

REGISTER NOW
LIMITED PLACES

Highest mountain in Africa

7TH CLIMB TO MOUNT

KILIMANJARO

11TH - 20TH AUGUST 2016

GET INVOLVED

Join us for a once in a lifetime challenge to climb to the top of the highest free standing mountain in the world to raise funds for the children of sub-Saharan Africa.

Do You
Have What
It Takes?



Muslim Hands
muslimhands.org.uk
+44 115 911 7222



Charity Reg No. 1105056



Welcome!

Mount Kilimanjaro 11th - 20th August 2016

Welcome to your information pack for the sponsored climb of Mount Kilimanjaro in Tanzania.

We've all read tales of faraway lands, distant cultures and awe-inspiring adventures. Muslim Hands is organising its 7th adventure to Mount Kilimanjaro in Tanzania. Sponsored trekkers will be combining the challenge of climbing the highest free standing mountain in the world raising funds for children of Sub-Saharan Africa.

Rising almost 20,000 feet, Kilimanjaro is the tallest mountain in Africa and, for this, has been nicknamed 'the roof of Africa'. Set across the stunning Serengeti plains, participants can expect to encounter anything from rainforests, moorland, alpine deserts and glaciers. The name Kilimanjaro has no certain origin, but one of the most popular theories is that it came from 'kilma' 'njaro' meaning 'shining mountain' in Swahili.

By signing up for this experience of a lifetime you will be joining others in taking on this sponsored 10 day trek challenge along the breath taking views of Mount Kilimanjaro. All money raised will go towards helping children in Sub-Saharan Africa to support them with much needed nutritional food, resources, the provision of good quality and accessible education and most importantly a future full of hope and aspirations.

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Join Muslim Hands for this ultimate challenge – Kilimanjaro 2016

Reflections on Kilimanjaro 2014

In December 2014 Muslim Hands budding fundraisers from the UK and South Africa scaled the peaks of Kilimanjaro raising much needed funds for the children of war campaign.



HAARIS KARIM

A student from Birmingham



“In December 2014 Muslim Hands had their 6th Annual Trek up Mount Kilimanjaro. I took part and trekked the highest mountain in Africa for the Children of War campaign. The aim was to raise funds for children affected by the horrors of war in Syria and in Gaza. In total our whole group raised over £40,000! The main thing that I enjoyed about the trek was the fact that I experienced something new, something that took me out of my comfort zone.

It was extremely difficult, but to say you conquered the highest mountain in Africa and all in the name of charity is a great accomplishment and something I can always talk about. It would not be far-fetched to say it was an experience of a lifetime”

Tanzania In Focus

Mount Kilimanjaro sits as the highest point of Africa and is the tallest free-standing mountain in the whole world. With its permanently snow-capped summit, it has long been a source of fascination for travellers.

Peaking at almost 6000m, the first recorded sighting of the mountain dates back some seven hundred years. Chinese fisherman often wrote of a white peak on the African coastline. By the 17th century, Europeans were using the mountain as a navigational aid. Only when an expedition was launched in 1889 were the original reports confirmed, as the first Europeans ascended the mountain. One hundred years later, in 1989, a celebration was held to mark the centenary of this event. Incredibly, the guest of honour was the original local guide. He was 118 years old.

Mount Kilimanjaro is now listed as a World Heritage Site and thousands of tourists flock to the park each year determined to conquer the most famous mountain on the African continent. For many of them, it will be the hardest thing they ever do.

The national park which sits around this colossal mountain is over 750km and is surrounded with forests, game reserve and five different eco-zones.

This will not be easy! Can you do it?

Expert mountaineering skills may not be a pre-requisite, but hiking to the 'roof of Africa' is physically and mentally demanding and the challenge involved should not be underestimated.

Almost 40% of those who set out to climb Kilimanjaro turn back before they reach the summit - Uhuru peak.

Today, hikers make up the bulk of all those who conquer Kilimanjaro, and the mountain is in fact one of the

highest peaks accessible to hikers in the world.

With active preparation, any reasonably fit person can reach the summit successfully, but mental and physical preparation are the keywords for success.

This will be a test of endurance so be aware!



Tanzania

A FEW FACTS

Capital:

Dodoma

Largest city:

Dar us Salaam

Languages:

Kiswahili or Swahili (official), Kiunguju, English, Arabic, many local languages

Total:

945,203 km²

Population:

37,849,133

Bordering countries:

Burundi, Democratic Republic of the Congo, Kenya, Malawi, Mozambique, Rwanda, Uganda, Zambia

Climate:

Varies from tropical along coast to temperate in highlands

Elevation extremes:

Lowest point: Indian Ocean 0m
Highest point: Kilimanjaro 5,895m



The cause

Children of Sub-Saharan Africa

Why are we raising money for children of Sub-Saharan Africa?

For children in developing countries lack of funds, facilities, education, and loss of one or both parents is unfortunately a sad reality for many children.

Due to this the sustenance of nutritious meals, and the chance of a secure future can all become an impossible dream. This is why it is our responsibility that the care of orphans and needy children falls on us.

At Muslim Hands, we firmly believe education is a doorway out of poverty as it empowers people to build a better future for themselves and their families. That is why Muslim Hands has been focused on providing an accessible and high quality level of education for the children of Sub-Saharan Africa since 2003.

Our purpose built schools are currently educating over 4,000 children in Sub-Saharan Africa. All the facilities we offer the children are free.

We want to continue supporting orphaned and needy children in Sub-Saharan Africa, but we need your help.

What is Muslim Hands going to do with the funds raised?

- We invest in the future of children; as well as having their school fees covered, children are given textbooks, stationary and uniforms.
- Daily nutritious meals to ensure hunger doesn't stop them from getting the most out of their school day.
- Medical checkups; across Africa problems like malnutrition can lead to serious illness therefore children receive regular medical checkups to ensure they are in best of health.
- Transport; free transport is provided to children that live far away from school.
- State of the art facilities; fully equipped computer labs, audio and visual aids to optimize their learning experience
- Hiring and training enthusiastic and inspiring teachers.



Fundraising Resources

After registering for the trek, you will be able to access the following fundraising materials: sponsorship forms, posters, leaflets, collections buckets, penny boxes and volunteer t- shirts.

Handling sponsorship money

It's always important to keep any donations safe and secure, when collecting them and when sending them. Once you sign up for the Mount Kilimanjaro trek you will be allocated a MHs Donor ID number that keeps the record of your donations. If somebody has donated money, make a record on your sponsorship form provided by us.

Sending in donations

Cheque or Postal Order:

You can send your donation via cheque or postal order. Please make them payable to 'Muslim Hands' and send them to our Nottingham office.

Cheques must be drawn on a UK bank account and postal orders should be obtained from the Post Office. Remember to enclose the Money Return Form in this pack and to write your name and address on the back of the cheque.

Cash:

You can also drop cash off to either of our offices – give us a call beforehand to let us know when you're coming by. Please note the offices are not open on weekends.

We may be able to send a member of staff to collect large amounts from you, or if your circumstances make it difficult to leave your house. Please do not send any cash in the post.

Online:

Donating online is fast, safe and secure. Go to www.muslimhands.org.uk and click on "donate now". Don't forget to quote "Donor ID & Kili Sponsorship" as your reference code if it is a fundraising donation.

Phone:

You can deposit the funds raised into your bank account and make a donation over the phone using your credit or debit card by calling our donation hotline on 0115 911 7222. Let us know if it's a fundraising donation or if it's a personal donation.

giftaid it

UK TAXPAYER?

Gift Aid is a scheme that gives tax relief on money donated to UK charities. When a UK taxpayer makes a donation, Muslim Hands can reclaim the tax to increase the value of a donation. At the moment, the Revenue & Customs boosts the donations by 25%. This means that if somebody donates £100 and their donation is eligible for Gift Aid, Muslim Hands receives £125. However, Muslim Hands cannot get this extra 25% without a Gift Aid declaration given by the donor. This is subject to change.

How to Raise Sponsorship?

Minimum fundraising target is £3000!

To secure your place you must pay a holding deposit of £300 upon registration.

How to meet your targets?

Here are some ideas to get you started in raising money to meet your fundraising target.

Set high goals:

Plan to achieve a higher than minimum fundraising target and spread the word that you are aiming to raise sponsorship money to lend a hand to underprivileged orphans. Let everybody know you'll do this by trekking Mount Kilimanjaro.

Create a fundraising timeline:

Get a timetable ready to use as a blueprint which includes fundraising activities with family, friends, classmates and colleagues. If you need to, prepare any press releases, newsletters, blogs, articles in local newspapers and radio appeals. Give yourself time to remind others, give your supporters plenty of notice and let them know the deadline for them to contribute to your great cause.

Approach key sponsors:

Many fundraisers often begin by approaching sponsors who they know will be willing to give them larger amounts of money in sponsorship. This helps your fundraising efforts and encourages others to come forward to also help you in your cause as the ball has already been set rolling.

Make sure you contact all your family members, friends, co-workers and local businesses, schools & mosques to help you meet your fundraising target.

Note: Download Muslim Hands Fundraising Guide for more ideas.



Travel costs and essentials



What to bring

- Anorak/parka with hood
- Mittens
- Balaclava/ski mask
- Ski sunglasses
- Scarf
- 2 pairs warm trousers
- Thermal underpants and vest/long sleeved
- 6 pairs socks thin and thick
- T-shirts x 3, long sleeve shirts x 2-3
- Sweater/fleece x 1
- Waterproof trousers and jacket
- Sun proof hat
- Boots and trainers/sandals
- Small first aid kit
- Day pack
- Water bottles 3 x 1 litre
- Sleeping bag
- Mattress /thermosets-camping only
- Towel/soap/toiletries
- Torch/flashlight and
- Gaiters
- Sunblock/in day pack
- Camera, film, batteries

Travel insurance

It is a condition of participation that you have appropriate travel insurance, for further information, contact us.

Fundraising target

All participants are required to raise a minimum of £3000 sponsorship.

The cost of the trip will be covered by gift aid and the registration fee money, all the money raised to hit the £3000 target will go directly to the cause.

An event of this nature incurs costs of travel, accommodation, meals, equipment and general organisation.

Please see below what services we will provide you.

What your trip includes

- Return flights from London to Kilimanjaro airport
- UK departure tax
- Transport as per the itinerary
- Accommodation throughout (based on twin share)
- All meals
- Trek leader and full support crew
- Luggage transfers
- Local overseas departure taxes

What your trip doesn't include

- Travel insurance
- Recommended vaccinations
- Telephone, internet communication
- Spending money
- Your own personal kit
- Potter tips

FAQ's

How much do I need to raise?

All participants are required to raise a minimum of £3000 sponsorship money. To secure your place you must pay a holding deposit of £300 upon registration.

Who can take part?

Anyone over the age of 18 who is looking for a challenge can take part. The group size will be approximately 25 - 30 with people of all ages and from all backgrounds. These events are tough and exhilarating, but they're also fantastically rewarding. Willingness to work as part of a team is paramount.

This is a real team experience and you will make friends for life, so if you've got a positive and enthusiastic attitude and want the challenge of both fundraising and trekking, this could be the experience of a lifetime for you.

What will we have to eat?

All food will be halal and free of alcohol. For breakfast, participants will receive fruit and cereal, eggs sausages, toast, butter and jam/ marmalade, tea and coffee. Lunches are packed lunches, consisting of sandwiches, fruit and tea.

What will the weather be like?

Tanzania is located just south of the equator. It has a sunny, tropical climate, though it gets chilly in June, July and August - as low as 4°C at night, so bring warm clothing.

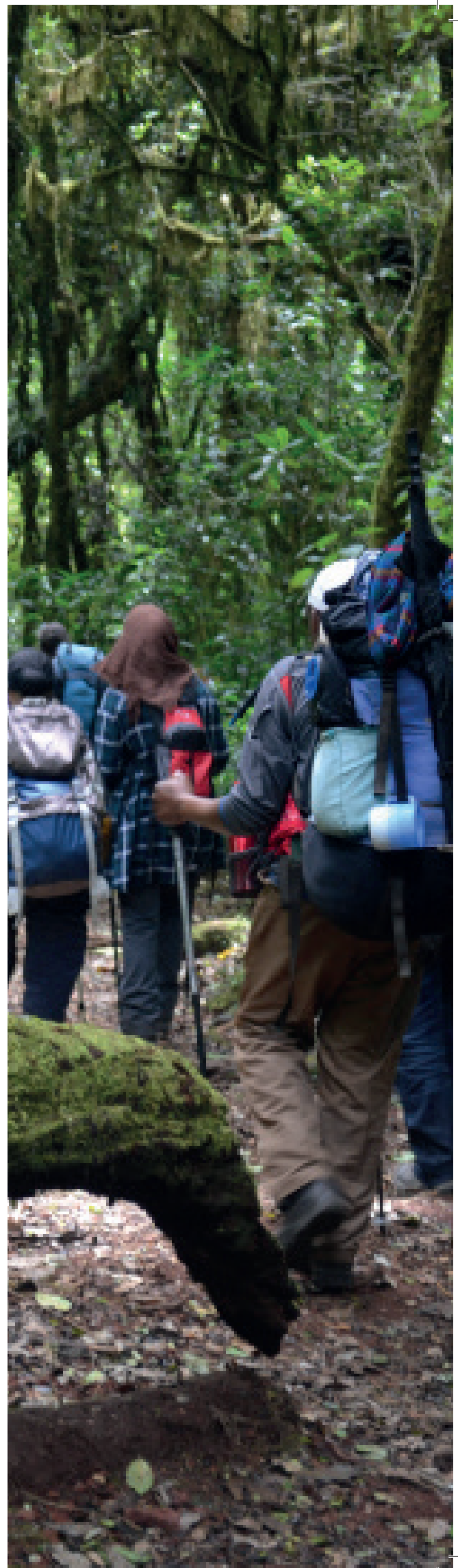
In the mountainous areas of the Kilimanjaro the temperature occasionally drops below 15°C at night during the months of June and July.

What if I get ill?

To ensure all the health and safety for participants, you will be accompanied by an MH team representative at all times.

Will I have to arrange my own travel insurance?

Yes, all participants are advised to take care of their own travel insurance needs.



How do I register?

If you think you are up for the challenge and you can imagine yourself scaling the peaks of Mount Kilimanjaro you are just steps away...

Register online: muslimhands.org.uk

Download the registration form from the website and send it back to Muslim Hands.

Address: Muslim Hands, 148 Gregory Boulevard, Nottingham, NG7 5JE

Telephone: 0115 911 722

Please ensure you have completed and signed the following forms before returning them to Muslim Hands:

- Registration form
- Medical form
- Agreement of terms and conditions.

What will happen next?

After we have received your completed registration forms along with your registration fee, we will then contact you to let you know your place has been secured. We operate on a first come first serve basis, and have limited capacity so we advise you register early to avoid disappointment.

Subsequently we will then contact you with additional information about the trip.

Registration Form

To register your immediate interest today please complete this form and return

Title:.....Forename:.....Surname:.....

Address:.....

.....Postcode:.....

Day Tel No.:.....Evening:.....Mobile:.....

Email:.....

By giving us your email address, you agree that we may use it to send you information about our activities

T-Shirt Size: S / M / L / XL (please circle)

Occupation:.....Employer:.....

Department:.....Type of business:.....

Emergency contact no.:.....Relationship to you:.....

Address:.....

.....Postcode:.....

Day Tel No.:.....Evening:.....Mobile:.....

Where did you hear about this event? Please be as specific as possible.....

.....

Are you taking part in the event with friend(s)? Yes? No? (please circle)

If yes, please provide their name(s).....

Accommodation will be shared. Please give the name(s) of anyone with whom you specifically wish to share.

Please tick if you are a couple: ()

.....

.....

Do you require vegetarian meals? Yes? No? (please circle)

Do you have special dietary requirements (e.g. food or nut allergies)?

(Please continue on a separate sheet if necessary)

.....

.....

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Medical Form

(Private & Confidential)

The information in this form will be supplied to the tour managers and doctor accompanying the walk/trek so they are fully aware of any medical conditions you may have. The details of your medical history are strictly confidential and the forms will be destroyed after the trek.

Although the event in which you will be participating is not competitive it is nevertheless challenging and will require a good level of fitness, strength and endurance and it will involve strenuous exercise.

It is your responsibility to ensure that you have the appropriate level of fitness. There will be trained medical personnel with first aid supplies with the group at all times, but often parts of the route will be away from main cities and hospitals (at which medical facilities may be inferior to those in the UK).

If you suffer from severe muscular, chest, heart or bronchial disorders, are asthmatic or have high blood pressure, you are strongly advised against taking the trip.

Blood group:.....Height (cm):.....Weight (kg):.....Age (30/08/12):.....

If you will be 40 or older when you take part OR if you have a pre-existing medical condition you OR you do not exercise regularly, you **MUST** ask your doctor to sign this form overleaf confirming that you are fit to undertake this challenge.

Please state whether you have/have not had any of the following conditions:

If yes, please give details.

1. Raised blood pressure? Yes () No ()
2. Heart or circulatory disease? Yes () No ()
3. Epilepsy and/or fainting attacks? Yes () No ()
4. Psychiatric or mental illness? Yes () No ()
5. Chest or lung disease? Yes () No ()
6. Diabetes? Yes () No ()
7. Joint or back injuries/problems? Yes () No ()
8. Allergies? (hayfever, dietary, chemicals, drugs etc.) Yes () No ()
9. Asthma, bronchitis and/or shortness of breath? Yes () No ()
10. Digestive or bowel disorders? Yes () No ()
11. Cerebral disease? (e.g. stroke, head injuries etc.) Yes () No ()
-
12. Fractures, tendon, ligament/cartilage damage? Yes () No ()
-
13. Surgical operations? Yes () No ()
14. Haematological or blood disorders? Yes () No ()

15. Metabolic or endocrinal disorders? Yes () No ()
16. Are you pregnant? Yes () No ()
17. Physical disability or other disability? Yes () No ()
18. Carrier of infectious diseases? Yes () No ()
19. Migraine? Yes () No ()
20. Hospitalised in the last two years? Yes () No ()
21. Any illness or conditions not already mentioned? Yes () No ()

Details continued:.....

.....

.....

.....

IMPORTANT: If you answer YES to any of the questions you must ask your doctor to sign this form

TO BE COMPLETED BY THE PARTICIPANT

I confirm that I have understood the need for fitness and to the best of my knowledge this is a true and accurate description of my medical history and current condition.

I confirm that if my medical condition changes before the event in any way I will notify Muslim Hands and re-submit a signed medical form.

I agree that Muslim Hands can release this information to the doctor accompanying the event and give him/her permission to contact my GP for further details if considered necessary.

In the event of illness or an accident on the trip I hereby give my permission for Muslim Hands medical staff to initiate medical treatment and notify my next of kin in case of hospitalisation.

Signature:..... Date:.....

TO BE COMPLETED BY THE GP (if required)

I believe(name of client)
to be fit and able to undertake the above walk/trek.

Signed:.....Name:.....

Tel. no. of doctor:..... Date:.....

Please also detail the severity, dates and levels of treatment, frequency and aggravating factors (if relevant) and list medications used – attach an additional sheet if required.

Terms & conditions

1. All travel and associated arrangements for the Muslim Hands Kilimanjaro trek are made by Muslim Hands. In making these arrangements, Muslim Hands is acting as your agent and is unable to accept liability for any loss or damage, beyond its statutory liability, or for cancellation of the event for any reason out of its control.
2. Participants must raise a minimum of £3000. A £300 non-refundable registration fee is included in this amount. We insist that 75% of the total must be paid to MH at least 6 weeks prior to departure. If you do not pay this amount you may forfeit your eligibility to participate – though you may choose to make up the balance yourself. We ask that you show pledges for the minimum sponsorship level before departure. The balance of the sponsorship must be paid within four weeks of the end of the trip.
3. Registration fees are non-refundable under any circumstances once you have been accepted on the event.
4. If participants decide at any time not to take up their places, all sponsor forms and sponsor monies collected and held by the participant must be forwarded to Muslim Hands so they can be returned to the sponsor if requested.
5. If, for whatever reason, you withdraw from the event after the 6 weeks before departure deadline, you may be personally liable for any cancellation charges payable.
6. Participants wishing to withdraw from the event after registration must confirm their cancellation in writing to Muslim Hands. Without this, Muslim Hands is unable to accept cancellation.
7. Gift Aid does not count towards participants' sponsorship target.
8. The trip costs include all group international flights and internal transfers thereafter, project equipment, accommodation on a shared room basis or as dictated by local conditions (e.g. hostel, hotel or camping), most meals, guides, porters, cooks, some sightseeing trips.
9. The following are not included in the cost of the trips: items of a personal nature (e.g. telephone calls, laundry, tips etc.), drinks, certain meals, visas, vaccinations, insurance and local airport and/or departure taxes.
10. You must take out travel insurance covering health, accident and loss, emergency repatriation etc. While you are out of the UK Muslim Hands can help find and if requested provide a suitable policy or, if you have your own insurance, you must ensure it is suitable for the event.
11. You must hold a 10 year passport that is valid for six months after your return to the UK. It is your responsibility to obtain a valid visa, the cost of which is not included in the cost of the trip. You must check current requirements with the Foreign and Commonwealth Office (www.fco.gov.uk) that will provide information on health and security.
12. VISAS & VACCINATIONS It is entirely your responsibility to obtain the relevant medical advice and vaccinations and make all other necessary preliminary arrangements including compliance with visa requirements, and we accept no responsibility whatsoever in the event that these matters are not dealt with prior to departure.
13. Any information or advice provided by Muslim Hands on matters such as permits, visas, vaccinations, climate, clothing, baggage, special equipment, etc. is given in good faith but without responsibility whatsoever on the part of Muslim Hands. The participant accepts responsibility for obtaining all necessary travel information and documentation required for the trip. If you commit an illegal act we shall cease to have responsibility to or for you.
14. By signing the booking form you agree to accept the authority and decisions of our employees, tour leaders, agents and suppliers during the trip. If, in the opinion of any of these people, your health or conduct appears likely to endanger the progress of the trip you may be excluded from the whole of, or part, of the trip. In the case of ill-health we reserve the right to make such arrangements for your well-being as we deem necessary and to recover the whole of the costs thereof from you. If you commit an illegal act we shall cease to have responsibility to or for you.
15. ACCEPTANCE OF RISK: Your booking is accepted on the understanding that: (a) You are aware that the adventure trip, in addition to the usual dangers and risks inherent has certain additional dangers and risks, some of which may include: Physical exertion for which you may not be prepared weather extremes subject to sudden and unexpected change remoteness from normal medical services. Evacuation difficulties if you are disabled. (b) You acknowledge that the enjoyment and excitement of adventure travel is derived in part from the inherent risks incurred by travelling and undertaking activities beyond the levels of safety normal at home or work, and that these inherent risks contribute to such enjoyment and excitement, being a reason for your participation. (c) You acknowledge that the nature of this type of travel requires considerable flexibility and you must allow for alternatives. The outline itinerary provided for the trip is only an indication of what each group may accomplish, and does not form a contractual obligation on the part of Muslim Hands. (d) You understand that the route, schedules, itineraries, amenities and modes of transport may be subject to alteration without prior notice due to local circumstances or events, such as sickness, mechanical breakdown, flight cancellations etc.
16. Muslim Hands reserves the right to amend or change the itinerary without prior notice.
17. All instructions given to you on the event must be observed for your own safety. Participation in this event is at your own risk.
18. Your place on the event is not secured until: (i) Muslim Hands are in receipt of the signed and completed registration form. (ii) The medical form upon which you agree to the terms and conditions issued by Muslim Hands. (iii) And until you have received a confirmation letter from Muslim Hands stating that your place has been secured.
19. Muslim Hands reserves the right to not accept a participant onto a challenge at any point leading up to departure of the trip.
20. Participants will normally only be accepted if they are at least 18 years of age by the first day of the trip. Participants that are 17 years of age by the first day of the trek will be accepted onto the walk if they are accompanied by a parent or guardian and in receipt of written permission of a parent/legal guardian.
21. Muslim Hands shall not be liable for any failure to perform the contract which is due to unusual and unforeseeable circumstances beyond the control of Muslim Hands or our suppliers, the consequences of which could not have been avoided even if all due care had been exercised; including but not limited to war, threat of war, riot, civil strife, industrial dispute including air traffic control disputes, terrorist activity, natural and nuclear disaster, fire, adverse or threat of adverse weather conditions, technical problems with transport, closure or congestion of airports or ports.
22. In respect of land-only clients (meaning those people not starting with the group from London), our responsibility does not commence until you have met our representative at the appointed time at the designated meeting point. If you fail to arrive there at the appointed time, we shall not be responsible for any additional expenses incurred by you in order to meet up with the group.
23. It is unlikely you have any complaint during trip but if you have any objection you must inform MHs group leader who will endeavour to put things right. If you fail to follow this simple procedure we will have been deprived of the chance to probe and rectify for you. To make sure during your trip you will not get involved in any kind of ethnic discrimination activity with other group members.
24. To make sure during your trip you will not get involved in any kind of ethnic discrimination activity with other group members.



Agreement

I hereby agree to abide by the terms and conditions of entry as detailed above and by signing this form. I acknowledge that I have read, understood and accepted the conditions of contract set out by Muslim Hands in the document.

Signed:.....

Name:.....Date:.....

Please return your completed form to: Muslim Hands, Kilimanjaro 2015, 148 Gregory Boulevard, Nottingham, NG7 5JE

What next?

After we have received your completed forms and registration fee, we will send you a letter confirming that your place has been secured. We will operate a first come first serve basis policy. We have limited places so we advise you send your form in early. In the event that your place cannot be secured, we will refund your £300 registration Fee.

Once your place has been secured we will send you the second information pack containing:

- Fundraising materials (posters, sponsorship forms etc)
- Advice on vaccinations
- Advice on visa applications