

Attach your  
passport photo  
here

Kindly assist us by filling this questionnaire thoroughly, answer all questions and tick where applicable. After you have filled in as required, scan it to [GGMKiliChallenge@aga.gold](mailto:GGMKiliChallenge@aga.gold) copying [nmabula@aga.gold](mailto:nmabula@aga.gold)

**Part A: Personal Details**

First Name:  Surname:

Other Names:  Nationality:

Age:  Gender:  Cycle:  Climbing:

Allergies (if any):

Body Measurements:

T-shirt Size	Waist Size	Shoe Size	Height
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Diet Requirement (Vegetarian/ Gluten free/ Halal/ e.t.c)

Are you representing a company/institution or individual?

Company/ Institution

Company Name

Individual



## Part B: The Challenge

1. Have you participated in previous GGML Kili Challenges?

No

Yes

If yes, which year?

2. How did you hear about the challenge?

3. What has motivated you to join the challenge?

## Part C:

### 1. Equipment and Clothing for Climbing

ITEM	DESCRIPTION	I HAVE	TO BE PROVIDED BY THE ORGANIZER
Duffel Bag	Should be large with soft-sided bag (70L to 90L) to be carried by the porter		
Day pack	Small bag 25L to 35L carried by you		
Trekking boots	Waterproof, with ankle support		
Sleeping bag	3 season sleeping bag		
Sleeping mats	Thick form mat offer comfortable sleep		
Walking poles	Provide support esp. on summit day/ descend		
Head Torch	Used inside the tent and on summit night		
Sunglasses	Use it to avoid burn on the eyes by snow/sun		
Water Bottles/Platypus	Camelbacks (enough to hold 3L of water)		
Down Jacket	Windproof warm jacket with hood		
Waterproof jacket	thin outer rain jacket		
Long sleeve shirts	Could be warm or for walking		
T - shirts	Walking t-shirts eg: sport t-shirt materials recommended 5 t-shirts		
Thermal top	Warm top, 2 pairs		



ITEM	DESCRIPTION	I HAVE	TO BE PROVIDED BY THE ORGANIZER
Thermal bottom/thick long johns	Warm pants, 2 pairs recommended		
Warm sweaters/fleece	At least 2 warm fleece with hood		
Fleece pants			
Walking trousers	Lightweight cargo trouser preferable zip-off trousers		
Underwear	Enough for the trek		
Hiking socks	5 pairs minimum, including thick pair for summit night		
Trainers	for wearing around the camp in the evenings		
Warm gloves	Can be used at camp/to sleep with		
Waterproof warm gloves	For the summit night		
Balaclava	Cover and protect neck and face		
Gaiters	Protect the shoes from mud/sand		
Sunhat	cap or wide brimmed		
Warm hat	Protect the head from cold		
Toiletries ie toilet paper and nappy bags	To use while on the trek and keep waste in plastic bags to camp		N/A
Sun screen	Minimum 50 SPF & Lip balm		
Passport/ National ID	*Scan a copy when returning this questionnaire		N/A
Travel/Health Insurance	bring a copy of your insurance with the 24hr emergency contact number		N/A
Personal First Aid Kit	*Guide carries a first aid kit for the group but carry your own for your personal medications		N/A
Cash	just bring enough for tipping and buying souvenirs, gifts and drinks		N/A
Insect Repellent			N/A
Hand Sanitizer	To use during the trek		N/A
Wet Wipes			N/A
Snacks	e.g. protein bars		N/A
Water Purification Tablets	*Water on the mountain is filtered using Katadyn Filters hence it is safe for drinking but purification tablets are still recommended		N/A



## 2. Equipment and Clothing for Climbing

ITEM	DESCRIPTION	I HAVE	TO BE PROVIDED BY THE ORGANIZER
Helmet	Enough to fit your size to protect from injuries		
Cycling glasses	Used for cycling		
Cycle tight short	Used for cycling		
Cycle shirts	Used for cycling		
Cycle shoes	Used for cycling		
Cycle rain jacket	Used for cycling		
Cycle gloves	Used for cycling		
Cycle socks	Used for cycling		
Day pack	Used for cycling		
Camelbacks	Used for cycling		
Personal Clothing	To wear at the camps and hotels		
Toiletries ie toilet paper and nappy bags	To use while on the cycle and keep the waste in plastic bags to camp		N/A
Sunscreen	Minimum 50 SPF & Lip balm		N/A
Passport/ National ID	*Scan a copy when returning this questionnaire		N/A
Travel/Health Insurance	bring a copy of your insurance with the 24hr emergency contact number		N/A
Personal First Aid Kit	*Guide carries a first aid kit for the group but carry your own for your personal medications		N/A
Cash	just bring enough for tipping and buying souvenirs, gifts and drinks		N/A
Insect Repellent			N/A
Hand Sanitizer	To us during the cycle		N/A
Wet Wipes			N/A
Snacks	e.g. protein bars		N/A
Water	Bottled water will be provided		N/A



1. Have you booked your hotel accommodation in Moshi?

Yes

State where

No

If not, would you like the organizers to book your accommodation?

Yes

No

2. When will you arrive in Moshi?

3. When will you depart from Moshi?

### **Part E: Participation Fees**

Participating fees payable are **USD 5000** and **USD 4000** for Climbing and Cycling respectively. Kindly note that all payments should be effected **3 weeks** before **flag off date** and a copy of swift advice sent to our office via [nmabula@aga.gold](mailto:nmabula@aga.gold) and [smhando@aga.gold](mailto:smhando@aga.gold) copied.

### **Bank Details**

#### **TZS Currency**

Bank Name: CRDB Bank  
Branch Name: Geita  
Swift code: CORUTZTZ  
Account Name: Kilimanjaro Challenge Against HIV/AIDS Trust  
Account Number: 0150360660800

#### **USD Currency**

Bank Name: CRDB Bank  
Branch Name: Geita  
Swift code: CORUTZTZ  
Account Name: Kilimanjaro Challenge Against HIV/AIDS Trust  
Account Number: 0250360660800

