



SPF KILIMANJARO CHALLENGE 2020 30th March – 8th April

The Steve Prescott Foundation

The Steve Prescott Foundation (SPF) is a registered charity and is the legacy of Steve Prescott MBE. It was founded in 2007 after he was diagnosed with a rare abdominal cancer Pseudomyxoma Peritonei (PMP)

Steve was a professional rugby league player who played for his home town club St Helens, and also Hull FC and Wakefield Trinity Wildcats. He also represented Great Britain and Ireland at international level.

Steve Prescott, underwent pioneering multi visceral transplant surgery but as a result of complications he tragically passed away 3 weeks later in November 2013

Since Steve's pioneering operation, a further 10 people have had the same operation and now have a much improved quality of life. Proof that the money the SPF raises, DOES save lives

Since the SPF inception in 2007 the SPF have donated £1.5 Million pounds to charitable causes.

Previous Mountain Challenges



2013 Kilimanjaro – party of 12



2015 Kilimanjaro – party of 40 and
Guinness Book of Records Highest
Altitude game of Rugby League



2016 Everest Base Camp Challenge –
party of 40



2017 Kilimanjaro party of 43



2018 Everest Base Camp Challenge –
party of 31

Facts about Mount Kilimanjaro



At 5895 metres (19,341 feet) tall, Mount Kilimanjaro is the tallest free-standing mountain in the world.



It is a dormant volcano, last eruption 360,000 yrs ago



It is located in Tanzania, East Africa just south of the border with Kenya.



An estimated 30,000 people attempt the climb each year. With an overall 45% success rate. Treks can be 5 – 10 days.



First climbed in October 1889 (**By Hans Meyer, there is a glacier named after him**)



Oldest to climb 86 yrs old



Youngest to climb 7 years old



In October 2015, the SPF set a world record in the crater.

The Challenge!

**ACCELERATE
COACHING**



Professionally lead expedition by Milestone Safaris & Accelerate Coaching



Planning Support from SPF Trustee Ade Cunliffe, who led the 2013, 2015 & 2017 trips.



6 days trekking via the Rongai Route



RONGAI ROUTE (DURATION: 5 - 6 DAYS)

ABOUT THE ROUTE: The Rongai route is the least well travelled route on the mountain. It is on the northern side and whilst it is a long drive to starting point but you are rewarded by fantastic views and the like hood that you will be only climbers around. Our experienced team will prepare you delicious meals and be there to answer any of your queries as they arise. The day before your climb you will receive a full briefing from our climbing team, all your equipment will receive a final check and we will be able to answer any of your questions.

What to carry in Day/Back Pack

Rucksack with 2 litre bladder inside. Plus 2 x 1 litre water containers. (Put your name on all this kit)

Waterproofs

Wet wipes / anti bacterial hand gel / scented nappy bags

Snacks (gels, choccy, wine gums, dry foods)

Hat (sun & wooly), sun glasses, sun block, tablets/medication.

Luggage

- NO suitcases, take a 90 litre duffle bag
- Use your day pack as your plane hand luggage
- Porters can carry luggage up to 15kg weight
- Lock duffle bag and retain key
- Keep wallet/passport/valuables on you, or in your day/back pack
- Your duffle bag will be taken at breakfast, and be waiting at your camp at the end of the day.



Things of note



Currency is Tanzanian shillings, also US\$ accepted.



Time zone is 2 hrs ahead of UK (no jetlag)



Power supply is same as UK, no adaptors required.



Visa fee to enter Tanzania is \$50 (need be a \$50 note only)



Check passport has min 6 months left before expiry.



Vaccinations – Go see your doctor/nurse to discuss

Medication



If you are on ANY medication, take with you & inform your guides where it is located on you so they can reach it if you need assistance



Water purification tablets - 1 tablet per 1 litre



Imodium capsules – Stop diarrhoea ASAP. 2 to start, one as needed after.



Electrolyte rehydration sachets – Use for diarrhoea, get minerals back in to body



Painkillers – Ibuprofen / Paracetamol etc..



Diamox – Believed to help prevent AMS (Acute Mountain Sickness) Read up about it on the internet. Talk to your doctor about Diamox.



Antimalarials and immunisation– get latest advice from Practice nurses



NOTE: The SPF cannot offer medical advice. Please talk to your GP/Doctor/Practice nurse for professional medical advice.

What is NOT included !



Specialist clothing i.e.
boots/coats/bags etc



Tourist visa entry of \$50 (US \$) to be paid upon arrival at Kilimanjaro airport



Tips to trekking staff



Food & Drink at Honey
Badger Lodge

FUNdraising



Each person must raise a minimum of £4750



£300 Deposit to secure your place



£2000 to be raised by 1st Feb



Remainder of £2450 to be raised by 20th March

What is included !



2 nights B&B Hotel -
www.honeybadgerlodge.com



Flights & transfers – Depart from Manchester
30th March, return 8th April



Free Entry into GPW Recruitment St Helens 10k
Run



6 days (5 nights) trekking, all food & water on
trek



Smelt Mill (team bonding weekend in
Lancashire)



SPF branded clothing (Tracksuit, polo shirt, t-
shirt, hat)



National park fee

Ade's Tips



SLOW SLOW SLOW, WALK
VERY VERY SLOW. IN
SWAHILI THE SAYING IS
"POLE POLE"



DRINK AND SNACK ALL THE
TIME YOU ARE WALKING.



EAT ALL THE FOOD
COOKED FOR YOU. FUEL
YOUR BODY.



DRINK 4 LITRES WATER
MINIMUM, WHILST
WALKING.



SLEEP AS MUCH AS YOU
CAN (EAR PLUGS
ESSENTIAL CUT OUT
SNORING NOISE)



CAPTURE THE MOMENT.
MAKE NOTES, TAKE
PICS/VIDEOS. YOU
PROBABLY WONT DO IT
AGAIN !



STRENGTHEN YOUR LEGS &
GET USED TO LONG
WALKS.

SPF Videos

5 min video of 2013 challenge: <http://vimeo.com/78257245>

40 min video of 2013 challenge, select "**PLAY ALL**" option:
<https://www.youtube.com/playlist?list=PLZf-rKjBBXYLTAex5v7nabACfTvmta0G>

Kilimanjaro 2015 World Record
<http://www.steveprescottfoundation.co.uk/videos/599-steve-prescott-foundation-spectrum-kilimanjaro-challenge-official-guinness-world-record>

Kilimanjaro 2015 The Movie
<http://www.steveprescottfoundation.co.uk/videos/478-kilimanjaro-the-movie>

BBC TV Videos, Part 1 & Part 2

<http://www.steveprescottfoundation.co.uk/videos/476-beccy-meehan-kilimanjaro-report-part-1>

<http://www.steveprescottfoundation.co.uk/videos/477-beccy-meehan-kilimanjaro-report-part-2>

Contact Details

- Ade Cunliffe
- ade@steveprescottfoundation.co.uk
- Tel No: 07766 278 689



CONGRATULATIONS!

YOU ARE NOW AT UHURU PEAK

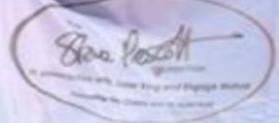
5895 M A.M.S.L.

TANZANIA

AFRICA'S HIGHEST POINT

WORLD'S HIGHEST FREE STANDING MOUNTAIN

WORLD HERITAGE SITE



Engage Mutual Assurance
KILIMANJARO CHALLENGE
THE Steve Prescott FOUNDATION



There's only one Steve Prescott! - Thanks as ever for your support!

Hattons



MOUNT KILIMANJARO

CONGRATULATIONS
YOU ARE NOW AT

KILIMANJARO TANZANIA 5895M/19341ft AMSL

Spectrum Kilimanjaro Challenge 2015
The Steve Pascoth FOUNDATION
Thank you for your support
The highest game of rugby for
Mount Kilimanjaro Heritage Trust

