



**International
School Moshi**

Outdoor Pursuits **A student guide to our** **OP programme**

ISM Moshi Campus



The Handbook

This handbook contains information to help you prepare for OP trips. It also acts as a record of the trips that you have completed. Each time you complete a trip you should record the details in the spaces provided. OP trips are often hard, but we hope you will enjoy them. Please read the information in this book and share what you learn with your parents, as this will hopefully make the trips you go on more enjoyable! The handbook should be kept in your MYP Portfolio.

Introduction to ISM Mountain Trips

ISM Mountain Trips generally occur on Mount Meru and Mount Kilimanjaro for which we get free permit. We are given these permits during the months of November and mid-March to mid-May. ISM also offers trips in other mountain ranges, such as the Pares, for which permits are not necessary. On all mountain trips we expect students to carry their own bag with their kit in it plus a share of the group equipment. You are encouraged to be fully involved with the running of all aspects of the trip.

Who Goes on the Trips?

Students interested in attending Mountain trips must Sign up with the OP Coordinator on their campus. The OP Coordinator will then ensure that the student has received the correct recommendation in order to proceed to the next trip level.

ISM Outdoor Pursuits Mountain Trips Graduation Policy

The climbing of both Kilimanjaro and Mount Meru carries the potentially fatal risk of altitude sickness. In order to minimize this risk both students and teachers must follow the graduation policy currently in place. This policy is based on gradual ascents, as outlined below and as shown in figure 1.

A. The OP treks are divided into 6 levels based on altitude and difficulty (see figure 1).

B. Successful completion of the levels is divided into three outcomes:

1. Successful completion of the trip and can progress up to next level.

(You reached the destination, without real problems, carrying your share of the group equipment. You were a positive member of the team. If you had to get up on the final day and again walk up hill for the day you would most likely be ok.)

2. Successful completion of the trip, but would highly benefit from another trip at the same level as the student will probably struggle completing the challenges of the next level.

(You reached the destination, but perhaps you need to wait until you are older or grow a little before you attempt the next level, or perhaps you accomplished the goal of the trip but had difficulty doing so i.e. you got to the hut on this trip with your rucksack, but with difficulty. If you had to get up on the final day of the trip and walk uphill for another five hours with your rucksack on would you be comfortable? If not maybe it is best to repeat the trip.)

3. Must undertake another trip at the same level before progressing

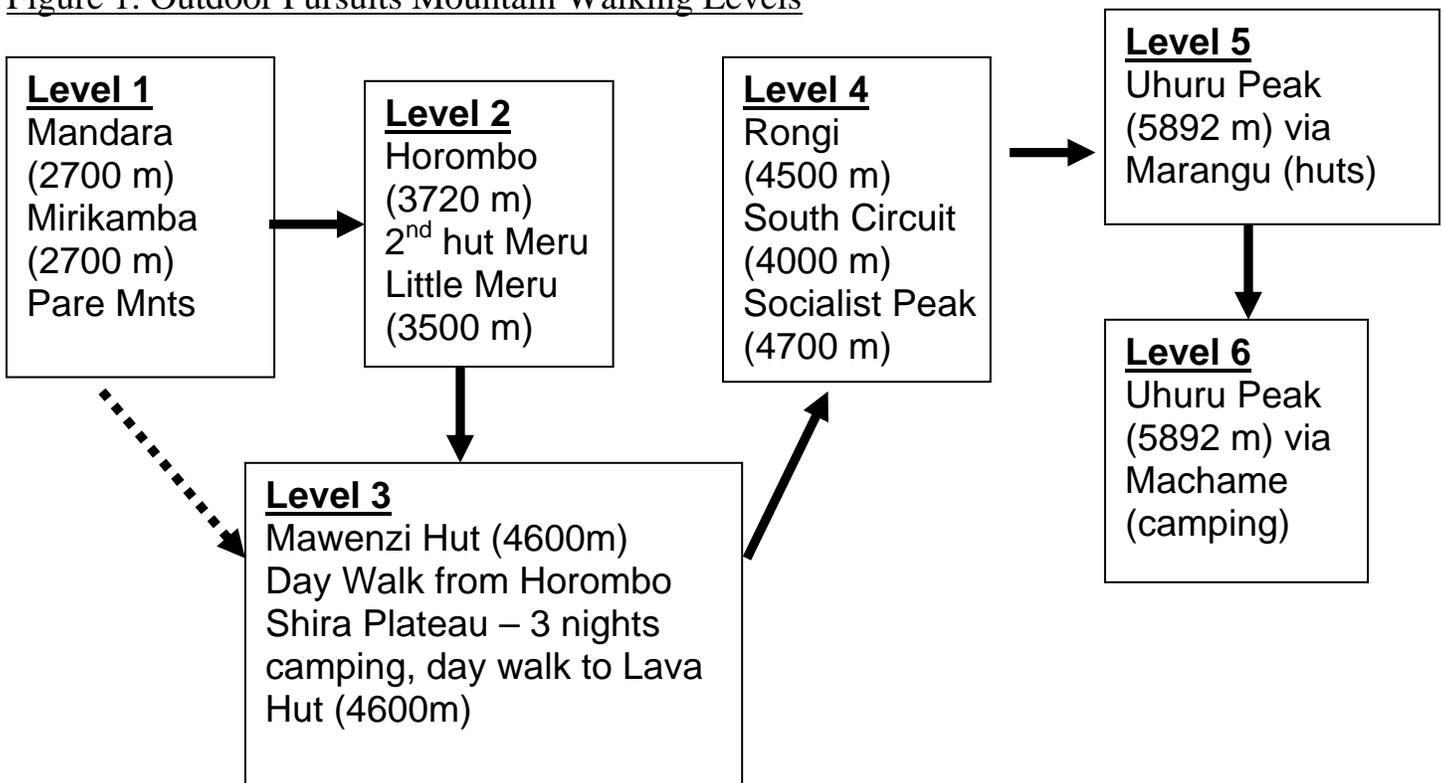
(You either didn't get to the hut (final destination) or you couldn't manage the trip without lightening you pack, or you experienced difficulty with personal organization, altitude, teamwork or personal fitness.)

The Trip Leaders will be responsible for making the recommendation and they should communicate this to students following the trip. You should ask the trip leader to fill in the section in your handbook. The recommendations are also given to the OP coordinator who will keep a record of each student's progress through the OP mountain program.

C. Staff and Older students (M5 and IB), who have shown that during the Level 1 trip that they were strong trekkers, are allowed to progress straight to level 3. Younger students are expected to work through all of the levels. This decision ultimately rests with the OP coordinator and Level 1 trip leader at that time.

D. Students are not expected to rush through the mountain levels. Students are not allowed to attempt Socialist Peak (the summit of Mt. Meru) until they are in M4. **Students will not normally be allowed to attempt the Uhuru Peak summit until they have successfully completed the Level 4 Socialist Peak trip; even if they have successfully completed one of the other Level 4 trips.** Level 4 trips are typically reserved for those students who are in M4 and older.

Figure 1. Outdoor Pursuits Mountain Walking Levels



Example of Packing List - Level 6 Machame Route

-Students will require all of the items listed on this sheet. Items marked with a * may be borrowed from the OP store
 -check the first column when you have/or have signed out the gear, check the second column when you actually pack it

Gear Item	Have it/ Will Sign out from OP Store	Packed It
*Large Backpack with hip belt and adjustable straps		
*Sleeping Bag		
*Waterproof Jacket		
*Waterproof Pants		
*Torch		
*Water Bottle (you need 2, they must be filled up!, sturdy plastic ones)		
*Hiking Boots		
*Mug, bowl, Plate, Knife, Fork, Spoon (plastic only)		
*Warm Hat		
*Warm Gloves/Mitts-outer and fleece liners		
*Pack Cover		
*Tent		
*Sleeping Mat		
Plastic Bags to waterproof everything		
Extra plastic bags		
Sunglasses		
Sun Hat		
Sunscreen Cream		
2 t-shirts for hiking, synthetic if possible		
1 pair of shorts for hiking		
1 pair of light pants for hiking		
1 long sleeve shirt for hiking, synthetic if possible		
Hiking socks X3		
Warm sweater /fleece/jacket for evening and summit approach X 2/3		
Warm undershirt for evening		
Warm pants for evening (not the ones you hike in)		
Warm socks for evening (not the ones you hike in)		
Long Underwear both Tops and Bottoms		
Balaclava/Neck Warmer/Scarf		
Personal Toiletries		
Camera		
Lunch for the First Day		

●QUICK DRY/CAPILENE/DRY-FIT/FLEECE/WOOL clothing is preferable to cotton. Why? When cotton gets wet, it does not dry quickly. If it is next to your body, you will not warm up.

●Please remember that you are not allowed to bring any DENIM clothing, canned food or drinks, and that junk food is a poor choice when trekking! If you wish to bring a personal snack; good choices are dried fruit, nuts and raisins, granola bars, oat cookies.

REMEMBER THAT THE TOP OF KILI IS COLD AND THERE ARE OFTEN STORMS. YOU MUST BE PREPARED FOR THE COLD AND INCLEMENT WEATHER.

If you think you can carry it, a reading book, magazine or a deck of playing cards is a good idea!

ASK QUESTIONS IF YOU HAVE ANY!

OP MOUNTAIN CAMPING TRIPS Packing Important Reminders!

Please take the time to read this important reminder sheet about our upcoming OP trip. It will help in our organizing and packing and making sure that everyone has the best time possible.

~Students should have ALL items listed on the packing list

~**ALL ITEMS MUST BE WATERPROOFED. This means that when packing, everything inside and outside of the backpack should be bundled into strong plastic bags or specialized dry bags. Yes, this even includes your sleeping bag and your tent and your sleeping mat.**

~Upon meeting up with Moshi/Arusha students we will also divide up food, group gear and cooking supplies amongst the students. Each student and teacher will be responsible for carrying a portion of food/cooking/group gear in addition to their own personal gear *remember to leave room in your packs for this!*

~It is very important that each student brings **2 full water bottles**(at least 1 litre each) and has them packed in an accessible location on their backpack. These should be proper water bottles, not the disposable kind which are easily punctured.

~Remember to pack your lunch for the first day, make sure it is a good mix of healthy carbohydrates and protein

TRY YOUR BACKPACK AND BOOTS ON AT LEAST TWO NIGHTS BEFORE YOU GO. PACK AT LEAST 2 NIGHTS BEFORE YOU GO. CHECK ALL OF YOUR GEAR THOUGHTFULLY AND CAREFULLY AND IF ANYTHING AT ALL IS NOT RIGHT, WE WILL HELP YOU OR EXCHANGE IT FOR YOU.

Your Backpack:

1. Check to make sure that all buckles and straps are working especially the waist buckle. If there is anything not working correctly with your pack, please tell the OP Co-ordinator so that they can fix/replace it. You should check all of your gear very carefully the same day that you sign it out.
2. Adjust your pack so that the waist belt sits on your HIPS. All of the weight of your pack should be resting on your hips, not your shoulders. If you are having difficulty with this, OP Co-ordinator or your trip leaders will help you.

Tips for Packing your Backpack: (remember everything should be water proofed!)

1. Place no hard objects against your back.
2. Place all small items in transparent plastic bags/small bags so that they will not fall to the bottom and be hard to access. These items may fit inside side pockets
3. Place heavy items at the upper center of your back and CLOSE to your body. Lighter items can be placed further away from your back.
4. Items such as water bottles, sunscreen, your sun hat, lunch should be packed in an accessible location. Make efficient use of the pockets and partitions in the backpack.
5. Waterproof clothing should be placed in an accessible location, usually toward the top of the pack.

Your Boots

1. Try your boots on 2 nights in advance and wear them around. Try to wear them down hill or down stairs. If your toes are hitting the front of your boots, they are too small! Come back to exchange them for a bigger pair.
2. If they are rubbing or uncomfortable in any location at all, please bring them to school to exchange them and try and new pair.
3. It is very important that if you feel ANY discomfort at all when we start to hike that you tell a teacher immediately so that we can prevent the formation of a blister!

Remember, that if you are having difficulties on the mountain your teachers and our porters are there to help you! Don't be shy to ask! We are a team out there!

Common Words that you will Hear:

TANAPA-Tanzanian National Parks Authority

KINAPA- Kilimanjaro National Park Authority

Mt. Kilimanjaro	Mt. Meru
Marangu - Entrance Gate on Kili	Momella - Entrance Gate on Meru
Marangu Route -Climbing Route on Kili, accommodation in huts	Miriakamba -1 st hut on Meru
Mandara - 1 st hut on Kili (Marangu Route)	Saddle Hut - 2 nd Hut on Meru
Horombo - 2 nd hut on Kili (Marangu Route)	Little Meru -a peak just above 2 nd hut Meru
Mawenzi - 2 nd peak on Kili, day walk from Horombo Hut to the base of Mawenzi (level 3)	Rhino Point – An hours climb from Saddle Hut on the way to Socialist Peak
Kibo Hut - 3 rd Hut Kili (Marangu Route)	Socialist Peak -Meru Summit
The Saddle - Flat part between Kibo Hut and Mawenzi	Arusha National Park -National Park in which Mt. Meru is located
Gilman's Point -Point at the crater rim when summiting from Kibo Hut	
Uhuru - Kili Summit	
South Circuit Route - Camping – Ascending Shira Plateau and traversing the south of Kili (Level 4)	
Loitokitok/Rongai Route -starts on Kenyan side of Kili, coming over the saddle and then down to Marangu (level 4)	
Machame Route -climbing route on Kili, accommodation in tents	
Stella Point -Point at the crater rim when summiting from Barafu Camp on the Machame Route	
Machame Camp, Shira Camp, Barranco Camp, Barranco Wall, Karanga Camp, Barafu Camp, Lava Tower -camps and landmarks encountered on the Machame Route Climb	
Lemosho Route, Shira Route, Umbwe Route, Mweka Route, Western Breach - other climbing routes on Kilimanjaro	

Other:

Pares Mountains-mountain range near Same, about an hour from Moshi

My Record of the OP Trips that I have been on

Trip	Date	Trip Leader	Trip Leaders Comments	Recommendation (Pass, Benefit from repeating, Repeat)	My Reflection	Things to remember for next time
Example 1 st Hut on a mountain	12 Oct 2007	Mr. X.	<i>Well done you worked well and had no real problems. Think about what you need in your bag for next trip</i>	Pass - you are ready for level 2	I enjoyed myself and found the walking easier than I thought, but my rucksack was so heavy - I think I had too much stuff.	Bring earplugs, cut my toenails the night before and leave my hairdryer at home

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