

# 2016

# Climb Kili For Kids



# Join Us!



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# You're Invited

## A Purpose to Love - Kilimanjaro Climb

Is to raise much needed funds for the children of Kipchamgaa Children's home in Kenya.

The Michelle Richmond Foundation in partnership with Primus Care PLC one of the UK's leading Care home specialist for children and the elderly. We invite you to connect and share in the journey to raise funding to house another 40 children in desperate need of shelter and loving care. Join us by taking part climbing everyman's Everest; **the world's highest freestanding mountain Kilimanjaro**

**A natural wonder of the world that one must see.**



## Our Story:

*Kipchamgaa – Children Home Kericho Kenya*

During 2007 political uprisings, the kids of Kipchamgaa were in dire trouble. While rebels were burning churches full of people, terrorising, looting and ravaging villages, Stella the house mother and the 45 kids had been abandoned and left with no one to help them in their old 3 bedroom home.

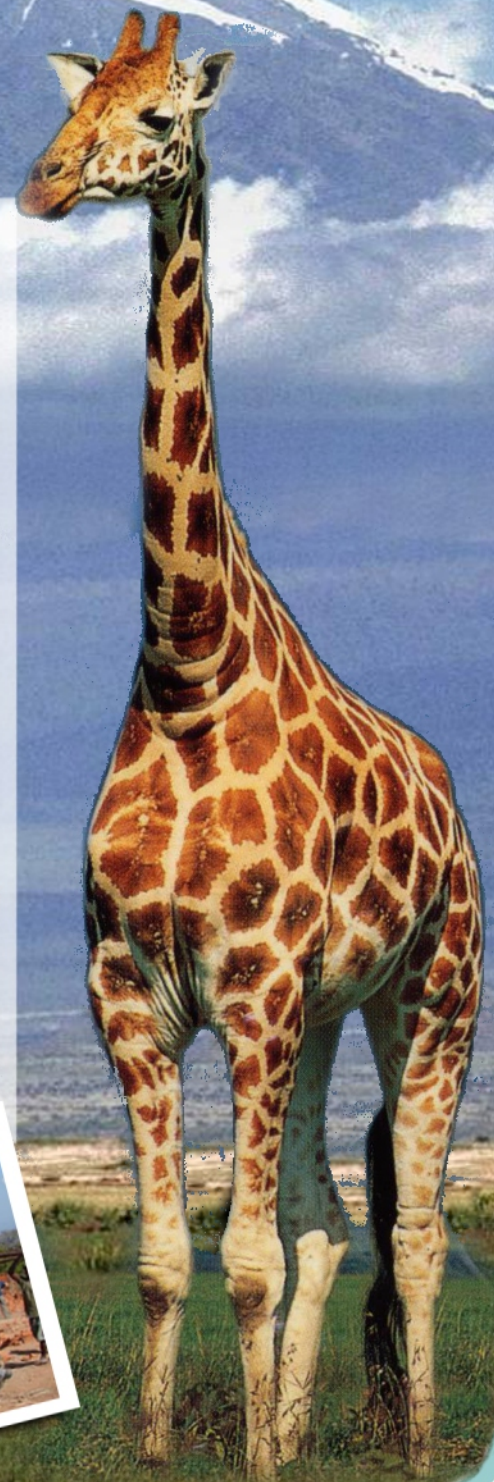
It was at this time that Nev Davies discovered the conditions the children were in. Alone, they had no food, no firewood, no way of cooking or keeping warm in the extremely cold mountain conditions. Their situation was desperate so despite the volatile political situation, roadblocks, soldiers and murders in the area Nev took personal responsibility for the welfare of the children.

He found an old vehicle that wouldn't look suspicious and a driver and his house manager Karen went to the back doors to meet local traders and buy supplies for the children, ensuring they had everything they needed until things calmed down and law and order returned.

This act of compassion has now expanded, with the help of many other wonderful people in Kericho and from around the world to build Kipchamgaa into what it is today, a safe haven and beacon of hope in the community for the many who have come through its doors.

Date: Sep 19th 2016  
Location: Kilimanjaro. Tanz  
Elevation: 19,340 ft (5,894m)  
Duration: 8 days  
Cost: \$2500 +Flights

**Goal to raise  
£30,000**





# TOP 10 REASONS TO CLIMB KILI

1

IT GOING TO BE AMAZING and you will be making a HUGE difference in the lives of children who will one day be the future of Kenya

2

Fun, adventure and achievement. We will climb the easiest of the seven Summits. No need for ropes, mountain gear, or climbing experience. The youngest person to reach the summit was 7 and the eldest was 83. That does not mean Kilimanjaro is risks-free. Rockslides and acute altitude sickness kill ten climbers on average each year so an experienced guide is recommended.

3

The mountain is renowned for Inspiring transformation. It is a place for visions to happen and for us to learn to step out and do the impossible

4

One of the world's greatest natural wonders: a snow covered mountain on the equator, an ocean of green forest surrounded by dry savannah. Climbing Kilimanjaro is like walking from the equator to the North Pole in a week. Its high altitudes have created habitat for strange and unique life.

5

Great for your fitness and health.

6

Climbing Kilimanjaro contributes to a thriving local economy

7

Easily accessible for a remote location. Kilimanjaro is located in Tanzania, just south of the equator, next to the Serengeti. Regular flights fly nonstop from Europe to the Kilimanjaro airport.

8

Surprisingly pristine. Kilimanjaro is a hot spot for studying climate change. "You can stand next to the ice and see the glaciers turning to vapor before your eyes."

9

To do something for a worthy cause outside of ourselves

10

Because we really need your help







## ***Fitness:***

No need to go overboard but obviously the fitter you are the more fun you will have. And It's true that some do, indeed, fail through sheer lack of fitness, strength and stamina. So anything you can do in the way of training can only help. Begin your fitness regime a couple of months beforehand. Unfit and/or overweight, however, and you really need to start six months at least before the start of your trek.

Whatever the fitness regime you decide to follow, a few days of walking at some point would be a good thing to do; it won't improve your fitness to a great degree but it will at least confirm that you can walk for more than a few hours at a time, and for more than one day. Wear the clothes you plan to bring to Kilimanjaro with you – particularly your boots and socks – and carry the daypack that you hope to be carrying all the way to the top of Kibo too.

If you're planning on relying on it on Kilimanjaro, try Diamox before you go to make sure it has no severe adverse reaction on you. Look up Diamox if you have no idea what it is.

### ***Why most people fail to reach the summit:***


Altitude sickness rather than lack of necessary strength or stamina

### ***Preparation:***

6 – 12 months is usually best.

### ***Flights:***

Kilimanjaro International Airport (JRO)



Wear my gear as much as possible while training. Especially my boots.

**HYDRATE!!!!!!**



**BOOK  
NOW**



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## Logistics & Cost of Trip

- \* A copy of our bestselling guidebook to help you prepare for your trip
- \* Transfers to/from airports at the start/end of your trip
- \* Two nights in a hotel on B&B before and after trek.
- \* Transfers to/from the mountain at the start/end of the trek
- \* All park, camping and rescue fees and permits whilst on the mountain
- \* All camping equipment (save for those items specified below)
- \* All food and drink on the mountain
- \* Wages of guide/assistant guides, cooks and porters
- \* Private toilets for each group

### It does not include the following:

- Flights (though we can advise on flights to Kilimanjaro)
- Visas
- Hire of clothing
- Trekking poles
- Head-torches and sleeping bags for the mountain
- Insurance; souvenirs
- Food and drink away from the mountain (except for hotel B&B)
- Tips/gratuities for your mountain crew (see the book for details)
- Side trips/extensions to your trip, such as Serengeti, Ngorongoro, Zanzibar etc.

## THE TEAM



**Michelle Richmond** - is a Change Agent who creates a sustainable impact on the lives of the people she works with. Her previous experience as C.E.O. of the Asher Institute of Integrative sees her noted for her work with such companies as The Royal Australasian College of Physicians, KCI Medical, Vivo Insurance, I.Q.P.C., Australian Stock Exchange, Australian Sports Association to name a few.



**Lindsey John Taylor** is a UK property business owner, investor, international DJ / producer and lover of adventure and life. With two children of his own aged 2 and 4 his purpose is for children to live their greatness.



**Christopher Bateman** - Primus PLC founder, International entrepreneur and CEO of a group of investment and management companies, which operate in the UK, Europe, UAE and Sri Lanka. He is also an associate director and investor of Sri Lankan stock exchange.



## Recommended Climb

(By Henry Stedman. No.1 Best Selling Author of Climb Kilimanjaro)

*"8-day Alternative Lemosho Route. It is, in my opinion, the route with the best forest for the first day or so; the best views and scenery once you leave the forest; it takes you away from the crowds that are on some other trails, choosing instead to opt for quiet paths away from the crowds and the noise; and because it is the longest route, so it gives you more time to acclimatise - and thus it also has the highest success rate of any on the mountain."*