

# MOUNTAIN GOAT MOVEMENT

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## ***Kilimanjaro Summit Adventure Strong Hearts, Strong Minds***

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## Kilimanjaro Climb

June 18 - June 28, 2024

## 7-Day Trek

### I Overview:

Kilimanjaro, in Tanzania, is the tallest mountain in Africa at 19,341 feet. Alongside a team of seasoned porters, Mr. Greg Morrissey will guide a group on the Umbwe Route (the route with the highest success rate of summiting on a 7-Day trek) to the summit of Kilimanjaro. The trek itself is an appropriate amount of time for participants to acclimate to the altitude. The trek begins in the jungle and ends in the alpine – participants can experience four seasons over the course of a week. This is a remarkable experience, and it will change your life!

**Dates:** Depart the United States on June 18, 2024 for Kilimanjaro in Tanzania. Kilimanjaro has its own airport. Typical flight patterns will include a layover in Amsterdam, Netherlands.

**Skills Required:** This trip is open to all (ages 16+) with some hiking and trekking experience. Participants need to be physically fit, coachable, and prepared to work in a team setting. Kilimanjaro is a long walking trek, and a feat of mental endurance. No technical mountaineering skills are required, which is what makes this big mountain so attractive to outdoor folks of various ages and experiences. Be prepared to carry upwards of 10 pounds in your day backpack. The porters, as required by law, carry most

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of the weight.

## II. Itinerary

**Day 1:** Depart from the United States for Kilimanjaro Airport in Tanzania.

**Day 2:** Group arrives in Amsterdam on various flights and will fly together to Tanzania arriving at Kilimanjaro International Airport at 8:45 PM. A short walk off the airplane across the tarmac brings us inside the terminal where we purchase visas (if you didn't get one in advance), get our luggage, and clear customs. Drivers will be waiting to pick us up and bring us to our hotel in Moshi, Tanzania. This drive takes approximately 45 minutes.

**Day 3:** Today is a rest day. We will use it to pack our gear and meet the team. You can leave some of your gear (clothing for the latter portions of the trip) at the hotel if you wish. ***Meals included: Breakfast, Lunch, Dinner***

**Day 4: Climb Day 1. Umbwe Gate to Umbwe Camp, 1600m to 2900m:** After a 7 AM breakfast at the hotel, we will load our gear into a vehicle and drive to the park gate. The porters take our duffle bags here. Our route of choice is the Umbwe as it offers excellent acclimatization over the course of 7 days. The Umbwe is generally less traveled and offers the best scenery on the mountain. The hiking today is mostly underneath a jungle canopy, where it is sometimes possible to see black and white colobus monkeys and blue monkeys in the trees above us. If there has been a recent rainstorm, the trail can be muddy, and many people wear lightweight gaiters to keep some of the mud off their legs. The hike normally takes 5-8 hours.

***Breakfasts, lunches, and dinners will be provided each day during the climb.***

**Day 5: Hike to Camp 2, Umbwe Campe to Barranco Camp, 2940m - 3970m:** After breakfast we pack our duffels for the porters and leave camp at 8AM. The scenery opens up and we get some of our first glimpses of Kilimanjaro. If it was muddy yesterday it usually becomes less muddy as we leave the jungle canopy shortly after beginning today's hike.

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Today's hike normally takes 3-5 hours.

**Day 6: Barranco Camp Acclimatization Day':** After breakfast we pack our duffels for the porters and leave camp at 9 AM. Giant ridges and valleys dominate the landscape on either side of us. On a clear day the Heim Glacier on the upper reaches of Kilimanjaro fills out our view above. We also hike through the spectacular giant senecio trees. Our high point today is Lava Tower at 4630m, 15,190'. On a clear day, views in front of us looking at the Western Breach Wall provide spectacular scenery. In the distance Kilimanjaro's satellite peak Mt. Meru is seen nearby. From camp, Kilimanjaro's Western Breach Wall dominates the scenery above us on a clear day. Today's hike normally takes 1- 3 hours. Afternoon teatime and rest will precede dinner. We will sleep at Barranco Camp again.

**Day 7: Hike to Camp 3, Karanga Camp, at 3930m, 12,893':** After breakfast we pack our duffels and leave camp at 9 AM. Today our route takes us over the Barranco Wall. It has a couple spots that require using your hands and feet but no previous rock climbing skills are required. We help with a spot from below and above to surmount the small section about 10-15 feet. Beyond Barranco Wall our route traverses down into valleys and up on ridges. The upper reaches of Kilimanjaro including the summit are to our left. After 3-4 hours of hiking we descend into Karanga Valley. This lush valley is the last of its kind before ascending to higher ground leading to the summit. Ascending the other side of Karanga Valley takes 45 minutes - 1.5 hours. Our camp is at the top of this hill. Afternoon teatime and rest will precede dinner.

**Day 8: Hike to Camp 4, Barafu Camp at 4600m, 15,100':** After breakfast we pack our duffels and leave camp at 9 AM. Our route ascends above vegetation zones into the subalpine region. The landscape is dominated by outcroppings of volcanic rock and on a clear day we can see the jungle canopy below. A slow steady pace brings us to our camp in 3-5 hours. Upon arrival we get settled in camp and prepare for our summit day the following morning. We have an early dinner before sunset so we can get in our tents in preparation for an early wakeup call in the morning.

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**Day 9: Summit Day, 4600m/15,100' - 5895m/19,340' - 3048m/10,000':** Our exact wake up time is conditions-dependent. It is usually sometime between 10:30 PM and 1:00 AM. We'll rise for a light breakfast of hot drinks and biscuits before beginning our ascent.

What clothing we wear and what we carry in our packs is dependent on the temperature but all our warm clothing will come with us. A local staff of assistants will accompany you on your climb. With headlamps on we will pick our way over a reasonably worn route that switchbacks over the firm volcanic dirt in between larger rock outcroppings. If the weather is clear this night will reveal an awesome blanket of stars above. How many are visible depends on the moon's brightness.

Our pace will be rhythmical, slow and steady as we integrate high altitude breathing and walking techniques. We take breaks at regular intervals approximately every 1 – 1.5 hours. As the sun rises over the African plains below we find ourselves high on Kilimanjaro with the crater rim visible above. We adjust clothing as necessary for the weather that day. The route is usually dirt all the way to the crater rim but sometimes snow can still linger below the rim if there has been a recent storm. Crampons and ice axes have never been necessary for this climb though. We reach the crater rim at Stella Point at 5739m/18,828'. From here it is 1 – 1.5 hours of traversing around the crater rim to the high point called Uhuru Peak at 5895m/19,340'. The climb to the summit can take anywhere from 5-9 hours.

Our descent brings us back to high camp in usually about half the time it took us to ascend. After rest and offloading some of our equipment back to the duffel bags we continue our descent to lower elevation where recovery will be quicker. The descent to Mweka Camp at 3048m/10,000' takes 2-4 hours. As we drop in elevation the temperature gets milder and the increased oxygen adds an extra boost of energy. We take breaks along the way offering a good chance to stay hydrated. It is always worth an occasional look behind us to admire where we just came from.

**Day 10: Descent to the Mweka gate.** We wake in the morning for breakfast at a reasonable hour. After packing our gear we descend back down into thicker

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vegetation. If there has been recent rain in the jungles the terrain can sometimes be muddy. The descent takes 3-4 hours. Once at the gate, we will dance and sing with our remarkable team of porters. Afterwards our vehicle picks us up for the drive back to our hotel, which takes less than one hour. An afternoon lunch is followed by time to rest by the pool, take a walk into the business area of Moshi, and relax. **Breakfast and lunch are included. For dinner we usually eat at the hotel or a nearby restaurant.**

**Day 11 (if needed):** The morning will be spent by the pool relaxing and grabbing any final souvenirs before departing for the airport for the return to the United States, or heading for safari. **Breakfast included.** If you stay at the hotel, buffet-style lunch and dinner can be purchased for \$8-10.

### III. Payment and Registration:

The following is included in the price per person for our trip to Kilimanjaro, June 18 - 28, 2024:

- 7-day guided trek with the best team of porters on the mountain, including a cook team, carrying team, guide team
- Private Toilet(s) for the trek
- Logistical Support, guidance, and daily medical checks from leader, Greg Morrissey
- 3 Nights in Springlands Hotel in Moshi : 2 nights before the trek begins, 1 night following the trek
- Meals provided at Springlands Hotel. See schedule for what is included.
- All meals while on the trek.
- Climbing Permits
- National Park Gate Fees / Camping Fees
- Rescue Fees, Tents, Sleeping Pads
- Transportation to/from the airport, hotel, trailhead.
- Healthy Tips for Porters (\$400/person)
- Climbing Performance Hoody
- Long Sleeve Performance Shirt

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- Accountability Calls + Numerous Check-ins in advance of the trek

Excluded: Flights are not included, which typically range between \$900 - 1900. Gear is also not included. Travel Insurance is not included, and this is required for international travel with Mountain Goat Movement. Participants may opt to rent gear at Springlands Hotel if they do not want to purchase specific items.

## Price Breakdown:

***Participants may register for the trip on our site [here](#). If there are any issues, we can arrange for checks to be sent to Mountain Goat Movement.***

**Total:** From \$5,999.00 per participant by April 15, 2024. Non-Refundable deposit of \$500 secures your spot.

Two (2) more payment installments will be required before the trip. You may pay all at once or in installments.

2nd Payment \$2,749.50 will be due by January 15, 2024.

Final Payment \$2,749.50 will be due by April 15, 2024.

This price excludes flights, insurance, and personal expenses.

## IV. Guide Information

*There will be about 2 - 3 porters per person for our trek. These porters speak English and have guided on Kilimanjaro numerous times. Porters carry the bulk of the gear, setup camp, lead the trail, cook hot meals every day, boil drinking water, and serve as*



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*medical staff. They are immensely reliable, responsible, and kind. The porter team for Mountain Goat Movement is the absolute best.*

**Mr. Greg Morrissey** is the founder of Mountain Goat Movement. He is an adventure guide, Wilderness First Responder, and storyteller. He has guided big mountain treks all over the world, including Kilimanjaro. For the last 10 years, Greg has guided hundreds of people on outdoor excursions all over the world from as far as South America and as local as the Kittatinny Range in NJ. In 2017, [Greg received awards and guest speaking opportunities](#) from the American Alpine Club and North Face for his work with young people. In 2018, Mr. Morrissey earned membership with the venerated [Explorers Club](#), and the Next Generation of Explorers. Moreover, he serves in advisory roles with the [American Alpine Club](#) and London's [Scientific and Exploration Society](#). In 2020, Greg Morrissey supported [expedition logistics for his mentor, Vanessa O'Brien](#), who became the first woman, alongside astronaut Kathy Sullivan, to dive to the deepest part of the Ocean: the Challenger Deep. Some personal projects include surfing the longest wave in the world, completing an unsupported cycling trip from Canada to Mexico in 30 days, completing the Adirondacks' Great Range Traverse in under 20 hours, walking across Ireland, and next: climbing the highest peak in all 50 states and the the 7 summits– all while raising funds for students. To date, he has raised nearly \$100,000 which directly enables low-income students to participate in outdoor adventures.

**Mr. Yesse Lema** is the Head Chief Guide and Porter. Yesse has led groups to the summit over 500 times. With our route, he has earned a success rate of over 90%. In 2020, Yesse was named Guide of the Year on Kilimanjaro. Yesse and his accomplished team of porters will offer unwavering assistance as you attempt to reach the roof of Africa!

## V. Preparation

*In order to conquer mountains, you need to train in the mountains. BUT, when do not have access to the mountains, we have to be active with the following workout*



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plan:

- 1) WALK Everywhere: Kilimanjaro is a test of endurance. Walk as much as you can.
- 2) Find a local hill – walk up and down. Build from 3 hours of walking/hiking to 8 hours. Be consistent. Walk/hike with a 10-15 pound pack on.
- 3) While in the weightroom, get on the stairmaster. Focus on controlling your breath while elevating your heart rate: breathe in through the nose, and out through your mouth.
- 4) Focus on squats, step ups, lunges – all exercises that require significant lower body movements.
- 5) Never take the elevator.

[Alltrails](#) is a free app that provides hiking trails and detailed maps in your area.

## VI. Immunizations and Medical Information

All participants will need clearance from their primary care provider stating that they are healthy enough to trek at high altitudes. This form will be sent via email to participants.

Below is a list of immunization shots for East Africa. **Consult with your Primary Care Doctor** regarding this list. You may also find more information through the CDC.

The phone number is (404) 332-4559 or visit their web site at [www.cdc.gov](http://www.cdc.gov).

**COVID-19:** This is currently either 1 shot if you get the Johnson & Johnson product, or two shots given one month apart if you get the Moderna or Pfizer vaccine.

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**Hepatitis A:** This used to consist of a Gamma Globulin shot that was good for three months. There is now a vaccine called Havrix that is good for ten years. It consists of one shot and a booster given six to twelve months later.

**Hepatitis B:** All health care workers in the United States are vaccinated for Hepatitis B. The guides get it in case they sometimes have to give first aid to someone in a foreign country. It is becoming more common for the general population to get vaccinated for Hepatitis B. Consult your physician for their advice.

**Malaria:** There are a couple different medicines in pill form to choose from. The most common are Lariam (mefloquine) taken once a week beginning before departure and continuing 4 weeks after returning home, and Malarone taken daily beginning a couple days before departure and ending a couple days after returning home. Consult your physician for their recommendations.

**Typhoid:** This can either be two shots given four weeks apart or a live virus consisting of four pills taken once every day.

**Yellow Fever:** This consists of one shot to be taken at least ten days before departure. The shot is good for ten years after which a booster is needed. The Tanzanian government requires documentation of your Yellow Fever vaccination to enter the country if you are traveling from a Yellow Fever zone such as a layover in Kenya.

**Others:** Make sure you are currently on diphtheria, polio, and tetanus and ask your doctor about influenza and H1N1.

## VII. Packing List:

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## UPPER BODY LAYERS:

**TREKKING SHIRT**– Long sleeve button down quick drying material. Ex Officio, Patagonia, Royal Robbins **SHORT SLEEVE TECH SHIRT**– Wool or synthetic. Icebreaker, Marmot, Patagonia

**BASE LAYER THERMAL TOP**– Comfortable fitting, not snug. Wool or synthetic. Patagonia, Point6

**MID LAYER TOP**– Fit over your base layer. Wool or fleece. Patagonia, Point6

**SWEATER / SOFTSHELL JACKET**– Hooded wool, Scholler fabric, or fleece. Icebreaker, Marmot, Patagonia

**LIGHTWEIGHT DOWN SWEATER OR PUFFY JACKET**– Patagonia Nano Puff or similar

**WATERPROOF/BREATHABLE JACKET**– Gore-Tex or similar fabric. Marmot Speedlight, Patagonia **DOWN JACKET**– Thick & roomy to fit over all above layers. Feathered Friends Icefall, Mountain Hardwear Nilas, Patagonia Grade VII

## LOWER BODY LAYERS:

**SHORT UNDERWEAR**– Athletic wool or synthetic. Icebreaker, Ex Officio, Patagonia

**SHORTS**– Comfortable fit, quick dry. Patagonia Baggies are a longtime favorite or buy convertible pants **TREKKING PANTS**– Comfortable fit. Consider convertible pants that zip into shorts

**BASE LAYER THERMAL BOTTOM**– Same materials as Base Layer Thermal Top

**WATERPROOF/BREATHABLE PANTS**– Complete size zips. Same materials as jacket

## HEAD

**SUN HAT OR BALL CAP**– Any lightweight hat works. SMI logo hats work great. \_\_ \_\_

**BUFF OR FACEMASK**– for windy/cold days, and to protect against transmissible pathogens and diseases **WARM CAP**– Wool or synthetic. It should fit underneath a climbing helmet

## HANDS

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**INSULATED SHELL GLOVES**– Warm & not snug fit. Black Diamond

Guide, Outdoor Research Alti **MID WEIGHT GLOVES**– For warmer conditions. Black Diamond Kingpin, Mountain Hardwear Torsion

## FOOTWEAR

**TREKKING BOOTS**– Waterproof with a bit of insulation. Leather (preferred) or synthetic. Fit them with a warm comfortable sock. Comfortable fit with good blood circulation, not snug. Good ankle support tested prior to the trip. Lowa Renegade or similar.

**GAITERS**– Shin or at least ankle high snugly fit over your boots. Outdoor Research Crocodile or similar **SANDALS OR OLD SNEAKERS**– to change into at camps

**WOOL SOCKS**– 2-3 pairs. Darn Tough, Point6, Smartwool

## GEAR

**PACK**– 25-40 liters. Osprey Stratos, Sirrus, Talon, Tempest, or similar.

**PACK COVER**– Large plastic trash bags work great or purchase a commercial model.

**SLEEPING BAG**– Rated to 15°F/-9°C or warmer. Marmot Plasma or Lithium or similar

**COMPRESSION STUFF SACK**– Big enough to hold your sleeping bag & down

jacket. Sea to Summit **SLEEPING PAD**– Full length inflatable. Therm-A-Rest

Neo Air or similar. Bring a stuff sack & repair kit **ADJUSTABLE TREKKING**

**POLES**– Flicklock versus twist lock. Leki makes several good models of

**HEADLAMP**– Lithium batteries, AA or AAA batteries. Black Diamond, Petzl,

Princeton Tec \_ **DARK GLASSES**– 100% UV Protection. Julbo or similar high

quality brand. 2 pairs or use goggles for spare **GOGGLES**– For windy conditions. Can also be spare dark glasses.

**TWO OR THREE 1-LITER WATER BOTTLES**– Good quality, leakproof. Klean

Kanteen, Nalgene **HYDRATION BLADDER**– Optional, for trekking days, not for summit day

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**WATER PURIFICATION**– Optional item. SteriPen Ultra or a bottle of iodine tablets. \*We will purify water on the mountain, but it is always good to be prepared.\*

**SUNSCREEN**– One 2-4oz bottle. SPF 30 give or take a few numbers

**LIP BALM**– One stick SPF 15 or higher

**MOSQUITO REPELLENT**– One bottle of 100% DEET repellent.

**PERMETHRIN**– To wash in a layer of insect repellent to your clothes before your trip. Optional. \_\_\_\_

**TOILET PAPER / BABY WIPES**– 1 roll packed in a Ziploc bag, baby wipes in travel size is most convenient

**TOOTHBRUSH, PASTE, AND FLOSS**– Travel size is the most convenient

**FIRST AID KIT**– Blister repair is enough. We will have a well stocked expedition first aid kit. **PERSONAL LUNCH FOOD**– A couple pounds of some of your favorite trail & snack food. All meals during the trek are included.

## TRAVEL GEAR

**TWO DUFFLE BAGS**– Write your name & address directly on our bags. It is worth purchasing high quality bags. made of either TPU nylon or ballistics cloth. The zipper should be a #10 YKK coils which are big and will not break under stress. Buy conservative colors such as black, tan, or gray so they do not stand out. Osprey Transporter 130 and 95 or similar.

**PLASTIC GARBAGE BAGS**– Bring 4 large 39+ gallon bags for lining gear in your duffle & pack **DAY PACK FOR TRAVEL**– Osprey Nebula, Nova or similar

**TRAVEL WALLET**– Models that fit around the waist or over the neck are readily available by Eagle Creek **AIRLINE TICKET**– Bring a copy of your E-Ticket itinerary. Leave a copy with someone at home. **MONEY**– US dollars dated no older than 2006 in good condition with no tears.

**CREDIT CARDS**– Be sure to call your company to advise them of your travel plans

**PASSPORT**– Scan your page and bring a copy with you. Leave a copy with someone at home. **TRAVEL CLOTHES**– 2-4 casual short & long sleeve shirts, a comfortable pair of pants and shorts.

**AIRLINE CLOTHES**– We recommend having a change of clothes set aside for the flights.

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**UNIVERSAL POWER ADAPTER**– All-in-one adapters work in 150+ countries. Most feature USB plugs. **POWER CABLES**– whatever cables you need to charge your personal electronics (MP3, camera, etc.) **CLEAN UP KIT**– Keep it simple to make it easy on the trek.  
**EAR PLUGS**– Can help sleeping in tents and on the airplane.  
**VITAMINS**  
**PERSONAL MEDICATIONS**

## OPTIONAL ITEMS

\_\_\_ **READING MATERIAL**  
\_\_\_ **JOURNAL PAD, PEN, PENCIL**  
\_\_\_ **BABY WIPES**  
\_\_\_ **PLAYING CARDS**  
\_\_\_ **GAMES**