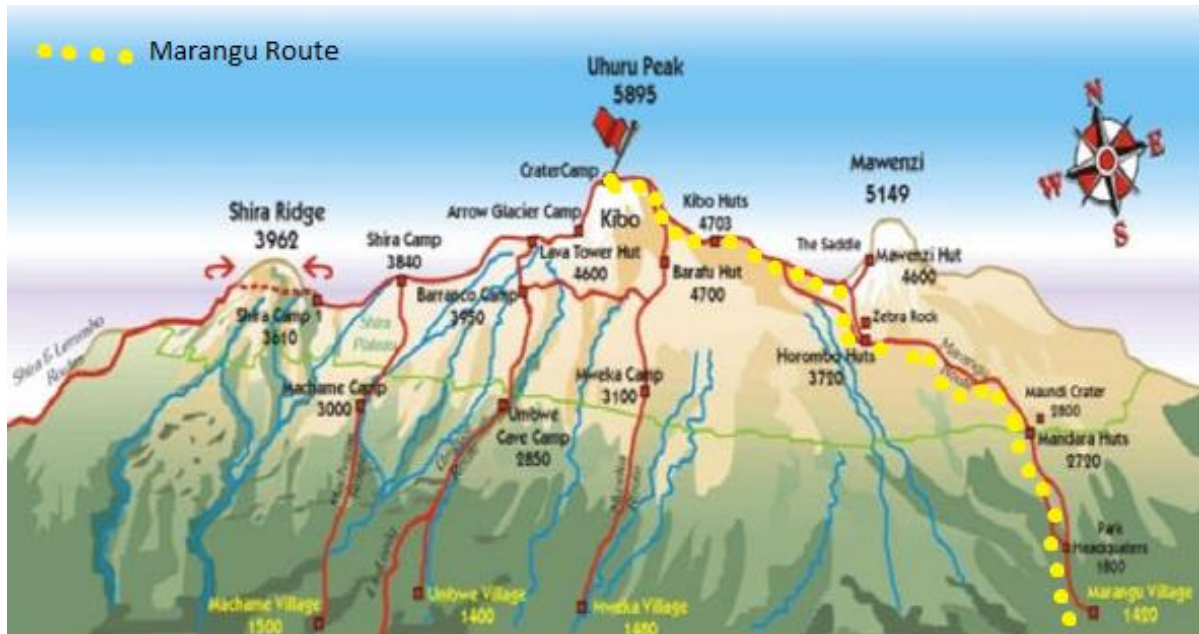


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ITINERARY Kilimanjaro – Marangu Classic Ascent



There are a number of ways up Kilimanjaro. Our expedition date, considered early spring in Africa is best carried out on the classic ascent known as the *Marangu Route*. Trekking over 7 days (ascent and descent time), we utilize the basic mountain huts on route and our team of guides and porters will prepare the meals and look after the mountain logistics. An important part of the expedition is taking time to acclimatize to altitude. For this reason, we spend some of the ascent days hiking to higher elevation and returning to a lower camp. This process of acclimatization is paramount to one's safety and success on the expedition and it must not be overlooked.

DAY 1 ARRIVAL TO MOSHI, TANZANIA

Arrival to Moshi, Tanzania (Kilimanjaro International Airport). Flight provisions are dependent on where you depart from. Once group is confirmed, we can assist with flight arrangements where feasible. Today the group will meet in the afternoon at *Kilimanjaro International Airport* and transfer to our hotel base near Marangu Park Gate, 1 hour drive. This evening we have a welcome dinner at the hotel. Hotel Nakara (or similar) <http://www.nakarahotels.com/> Dinner included.

DAY 2: CLIMBING DAY 1 – MANDARA HUT ASCENT

At breakfast we have a briefing with our guiding team and event doctor. A short transfer brings us to registration at the *Marangu Kilimanjaro Park gate* and we begin our ascent from here. Today's hike is 5 hours walking time approximately and the scenery is spectacular. Trekking on good foot paths through verdant African jungle we hear the hoots of Colobus monkeys and spot various tropical birds overhead. A picnic lunch on route is provided and upon arrival to *Mandara Hut*. Dorm share accommodation in simple huts / all meals included.

Start of today's route - 1860m
Total elevation gain - 855m

Finish of today's route - 2715m
Trekking time - 5 hours approximately

DAY 3: CLIMBING DAY 2 – MANDARA TO HORAMABA HUT ASCENT

Today marks our first long trek, passing near the Maundi crater - over cloud level to *Horombo Hut*. The terrain gives over to more rocky and rugged underfoot as we climb steadily and enjoy magnificent views of Mawenzi and Kibo summits - perhaps catching views of Kibo's striking glacial cap in the morning sun. Vegetation becomes sparse and we keep look out for unique endemic plants that can soar 3-5 meters in height. Our trek is



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7-8 hours duration today and the Horamaba Hut will be our home for the next 2 nights. Dorm share accommodation in simple huts / all meals included.

Start of today's route - 2715m
Total elevation gain - 990m

Finish of today's route - 3705m
Trekking time - 8 hours approximately

DAY 4: **ACCLIMATIZATION DAY - TREK TO MAWENZI PASS AND RETURN**

Today is about altitude acclimatization as we go over the 4000m barrier and return back to our base at Horamaba Hut. We trek up past the Zebra Rock (4000m) to oversee our summit trail from Mawenzi Pass (4200m) before descending back to camp for a hot lunch. It's important to move slowly and keep hydrated today and get plenty of rest in the afternoon. Same accommodation in shared huts / all meals included.

Start of today's route - 3705m High point today - 4200m
Finish of today's route - 3705m (*same as start)
Total elevation gain - 495m Trekking time - 5 hours approximately (return)

DAY 5: **CLIMBING DAY 4 - KIBO HUT ASCENT**

Our ascent to Kibo Hut takes us over the last of the vegetation (cacti, lobelia and mountain flowers), and into the water less and desert like zone on Kili's higher volcanic slopes. After 4 hours we eat our picnic lunch at the Kibo saddle and although we see our huts from here, it's another 2-3 hours trek to arrive. Today is normally slow going due to the high altitude and cold, dry temperatures in this region. Dorm share accommodation in a large climbers hut / all meals included.

Start of today's route - 3705m Finish of today's route - 4730m
Total elevation gain - 1025m Trekking time - 7-8 hours approximately

DAY 6-7:

ACCLIMATIZATION DAY - TREK TO WILLIAMS POINT AND RETURN to KIBO & NIGHT SUMMIT DEPARTURE

To safely prepare for reaching the summit of Kilimanjaro, we acclimate once again by trekking early this morning up to *William's Point* at 5000m and return back to the Kibo Hut for rest and recovery - a 5 hour return journey. This is fundamental for our safety as it prepares us for the final ascent above the 5000m zone - for which we'll depart on later tonight.

Start of today's route - 4730m Climb to William's Peak - 5000m (total ascent 270m)
Trekking Time - 5 hours approximately

THE SUMMIT



After an afternoon of rest at the hut and rehydration, at 11pm we have tea and a snack and at midnight depart for the summit. This is the most demanding part of the climb as it is steep, cold and the air is thin. The night ascent with head torches means the loose scree will be hard packed and with good fortune, we reach the top with the rising sun. Traditionally, the summit of Kilimanjaro is Gilman's Point 5681m - where the majority of climbers celebrate before returning to Kibo Hut. However, a 2 hour extended climb (214m more altitude gain), brings you to Uluru Peak 5895m and although this option is open to our participants it is not obligatory - reaching Gilman's Point

qualifies you as **officially** climbing Kilimanjaro. For those intending to arrive at Uluru Peak, be prepared for an excruciating 3 hours addition on route.



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THE DESCENT

From the Gilman's summit of Kilimanjaro, we descend the crater back down the steep scree footpaths to Kibo Hut. Here we have a warm snack and well earned rest before descending further down 3 hours to Horomobo Hut where we spend the night and recover from the long day. Already one begins to feel their energy level rise as we replenish our oxygen levels at Horomobo. Dorm share accommodation in simple huts / all meals included.

Start of today's route – 4730m High Elevation today – 5681m or 5895m Finish today's route – 3705m
Total elevation gain – 950m Total elevation loss – 1976m

Trekking time – 15-17 hours approximately

DAY 8: **DESCEND TO MARANGU PARK GATE**

After breakfast we make our final descent off Kilimanjaro. After 3.5 hours we reach Mandara Hut followed by 3 more hours until Marangu Park Gate. We stop briefly for a picnic lunch on route and after passing through the gate, a 1 hr 30 min transfer takes us to our hotel. The rest of the afternoon gives us time to rest and relax before our celebratory final dinner at a hotel in *Moshi* or *Arusha*. All meals included.

Start of today's route – 3705m Finish of today's route – 1860m
Total elevation loss – 1845m Trekking time – 5 hours approximately

DAY 9: **DEPARTURE HOME OR EXTENDED VISIT**

Transfers to Kilimanjaro International Airport (1 hour) and/or onward journey or Safari options (please consult). Breakfast only is included on the departure day.

DAY 10: **Arrival home**

Your arrival home is subject to the departure flights from Moshi and arrivals to your home destination. This is set as a guideline for the time being.

NOTES:

1. *Itinerary subject to alterations. Kilimanjaro is a complicated expedition and weather, group size, dynamics and travel logistics must be finalized before we consolidate the final itinerary.*
2. *Flight arrangements are not provided in the package at this time. This is subject to final group number and departure destinations.*



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Inclusions:

- 2 nights hotel accommodation Kilimanjaro
- Return airport transfers and shuttles in Tanzania to/from Marangu Gate
- Guided 7 day EXPEDITION inclusions: All nights in dorm share mountain huts, all meals on climb, Kilimanjaro Park entrance fees, Full guiding and support team (local qualified guides), GAMOW bag (for hyperbaric treatment) and 2 oxygen bottles plus mountain rescue fees, technical climbing equipment (not boots).
- Satellite phone emergency service on mountain
- Safety Emergency Protocol and Risk Assessment
- Third Party (Public Liability) Insurance.

Non Inclusions:

- Personal travel INSURANCE (specific to high altitude trekking and travel in rural Africa)
- Return flights to/from Kilimanjaro International Airport (Moshi)
- Tipping for local guides and porters
- Tanzania Tourist Visa (40-50 euros approximately) *can be purchased at airport upon arrival
- Airport Departure tax (40-50 euros approximately)
- Additional private transfers or taxis
- Meals not included in the itinerary (budget for meals during travel and lunch & dinner on departure day)
- Drinks, snacks and other items of personal nature
- Vaccinations for travel to region
- Telephone and / or communications during the expedition



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normally a problem, please consult us for assistance.

FLIGHTS TO KILIMANJARO

We have not included flights to/from Tanzania – only the expedition ground costs. Why? Participants will come from various countries worldwide and have their own travel programs.

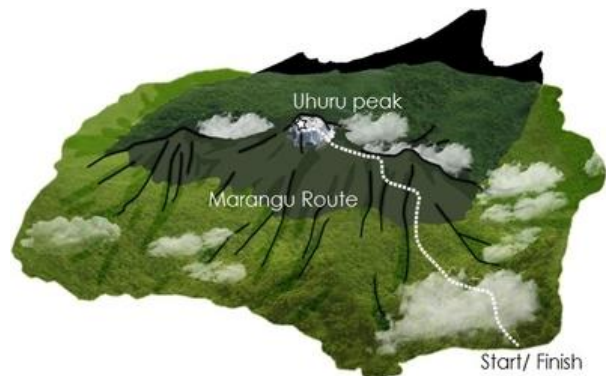
When booking flights, be sure you **meet the group arrival time on day 1** (exact time to be announced), so that we are transferred to the base of Kilimanjaro together and prepared to begin climbing the next day. For those travelling across time zones, we advise that you arrive 1-2 days earlier to avoid jet lag. Finding accommodation in advance in Moshi is not

Estimated flight prices (from Europe) for Kilimanjaro: €550-750 euros

Airlines that operate to/from Kilimanjaro

NOTE - When researching your flight, the destination is: Kilimanjaro International Airport (JRO)
<http://www.kilimanjaroairport.co.tz/>

LUTHANSA
TURKISH AIRLINES
UNITED AIRLINES
ETHIOPIAN AIRLINES
QATAR AIRWAYS
SAFARILINK



KILIMANJARO – Questions & Answers

How difficult is climbing Kilimanjaro?

Kili is a tough trek and although the daily footpaths are good gradient, the altitude is what affects you. The trek to the Kibo huts (first 4 days) is only moderately difficult with a good trail. The final push from Kibo to the summit ridge takes 4 to 6 hours and is very steep. This last steep section is mostly switchbacks and then some easy rock scrambling near the top. Your guide will set a very slow pace. Most reasonably fit individuals can make it so long as they are not having any difficulty acclimatizing. Please note, as this is a non-profit, open charity challenge at high altitude, we require a medical form to be signed by a doctor for you to take part.

Is previous trekking experience really necessary?

While it's not technically required it's a good idea. Kilimanjaro is not the easiest trek and it's good to have some previous experience and know what you are getting into and what trekking is.

What physical criteria will ensure I'm fit enough to trek?

You should be in good enough shape to walk continuously throughout the day (6-8 hours). Good overall fitness, flexibility, and a healthy mental focus will ensure you trek safely and comfortably. Those with acute or chronic health conditions impacting their stamina, range of motion, coordination, or balance may have difficulty completing the trek. If you are in doubt about your own physical readiness, discuss this with your physician well in advance of booking. General hiking experience, a pre-event training regime and comfort with the idea of multi-day hiking will also ensure you are 100% ready to trek.



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Is there a minimum and maximum age?

The minimum age is 16 years, and a parent or legal guardian must sign a release form. There is no maximum age provided your doctor signs the medical release form (to be distributed in the registration pack).

What other criteria will determine my acceptance on the expedition?

Every participant is required to meet a list of conditions. These are outlined in the Registration Pack and to give you an example, some are listed here:

- a. A medical doctor signs our Medical Form that confirms you are fit and able to participate in this expedition.
- b. That the charity you choose to support receives the funds you raised on their behalf.
- c. That you have taken out adequate travel and repatriation insurance and will provide us with a copy 8 weeks beforehand.
- d. This is a serious expedition that requires training and the success of the event partially depends on your preparedness.
- e. That you complete the registration form and make the payments within the required time limits.

What special materials (kit) do I need to bring?

When you register, we send you a comprehensive list of what to pack. No high level technical gear is necessary.

What sort of footwear and clothing is recommended?

A good pair of hiking boots are important for the final climb as they help to keep your feet warm and provide adequate ankle support. Lighter hiking shoes are sufficient on the other days of the trek. Be prepared for temperatures ranging from +30c in the jungle on day 1 to potentially -20c or lower on the summit. This can be a 50 degree weather variation and add rain, snow and wind into the mix and you have a massive range. Clothing wise invest in (or borrow) a Gore Tex style mountain jacket and trousers. Bring good quality thermal underwear for the higher regions and good gloves, a balaclava and hat.

How will we deal with altitude acclimation?

The best scenario is to acclimatize slowly. Our 7 day trip on Kilimanjaro is a longer program than the many commercial operators and we do this to follow the Royal Geographic Society's guidelines for safety on the mountain. Trekkers should report any problems to their guide. Common symptoms of mountain sickness include headaches, cough and more serious but rare (if untreated) symptoms can lead to unconsciousness.

We will be briefing the group with information about Acute Mountain Sickness (AMS) before the expedition and with our own doctor on board, we'll monitor the expedition as it's carried out. The most rapid and safe procedure for treating AMS is descending to lower altitude. On Kilimanjaro, every participant has to accept that this is a contingency plan.

Altitude Sickness:

Parts of your trip go above 2800 metres / 9200 feet where it is common for travellers to experience some adverse health effects due to the altitude - regardless of your age, gender and fitness. It even happens to guides on Everest!

Before your trip: Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude. Please discuss these options with your doctor.



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What Emergency Equipment is provided by the team?

Our team of guides and our own volunteer expedition Doctor carries a First Aid kit for high altitude mountain travel. This includes an emergency *Gamow Bag* and a limited Oxygen supply. Ideally, the treatment for severe altitude sickness is to descend to lower altitude – and more so, to treat oneself to rest, fluid replenishment and recovery time. We will also have a satellite phone for emergency communications, walkie talkies between our own team and GPS navigation systems for the route. We recommend you carry a personal First Aid kit for minor issues such as blisters, pain relief, etc.

What do I need to know about sun protection?

It may seem counter-intuitive, but your skin is in more danger of sun damage on the mountains than while at the beach! The sun's intensity increases dramatically as we rise in altitude, and fresh snow reflects exponentially more UV rays than does the sand. You will need to protect your skin with clothing and sunblock. A sunblock specifically for mountain conditions is recommended. If you wear prescription eyeglasses it's recommended that you get your prescription fitted to sunglasses.

What happens if I get sick or injured while trekking?

We take all possible precautions to proactively ensure the safety and wellness of our trekkers, but rest assured that our expedition guides are trained and experienced in dealing with emergencies. Our team are mountain first aid trained and on hand to deal with minor issues and to assist with the guiding team on illness diagnosis and treatment. In the case of debilitating altitude sickness, you will immediately be taken to a lower altitude. If necessary and in the event of a serious incident, your guide team will utilize the park rescue services for immediate evacuation.

What communication options exist while trekking?

Our team carries an emergency satellite phone. Our team should be able to arrange a phone call or to get a message relayed in the case of emergency. Don't expect any communication options although it is possible you may have limited mobile/cell signal in some locations.

Will my mobile phone work? What about internet access?

Your mobile service may work at one or two points on the mountain but don't count on it. Mobile internet cards from both Vodacom (Tanzania) and Safaricom (Kenya) have been tested and were not able to access the internet. If you have a phone call that needs to be made during the trek please advise your guide and he may be able to arrange it at a cost.

Baggage on the mountain and how much can a porter carry?

Your main bag will be carried by Porters on Kilimanjaro. This should ideally be limited to your dry clothes, sleeping bag, toiletries and personal items. For the safety and security of these hard workers, they are restricted to carrying 15Kg plus their own personal belongings. We will have our baggage weighed on the morning of departure so bear this in mind when packing on departure day. Light, soft surfaced and water proof bags are the norm for the porters. You will be carrying your own day pack that contains your waterproof layers (and extra clothing layers), water, snacks and at times a picnic lunch.



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What kinds of accommodations are available on Kilimanjaro?

The Marangu Route is the only route up Kilimanjaro with an established mountain hut system. Rooms are small but comfortable and shared by up to 4 people. Each room has 4 beds with mattresses, sheets and pillows provided by the park service. You will need to bring your own 4 season (warm) sleeping bag. Rooms have solar powered lighting but no electrical sockets. Indoor dining areas are available as are modern bathrooms with running cold water. The hut at Kibo is more primitive and rooms are more dormitory style and shared by up to 16 trekkers.

Can I charge my phone or camera during the trek?

Charging points are available upon requests and made available via a park service representative. One charge will cost you 1500 Tanzania Shillings or about \$10 (subject to change). We recommend you bring a back up charge unit or a reliable solar charger. Bear in mind that high altitude and cold temperatures will be an added drain on your battery resources.

What about showers?

The hut bathrooms have no shower facilities. The group is provided with buckets of hot water in the evening and the morning for washing. This is the standard practice on Kilimanjaro.

Where do we eat our meals and what are they like?

Lunches are packed and eaten on the trail during the day. You will take breakfasts and dinners in the dining huts. The food is simple, nutritious and wholesome. It is standard for international travellers (potato, vegetable, meat, rice, pasta, etc), and prepared daily by our own experienced cook. Special diets, allergies and food intolerances can be difficult to cater to so we recommend you bring supplements if possible. Vegetarian choices are limited but can be catered to.

Where will our drinking water come from?

Drinking water is obtained on the mountain and then boiled before it is provided to you. Disposable plastic water bottles are not allowed on the mountain, the National Park is stringent about this. An insulated (non freezing) refillable water bottle is required and a camel back water system (with insulation from freezing), is even more ideal.

Should I tip my guide? How about my porter?

Yes, as a group it is customary to tip our local guiding team and porters. We will discuss this in the pre-travel pack.

How much money should I bring along?

You should bring enough to cover meals outside of the itinerary, snacks and drinks and tips at the end of the trek. Our expedition package is all-inclusive (see itinerary). We cover accommodation, all meals on the mountain, park fees, permits, local transfers and many other costs, as a means of making your adventure as stress-free and convenient as possible. Once you get on the mountain there are some opportunities at the huts to purchase drinks, water and snacks – pending availability.

What type of insurance should I have? Where can I obtain a policy?

Your park entrance fee includes cost of rescue off the mountain which will be organized by the Tanzanian National Park Service in conjunction with our team. In addition, it is COMPULSARY that you have adequate travel insurance. While the park service will provide rescue services your travel insurance will cover any cost related to



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hospital care, treatments, cancellation charges, unexpected curtailment of your holiday, medical and repatriation expenses including air ambulance, personal accident, delay loss or damage to your personal effects. As a condition of travel, you will be required to send us a copy of your insurance policy 8 weeks before the event.

What happens if I have to cancel?

Sometimes circumstances beyond one's control render a cancellation. Check your credit card, house or private travel insurance policy to see if you are covered for trip cancellation. Adventurebug can issue a *cancellation invoice* for your insurance claim. You must inform Adventurebug in writing (email), if you have to cancel. If somebody else is available, your place on the event can be transferred to another participant at no cost to you. If no one is available, our cancellation policy remains in effect (request to see Expedition Price and Conditions page).

Are any permits required for climbing Kilimanjaro?

Permits are required and included in the cost of the trek. You will get your permit at the Marangu gate on the first day.

What vaccinations are required and recommended for travel to this region?

We recommend you consult a physician or travel vaccination center for official and updated advice. If coming from a Yellow Fever region, the vaccine is required. Malaria tablets are recommended for this region. Vaccinations or boosters for Hepatitis A and B, Typhoid and (Diphtheria / Tetanus / Polio) are necessary too.

Is there a minimum and maximum number on this Expedition?

For the expedition to be carried out, we normally require a minimum of 8 participants. The maximum number is 16 for private Kili ascents and up to 30 for our Charity based climbs.

Can I stay on in the region for other Adventures?

Tanzania offers world class Safaris and the island of Zanzibar is nearby. Additional travel can be organized by our local operator or you can shop around for extension options yourself.

I would like to REGISTER for the expedition, what do I need to do?

Simply email us (info@adventurebug.com) and we will forward you the Registration Pack with all documentation including the Medical Release Form, Payment Information, Packing list, Training Guidelines and more. If you would like to chat with Matt about the event, feel free to contact him by email or ring / Whats App his mobile: +34 635 817 819.



ABOUT Adventurebug Worldwide

Adventurebug Worldwide was founded in 2000. Based in Andalucia, Spain we operate worldwide tours, expeditions and training events. Our principal aim is to provide the highest level of authentic travel and expedition programs that are safe, ethical and cost effective for participants.

*In addition to our commitment to Responsible Travel ethics, Adventurebug dedicates many hours to safety, and emergency procedures – believing most mishaps can be avoided by combining industry experience with risk assessment planning and inter-group communication. **Matt Butler**, founder of Adventurebug comes from a dual background of teaching and guiding (Canadian National Parks Service). He is a co-founder of RIFCOM (www.rifcom.org), a Morocco centered NGO and a Trustee for THE KINDRED PROJECT (<http://www.thekindredproject.gl/>), an educational NGO that is student led and operates worldwide. Matt will be expedition manager and guide for Kilimanjaro. He lives locally in Andalucia, Spain with his wife and 3 children.*