

FITBANKER Kilimanjaro LS 2026 - Orientation Webinar 1

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SUMMARY

The Kilimanjaro Leadership Summit orientation webinar introduces participants to the transformative journey they will embark on in July 2026. The summit is framed not just as a physical challenge but as a leadership program designed to foster personal growth and community among participants. Through a series of monthly webinars, the group will prepare both physically and mentally for the climb, while also building connections with each other.

- The summit is a leadership program, not just a mountain hike, focusing on personal transformation.*
- Participants will engage in monthly webinars to prepare for the climb and build community.*
- Training includes physical preparation, nutrition guidance, and mental resilience exercises.*
- The experience emphasizes teamwork and support, creating a "mountain family" among participants.*
- Participants are encouraged to share their personal goals and aspirations for growth during the journey.*
- The summit route is the Leosho route, known for its scenic beauty and gradual ascent.*
- A safari experience is available post-summit, including visits to Serengeti and Ngorongoro Crater.*
- Participants will receive gear and support, including a duffel bag for personal items and options for upgraded accommodations.*

We're live. Welcome everyone. Welcome everyone to your Kilimanjaro Leadership Summit uh orientation webinar. Give yourselves a big whoop whoop. Uh well done to all those of you that have uh signed up to Kilimanjaro 2026. Um honestly what you guys have signed up to is going to be one one amazing amazing amazing amazing epic adventure. Uh I you know there are there are some things on the mountain we can guarantee. There are number of things we cannot guarantee like summiting. Uh but one thing we do guarantee is if you participate in the webinars, you do the assignments and uh you're a sport operating set of values and the themes of each day on the mountain at the end of which I can guarantee you we become one amazing mountain family. Uh and that's been true for the last uh 10 leadership summits that we've run. Uh each of those groups have become one amazing mountain family. Uh welcome Britany who's just joined. Uh, so I'm going to be sharing I'm going to be sharing my screen in a moment. I hope you guys can all see.

Can you see my screen? Yeah. All right. Awesome. So, we've got a few special guests on today. Uh, some of them can't stay on too long. Some of them are somewhere on the move. Some of them are um, you know, are uh, I've got some commitment to call after this, so they have to drop off early. But I'm hoping that we get to hear from them and and they get to introduce themselves uh at least in the first 30 minutes. Uh and we've got Anna Pala in the house. Whoop whoop. Awesome to have you here. Uh we just started and um yeah really excited for all that lay ahead. So those of you that are on uh very quick one a reminder what we've signed up to is the Kilimanjaro leadership summit. Very key, very crucial you understand that what you have not done is you've

not booked a holiday. You have not booked a mountain hike with a travel agent or a tour operator. What you're signing up to very clearly, you should all get is a leadership program. And this leadership program is life transforming. It's on the 8th to the 18th July. Some of you have already confirmed uh Safari. Some of you guys are are doing there are two pockets of independent safaris happening. And at the same time, there's a third group of people that we're looking to do safari with. Um, if we get uh more than 10 or 11 on that safari, then I will likely also join you just cuz why not have fun uh with you guys.

It's going to be from the 18th to the 23rd. Uh I know Devi and I know I got about three or four others and I got two others who are about to confirm joining in. And if they are, we will easily be about six or seven of the third Safari group that we're about to put together. So, uh, that said, a very, very warm welcome and really acknowledging you all for those of you that have signed up to this. Uh, I know some of you have been thinking about this for years. Some of you have been saying for a number of years, next year or one day or someday.

And finally, when we psychologically commit, if you those of you that have completed the registration form, that's really important because you go through those questions, you go through really knowing what you're signing up to. And when you actually register, whether you paid a deposit or whether you uh have paid in full, then you get to really now start to step into that new journey. So, we're going to have these calls monthly. We have uh seven of them before we got Kilimjar. might have an eighth one just the week before like a final check-in.

Uh there's often what we call, we're going to talk about this later, uh the mountain before the mountain or a little test before you're about to step onto that plane where something that we are concerned about expands and uh energy goes where attention flows. And if you focus your attention on your concerns, on your worries, on your fears, those things start to expand. But if you focus your energy on the intention and what you want to achieve out of the mountain, you will know every little mini hurdle along the way is just a test to see if you're willing to overcome the small hurdles in life before the big mountain.

That too is going to be true. How we take on the bigger aspects and the bigger elements of life. Now why do we have these calls? There are many companies that people sign up to including uh the first time I did Kilimanjaro even though we had uh met some of the people there were many people I met for the first time at base or saw for the first time or knew their name at base. That's kind of okay.

That's not too bad. That's how most of the mountain climbs happen. But um uh yes, the call is being recorded and so we'll be sharing the recording as well for anybody that wants to watch this on catchup. uh if yeah if an if if you're asking for Maya and if she's not on uh it's something we can definitely share with her. Uh so you know there are people who have gotten to a mountain or met somebody at the airport on their way to the base where they're staying at the mountain and they meet that person they get warm with that person and then from the base of the mountain they just don't break outside their shell cuz there's nothing to really do as an icebreaker or get a sense of each other. But one thing we're really committed to and we do an amazing job at is we really break the ice amongst participants. We do that through these webinars. We share some very um intimate and vulnerable elements of our life and our past and our upbringing and we do some more exercises like that at base

called the life mapping exercise. Um on these calls you're going to be sharing also your trekking updates. I won't share this right now but we're probably going to share it before uh the next call. We're going to share with you a link which is called your hiking log. uh Lombardia, just take note of that. So, we're going to share the hiking log and on there you're going to log all the hikes that you've done or long walks that you've done each month when you did them and we start to use to monitor who is moving, who is in action, who's in training, who's not. Uh it's also a place for you to come and ask questions and we will coach you a little bit on nutrition and what training you need. Uh we do offer free workouts that we run online on Zoom every week. And once a week I do work on lower body and core. And your lower body, your core, and your back are the three biggest muscles we're going to be using on this mountain. Your back of course and maybe your shoulders to really be able to hold a good uh sturdy uh bag. But also, you definitely are going to predominantly be using your legs. So you definitely want to develop your legs. things like stair master, things like developing your quads, your calves, uh are all exercises that we incorporate into our weekly training.

So, if you want to be part of that training, uh just send a message on that group chat. We'll add you to the WhatsApp group for the free workouts and you can join those once a week when we go live. And if you miss them live, you can always do them on catchup on a Facebook group that they're live streamed to. We will also be doing some visualization. In fact, today we're going to start with a very mini visualization for only about 3 or 4 minutes.

uh we're going to gain some insight and meet others as to how inspiring and empowering the mountain is. We're going to at some point meet the team on the ground. But you also also want you to meet what I want to call uh legends from the mountain who have done this mountain before some of whom are on this call and how that has been really transformative for them and also some of the creative amazing things that they have done on the mountain. Uh so they'll be sharing a little bit about that. You'll also get to uh learn uh learni. So a few words of sweli we're going to be learning through the process and uh there's definitely at the end of it we're all going to have this powerful powerful powerful powerful amazing song in sui that we're all going to know uh by the end of our seven days on the mountain and you will be singing and dancing to this song with the guides at bass. So that is uh a little bit about uh that's a little bit about what these calls are about and uh it will really set you up and prepare you for lay ahead. So I'm going to very quickly go through my introduction. I think most of you here have either attended a master class so you know a little bit about me. I will be the person leading your uh experience your leadership program. I will be running uh if not all I'll be running all these webinars. If for whatever reason there's some emergency or absence then um I I might have somebody cover for me but otherwise uh I will be running these prep webinars and the prep webinars really start to bring intentionality about your mindset and there are some people that might be living today current lifestyle either activity wise you're sedentary or you're doing the you're training but you're doing the wrong type of training or fitness right or your nutrition is off.

So those are a few things that we work on. We also work on we also work on the mindset part of it. And the mindset part is really important for you for this mountain. There is more mental and emotional strength than your physical strength on this mountain. And it's your mental and emotional ability to keep going that's going to empower you to go beyond where you're physically spent and tired. So I'm a former banker. I have no background in athletics or adventure or mountains or mountaineering. uh and after I went through a little bit of

a health scare. I went through this transformation. I've become a a life coach, a health coach, a personal trainer. Uh you can call me a mountaineer if you wish. Uh but I have done uh I've done a few mountains. I've done Kilimanjaro uh 11 times. Uh I'm TEDex speaker and I share lessons also.

I give a number of talks on lessons, leadership lessons from the mountain. My background was in banking. I was with JP Morgan. Uh work hard, party harder. Uh and prior to that I was I was in audit with KPMG and uh Deote. Uh and I realized that while that lifestyle sounded and looked great on paper, it really wasn't a true match for my identity and the world, the universe, destiny, fate, uh let me know about that. When I saw that, hey, no matter what I was doing, I couldn't transform this one area of my life, which was my physique, my physicality, my energy, my strength. And that was just from my mid20s up to my early 30s. I just could not stop adding on weight and no matter what I tried, no matter what I thought I was doing was healthy. I was unable to shift or transform. Uh, welcome iPhone 149. Not sure who that is. And uh, oh, that is Hina from Perth. I know who that is. I know the iPhone 149. She has 148 other Androids. Uh, and she was on. Uh, lovely to have you uh, here as well. Uh sheet is somebody who's joined who got kilimar as a birthday gift. How amazing is that? Uh and some of you might be coming here to celebrate your birthday on the mountain and it's a great place and great way to get high on your birthday without the alcohol. Uh so on the mountain bit at least, but after that you're you're free to have a sip.

Um and post my health scare and post my uh being overweight Ambikai who's on this call as well. Um we went through uh you know we were expecting at at 3 point 3 month mark of our uh pregnancy uh we had a miscarriage and I started to stress from that. Uh I was stressing and blaming myself that it's got to do with my male reproductive health that's why we've had a miscarriage or I couldn't deal with a grieving mom and the stress of that night led to me having heart palpitations. I wound up in hospital and while we lost our little one is it was the birth of my interest and commitment to work on transforming my health. Uh I went on to lose 70 lbs in weight which is about 32 kg reduced my waist size by 9 in. I've gained a lot of confidence, energy, strength. Uh I get to live a life of adventure. I'd love all of you.

I know some of you have lived amazing lives of travel and adventure. Uh you know I get to see that. uh but I I do think something like Kimjaro is just one amazing unique experience and what wherever we are whatever your starting point is we have people who are starting this program who've started with a plaster or a brace around their foot so if you have this niggly pain in your knee if you have this old concern um if you have um concern about you know last time I did a mountain I had some altitude uh sickness or weakness or you have ongoing um headaches. We have had people join this mountain with all host of underlying conditions uh and with injuries and they've been able to shift and transform that and if I can transform my physique, if I can transform my life and my lifestyle, this is why we say this experience is one life transforming experience. So as mentioned we've got a host of people on uh that's me and my two boys and on my shoulders the heavy weight that I'm carrying is uh Ambi uh Ambika is on.

Ambi to very quickly introduce yourself uh 60cond intro or 90 second intro and then we want the others to introduce themselves. I'm not too sure where Urv is. She's meant to be on here now. Ambi you want to go for it? >> Yeah sure. Hi everybody. It's such a great honor to have you all uh here today. Congratulations for signing up

to what most certainly was one of my deepest and greatest transformative journeys ever. Uh Ronnie and I did Mont Kilimanjaro in 2014. I made it to the top or got pulled to the top. Uh but I definitely didn't come back being the same soul and it has been life-changing ever since. And the fact that you guys are here, we're thrilled. We're delighted. Some of you are still um considering and consider that your higher self got you into this master class. And so we look forward to taking you up to the highest similar peak in the world. I uh run different programs at CrossFit Bank, our leadership work, our emotional rewiring programs. I will be on the Kilimanjaro 2026 WhatsApp group.

And so if anybody's having any sort of uh emotional, mental nervous breakdown, nerves kicking in, self-sabotage kicking in, feel free to just uh message me. We are here to serve you. Loads of love and congratulations. >> Awesome. Thanks, Ambika. Uh we had Urvy who was on earlier uh but I when she rejoins I know she had connection issues. She's going to come and introduce herself. Yep. That's among some of the creative and crazy things we can get to do on the mountain. So I want to seed that idea with you. Those of you that want to have some kind of epic shoot or maybe you contemplating some kind of a world record. Just so you know we have done a world record attempt at summit before in 2018. We actually broke the world record of the world's highest fitness class. Uh we've unfortunately had challenges with uh Guinness to get uh that verified and there's just a host of processes. Um but about 2 years later or 3 years later uh that world record uh fitness attempt got beaten by a group of fellas that went and did a workout on Mount Everest a notch higher than than we did. Um, so if there's anything else that you guys want to do, this is Urvy who who runs a jewelry brand and she was uh doing a creative photo shoot at the top. So uh when she comes on later, she'll introduce herself. Um and also Urvi and the next rockstar we're about to introduce you to are are kind of I want to say my co-leads uh in in waiting in the cube in the sense that if we get a large number of people uh either from existing participants who have done Kilimanjaro before or uh one of our other leaders who've done Kilimanjaro before they will be uh they will be uh might be joining if we are over a certain number of people just to aid with logistics and the experience on the ground and the next uh rockstar actually sorry it's after this one uh we're gonna introduce you to the amazing Rama Rama are you there >> yeah hi Ramy did I just hear that I might be joining you on key if you make the numbers >> well you can if you want to you can tell us uh but you you can share with the team what what is something cool and crazy that you did on the mountain >> so first and foremost team congratulations uh I'm super super happy that You have said a yes. You've said yes to challenge and you've said yes to growth. Um so when I signed up Kilimanjaro to celebrate my 50th I wanted to do something different. So I decided to gift myself this experience adventure and what I realized was a complete transformation.

So um and I'm pretty sure I felt everything that all of you are feeling right now. There must be excitement on one side. There must be nerves and a small voice that keeps at least I had this which kept telling me what the hell have you committed to? Do you even know what you're doing? But you know through the whole thing the only narrative that I never allowed was can I really do it? I just had this belief and I have this belief that all of you definitely can.

So congratulations again and hope you really have a wonderful time. Yeah, I know you have to train, you have to put in the hours, you have to do the walking, you have to do the endurance, all of that has to be done, but I also want you to remember that Kilimanjaro is not just about the fitness and the strength. It requires a lot of patience and you have to trust. It's about learning and learning to do everything slowly, one step at a time. And

that has to start right now. I know you've must have received the kit list and I'm pretty sure it looks daunting. There are items there that you've never heard of.

There were things there that I had no clue what it meant or what I'm looking out for. But just remember that in this journey there is a list first and foremost. So you're not going out trying to figure out. I've heard stories where people had no clue what they need. So that way FitBanker is amazing. They give you an exhaustive list. So that's already making things easier for you. All you need to do is go one item at a time. Second, there's a WhatsApp group that's constantly there to support. Any question. There are no silly questions when it comes to this. Every small thing is a learning. It comes to your mind.

Put it out there. There are people out there who will right away advise you, explain things to you, and they are just waiting to make your journey on this mountain amazing. And here and on the mountain, you will never be alone. There's always someone out there looking after you. And I think that's one of the best things with FitBanker, the team here and the team in uh Tanzania who uh they're just amazing, amazing people. So um and then there will be moments there will be moments now there'll be moments on the mountain where your body is tired you're mentally exhausted you're negotiating with yourself or you're asking yourself why am I doing this should I just turn around and go back or should I just not pay the rest of the money and pull out right now but it's all normal let every emotion go through and like Ambika just said reach out reach out to her reach out to people and all you have to keep telling yourself is I will go on and you definitely will it will happen and uh the mountain just teaches you such beautiful things just be open open to learning open to understanding trust open to asking ask for help you will you have to learn to put that ego aside and say hey you know what I'm struggling with this hey you know what I need help with this and there are people out there who will just jump to help you so just stay in the present take every opportunity to Ask and learn and when you reach the top and here I'm saying when I know Ronnie said they don't promise a summit it's not about them promising it's about you in your head never allow the narrative to be if I reach the top it always has to be in your head it always has to be when I reach the top and when you reach the top yes the view is absolutely amazing it's stunning the feeling is you may not remember it then it hit you later But more importantly and the bigger thing here is the person that you become. The person who goes up is not the same person who comes down. You will hear everyone saying this. You will not understand it now. But just trust me, you will come back a different person. I had that question. I've asked a lot of people, what the hell do you mean by this? It's me going up. It's me coming back down.

>> But it was a completely different me who came back down. And people who knew me before I went up Kil Mjaro have been telling me this through the past 6 months that they see a completely new Rama here. So trust me you will come back a different person in your own way. >> Awesome. >> So yeah >> sorry >> sorry I want you very quickly share what you did on the mountain. What what special event happened for you?

>> I'm going in. So, like I said, this was I did it for my 50th and the team were absolutely amazing at 4,600. Um, I had a birthday cake to celebrate my 50th. I had the team coming in singing my birthday song for me, bringing the cake in. Everyone celebrated with me. We cut the cake. We had an amazing time. It was a complete surprise. I had no idea. So, on the mountain, anything is possible. They will even bring you a fresh cream Black Forest

cake out there to celebrate you.

So, just absolutely enjoy. Trust them. Sorry, >> those are surprises. Don't tell them. >> Oops. You didn't hear that from me. I didn't say that. >> But yeah, so yeah, I climbed Kiljaro. I submitted it. But for me, when I think back now at 50, I think I met this person that I've become right now. the woman that I've become right now. The mountain taught me to pull out that inner child in me. I had a blast. I laughed. I sang. I danced. I did the most silliest of things out there without thinking like who is looking at me? What's anyone going to say? And they were bunch of bunch of strangers for me when I started. Not strangers as in I knew them through the webinars, but I've never met them. I went alone. U but when I came back, I came back with a mountain family. So all of you just trust yourself. Trust the process. FitBanker have it right when I'm telling you. I mean it when I say this. I'm not saying it because Ambika and Ronnie are here but I'm saying it because it was just amazing. Um so yeah and trust the mountain. The mountain teaches you so much and you come back with so much and as they tell you on the mountain poly pole slowly one step at a time right from now.

>> Awesome Rama. Thank you so much for that powerful intro. I should have I should have reiterated 90 seconds but I can see your excitement was I don't want to stop you and you're on fire really inspiring others. No that's awesome. Uh we have earlier I was introducing Urvy who's on uh and I was mentioning that Urvy Pri are kind of co-leads in in uh you know standby and depending on our numbers and the timing that they'd be able to step in and join but Urvy's also co-led with me before um done it as a participant done it as a co-leader. Uh Urvy, do you want to very quickly uh come on introduce yourself and what's this crazy photo on screen that we have of you above the clouds?

>> Hi everyone. It's a leopard ride so I can be very loud. I am on so can you guys hear me? >> We can. >> Okay. So, I'm um yeah, super excited for all of you to be on uh to be part of this jar 26. A usual warm warm welcome. You guys are going to rock it and um banker. I've been twice on I thought I was crazy going once, crazy going twice.

That'd be crazy to go twice. But um that's what fit the banker is, you know, it kind of makes everything seamless and it's so comfortable and right at home and trust the posters, trust yourselves, work hard and um we've got you. We've got you in every sense. So questions, anything you have, just put it up there on the group chat and that's the journey. The journey starts from today, your first master, your first webinar, and it goes on to the day at the summit.

So, um, really warm welcome and enjoy the safari after. Nice that all of you are going to be doing it and that's going to be a really good treat. But yes, trust your body, work hard, don't miss the lower leg workouts. That's been my guru. I'm climbing a mountain next week with my son, Mount Kenya, the second highest. And that's definitely because we're part of this optimal lifestyle. So, if you're not on the January challenge, you haven't done it before, do it. Get with it, get fit, get ready. And that's me.

And the crazier. Yeah, the second summit was crazy because we wanted to do a fashion show. I have a jewelry line. And the third summit would be probably even crazier, I assume, but that's about it. >> Awesome. Awesome.

Or thank you for for joining on Safari. Uh I think we got most of what Urvy said. a little bit of words were sort of were dropping but she was just saying for those of you that haven't come to the mountain say from the fit banker route or the other programs we offer uh to get yourself uh fit and healthy there's also January program starting in uh 3 weeks time if you want to work on your fitness you're also welcome to join uh a fit banker challenge encourage you to join so that you work on your fitness again inside of a coaching structure which is a lot more rigorous than these calls which are once a month. Those have weekly calls and webinars to support your health, fitness and transformation journey. Uh next up we have this amazing rockstar uh Pri Tura. Pri you there?

>> Yes, I'm here. Can you hear me? >> Yes, we can. >> Okay, great. Hi everyone. I'm Pri and welcome to your first webinar on uh Kilimanjaro 2026. I am super excited for all of you. I'm getting so much just looking at all of this. I'm just like, man, I want to be there with you guys. But what I really want to just share with you is that for so long we put ourselves on the back burner as moms as I'm a mom of two boys and a personal trainer as well. So for so long I've put myself on the back burner but this time when I climbed the mountain I was actually able to put myself first and be in the moment and and what I realized on the mountain there's so many things that they we've mentioned so far but it was perspective while you're climbing the mountain it seems like massive and large and just feels like how am I going to get to the top and you hold significance to all that when you're going up there and all the stuff that's going on in your life but when you're at the top it's amazing you're on the clouds and you realize, wow, everything else feels so insignificant. So that was one of the biggest moments I had on the mountain.

And I feel like coming down from the mountain, I didn't come back down alone. It was with a whole new family, a whole new pre. And when I was at the top, I realized how small I was playing. And when I came down, I decided I'm going to stop playing so small and be as bright and as excited and as happy as I can be. So I really experienced the real authentic me on the mountain. Um, it was all it was all emotions. It was anxiety.

It was hyperness. It was fun. It was dancing. It was just so so much fun. And I just want you all to believe in yourself. It's not impossible. Work hard in terms of the training. If you have any questions, please please feel free to ask. I asked 100,000 questions. You can ask Ronnie. I ask so many questions. But you never want to be in a situation where you're like, I wish I asked that. So, just take a step at a time. I think my biggest mountain before the mountain was where am I going to leave my kids when I go? So I flew them from the USA to Australia and then I left them with my parents for 3 weeks which I've never left them with anybody else and then I flew to Kenya where I was born and I um I went there with my sister and then we flew to Tanzania. So and we met my husband who came from the USA to uh Tanzania. He was on safari and just making it all happen was just like but once you sign up once you decide this is what you want you will just make everything happen. So huge congratulations to you and I'm so excited for you.

>> Awesome awesome awesome awesome pre and then uh we have another uh powerful trooper in the team I want to introduce you to. You will be uh we'll be working with him. I'm just going to very quickly uh paste his image there which I forgot to paste on. Uh Lomb you there? You introduce yourself at the start. So I'm just going to let you come on and introduce yourself very quickly. >> Sure. >> Hi everyone. My name is Zomb. I'm

from Fit Banker team admin team. I had an opportunity to uh the crime mangaro that was in 2023 with fed banka community. It was a s of it was one of the most challenging but rewarding experience that I've ever had in my life. That was in 2023. At that time I I was I was supposed to have my exams which was scheduled in in July but it turned out that the edition wasn't paying for the examination examination fees the examination council of Zambia. So we were not being allowed to sit for the exams that particular year. So in that moment like I was emotionally emotionally disturbed and mentally disturbed at the at that same time. So Ronny Ronn R was in UK by then. So he was like ah why can't you just come with me while you're dealing with this to Malo and I was like no I at first I didn't accept that offer. So the the following week L was like my friend have you have you thought about it I was like h yeah let me just join you that's how Looney went ahead purchased the gears the kill gear but I was quite a bit nervous cuz I didn't had any experience no training I didn't attend any um kill webinar by then so like it was quite am I going to summit or not? So like that's how I went with Looney. We did it on Mangalo. It was quite nice. We got to meet amazing people.

The the support team that I found in Tanzania, they were quite friendly. And one of my take away that I took from Mont Mangar is that that sometimes life doesn't wait until your lady. You just have to show up and take one step at a time uh to discover the strength that you didn't know that you have and and that really made me like to reset my mentally. I was able to submit powerfully and came back healthy. It was such amazing hoping that you you're going to submit as well.

>> Awesome. Awesome. Awesome. Awesome. Lombbe, thanks for being on. So, Lombbe is somebody who started uh after his high school. Uh he joined us in Zambia. He was interning with us and uh then he's he joined us full-time and as he shared he had a setback with his his whole batch a year a whole group of people at one exam center. their exam papers were there was a scam that happened there and all their papers were not submitted. People showed up at the exam center and they were told they haven't paid uh but their money monies had gone missing. So in that low moment we had gone out to Kilimanjaro but since then he's now he's now based in India he's in university in India uh and uh he will be supporting us. So I'm mentioning that so you know the time difference he's in cuz he's he also helps with a lot of the systems and the communication the back end that will be coming across to you. So that's uh little bit about uh some of this team here. Uh what we want to do is we want to get a sense from each of you and we're going to get to know a little bit of each of you. Um before we do I want us to now first think about something as we go into visualization. So if you all have a notepad there or on your phones, uh I want you to think about why we're doing Kilimanjaro, right? And when I say why we're doing Kilimanjaro, many of you might say I want to do Kilimanjaro to do the mountain. Kilimanjaro is what you're doing. But like you've heard from all these stories how their life and their view and their perspective of themselves has forever changed. For me, it's the thing that happened before my own health transformation. I did Kilimanjaro and that gave me confidence to say if I can do Kilimanjaro and if I'm on this finite list of people in this earth that have summited Mount Kilimanjaro and I did it when I was overweight I was 103 kg when I did it I was one of the least fittest in our group uh one of the heaviest in our group if I was able to do it at that point in time it gave me the conviction and confidence to be able to try on anything and I then decided to work on my health so when I say that I invite each of you to look at what we call the areas of your life. Now, on screen, the image uh in the center and left is what's called the wheel of life. It's a tool used in the world of coaching. Uh I just want to share I know I've got a couple of the stars that came to introduce themselves. They might need to drop off for other commitments and if you guys need to then you're welcome

to.

Uh but what I want each of you to look at is look at this wheel of life. It has what we call the various areas of our life like your personal growth, your contribution, your spiritual health, your fun, your romance, your family, uh your social life, health, personal finances, career. Now these are just some areas of our life. Now the way the wheel of life works is is each of those segments that you see, we often shade in how we would rate ourselves on a scale of 1 to 10. So if I felt like in the area of health or fitness I am a 9 8 n or a 10 I will shade in most of that uh segment of uh of the circle of the wheel. You know if I think in the area of uh romance maybe I should say that after my wife drops off. Um in the area of romance if I'm a four or a five then I've got more work to do there. Uh and I have to make it 7 8 9 or a 10. Right? So in the area of money uh you know which I feel like I have breakthroughs and then I I sort of am back at ground zero and have to climb the next mountain financially um I would rank myself again a five or six and I need to work to get to a nine or a 10.

So similarly without ranking yourself on a scale of 1 to 10, I want each of you to just think what is an a want that you have a goal or an aspiration in any one of these areas which if the mountain could give you that wish or give you the confidence and the way of being to say if you can pull off the mountain you can pull off that area of your life. This mountain is just an analogy. It's preparing us for something bigger in life. And this is why we say it's very life transforming. So I'd love to get one or two shares. Just introduce yourself, who you are, where are you from, and what's one area of your life that you would like to shift or transform or a breakthrough or a goal you'd like to to achieve in that particular area. Who'd like to share?

Let's have a a raise of hands. You can raise your digital hand if you'd like to share. Let's go. I'm looking at you guys. It's your summit. Uh Beige and I think Anna was going for it. Okay. Let's start with Beige and then Anna. For the others, what I want to share is I we have people here from Brazil, from USA, from UK, from Australia, uh from India. Uh if you don't mind, just put at the end of your name from the Middle East where you're joining us from so people get a sense of how geographically wide we are. Uh, Beige, let's start off with you very quickly. Who you are, where you from, and what is one area of your life you'd like to transform?

>> Sure. Hi, everyone. I'm Bea. I'm from London. I'm in Dubai on holiday right now. Um, I have previously done uh a couple of mountains with the FitBanker team, mostly in the UK, but more recently in Peru. And um for me it was all about getting out of my comfort zone and uh out of the kind of five-star luxury I love to uh surround myself with on holiday and be in a tent and you know uh not wash for like four days in a row.

And I thought you know why not see how much further I can push that. And so Kyle came up and I thought it would be great to do that. It's going to be harder than Peru I think. Um although I do believe I get showers which is nice. So maybe not bit more Washington than Peru which is good. Um so yeah I think just for me it's just about health and pushing myself more out of my comfort zone. Uh and it you know after doing Peru um it's a really nice feeling doing that with a group of people that become like your family you know. So I quite want to feel that again. I think we're going to have a brilliant time.

Thank you. >> Awesome. Awesome. Awesome. Beige. U uh that is awesome to have you here and definitely why

I say Kilimanjaro is quite unique and you know I know there are some people here that wanted to uh do Machu Picchu. Uh and we will be doing that again in 2027. But uh Kilimanjaro is really what I would recommend people if you were to ask me which is the first big mountain you should go for. It is one of what's called the seven summits the seven highest peaks in the seven continents. Um, it is the best mountain because of the level of support we have, the comfort and luxury that we can bring there. And like we say, we're able to take portable showers, something we really can't do in most other parts of the world, right? And in Africa and Tanzania, the level of hospitality and facilities that we can get access to um is uh uh is really um world class. And so I'd love for you guys to to discover how amazing it is. Like we say, there will be hot showers that we we take up.

Some people may choose to, some people may not choose to shower after a particular altitude. Uh I tend to shower almost every day on the mountain, sometimes twice a day. Uh I love it. It helps sort of uh decongest my block sinuses when when I get exposed to the cold and get rid of the dust. And it's so refreshing uh when we're up on the mountain. Um cool. Let's have uh Anapala next. And is that Maya with you?

>> Yes, this is Maya with me. >> Hey Maya. >> Hi up right now. I just said come down. Come come say hello. So uh my name is Anna. Uh I live in the in the US in Maryland and I am originally from Brazil but I've been living in US for more than 20 years. Um I um so first of all like Maya and I are going to be doing this together. So, one of my goals is definitely to strengthen this um connection and partnership that we already have in life. And I think that's going to be fantastic for us uh doing it together. And uh I'm also um going to be 50 uh next May. So, this is my 50th um birthday present uh to myself. And I always told Maya, I know I want to get to my 50 best shape. uh and uh so the health and the well-being is definitely something that has been a challenge for me in different ways in my life and um I I'm very committed to transforming uh my health and well-being. I'm also in a point of my life that I am um ready to give a leap. So this is my first leap here. I I talked with Ronnie yesterday about doing this on finalizing my registration, but Maya and I are committing to doing this. So about really um transforming my career of uh more than 30 years you know I've been 20 years of working at one year university I'm on leave right now so I'm about to transform my career so I think that's um it's almost for me it's just there is a whole new me that I want to to create and I think this is the perfect opportunity to get to that edge. I I forgot who said it before, you know, like this whole uh mindset of I can do this and the trust and the unconditional trust that I have already experienced in my life. I think that's um something I want and I and for me this is a challenge that's I I can I cannot even say I'm just so moved as people are sharing because there is this opportunity for personal growth and a spiritual growth uh that's something that I always seek in my life and I this connection with the divine and it's um it's something that I don't know it's just magical to be here. I am grateful, Ronnie, for our conversation yesterday that got you me and Maya to be here. So, um, >> so that's that's for me. I don't know Maya, if you want to say anything. No, >> you're tired. Um, so do you want to say like why do you feel that you want to do this?

No. Is there a reason that you go >> and I speak in English, they don't speak Portuguese. >> Marcela speaks Portuguese, I believe. She's joining from Brazil. >> Okay. Wonderful. Wonderful. So, uh you don't want to say >> yes. Yes. Sing. >> No. Okay. So, but I'm just going to tell you that Maya is someone that when we first look at uh doing Kilimanjaro a couple months ago, she asked me, "Can we start training tomorrow?"

So, she's someone that is very committed and um and she's going to be keep me on track of on the training and uh but I'm going to make sure that you create something that you know that you want to to get out of this because it's important. So, >> thank you. >> So, so Anna, definitely Maya, first of all, we're very excited to have you. Um we have these webinars every month and uh Maya's 11 years old, right, Donna?

Yeah, she's she's going to be 11 on the 23rd. It's her it's her birthday next week. >> Oh. Ah, awesome. So, she will still be 11 when we we go up the mountain, which is awesome. She will likely be our youngest. We have some other young joiners who are joining us. So, these are age 13 and 15. Uh there will be even younger kids who are coming at base with their parents to support them. Uh so, at base, some of the activities we will have with other younger kids, but they're not coming up the mountain. Uh but it will be a great uh space and place to get together. Uh Maya, I look forward to connecting with you. Maya, some of these webinars and all these adults might get boring at some point, but I need you to join. Right. So, and feel free to share and ask questions.

So, ask questions through through mom if you need to on the WhatsApp group. Uh if if Maya has her own WhatsApp on, you can let me know. We can add that to the group. Otherwise, we'll communicate all things through and uh back and forth with Maya through you and uh there will be exercises to do Maya where we some assignments. So, you'll need to create those. Maybe you'll create something like a vision board. We will talk about that exercise when we come to it. Uh but it will be a fun exercise uh when we do it in one of the upcoming webinars. So, lovely to have you here. Excited uh to create this epic experience with you both. Uh, Devi Devangini, >> hello. Can you hear me?

>> We can hear you and a lot of people in the background, but we can hear you. >> That's good. Um, yeah. So, I Yeah. So, I'm Debbie. I'm from Northwest London. Um, so I've done a couple of hikes so far. So, this this will be my Yeah. Actually, the biggest one. Um, so yeah. What What is it that I want to get out of it? Um I had a few things um that came to my mind. Um one of them is really challenging my mind. So things like beige where I've never sort of lived in a temp and just gone, you know, gone to the extreme of especially the cold as well for me anyway. Um so challenging my mind. Um and then I think a lot of people say you come down as the new version of yourself. So I really want to um see what that looks like. You know, I have no idea. So quite excited about that. But more importantly, I think it's more getting more towards my own self and my own you know my inner self like more emanating love and light versus ego um and financial freedom as well like up where that came from but it is important to me. So yeah these are my things.

>> Awesome. Awesome, Devi. It's very important each of us really share what's really there at stake for us. For those of us that haven't got to share now, we're going to share on the chat. I'm just mindful of time. Uh, sorry, Deb, I'm just going to put you on mute. There's background noise there. Uh, you might want to also check your audio settings. It should have an option to remove background noise. Um, but what I want to share is some of you might have heard of the story about the fly and the window. And this is how most of us live life which is we live this life and we see this beautiful possible world out there like a fly does. But what happens is we keep going for this world and we just can't seem to reach there. It might be that this fly is keeping keeps hitting against a glass window. And many of us have that in our world. There's some kind of hurdle or blockage in the way that we can't see. And the the thing is we keep doing the same pattern over and over again and wondering why we're

not getting any different results. We keep having this aspirational goal for our our physique or health one day or living our dream career or going our dream holiday or creating a certain family or social social uh way of life a certain way. And we just never do that.

Why? Because we're often stopped by what we can't see which is a fly trying to go out the window. It sees this beautiful bright world out there, but it keeps hitting against the glass. And that's why what Kilimanjaro is, Kilimanjaro is like a pattern interrupt. All that fly needs to do if it doesn't realize it doesn't have a pattern interrupt, it will keep hitting that glass and one day it just drops dead and hits the floor.

And that's actually what happens to most flies. That's how they die against the window. They see their possibility and they burn out going for it, doing the same thing, same path, not taking a different approach. Taking on something like Kilimanjaro is a pattern interrupt. It's like saying, "Hey, what if we open the window? What if you move slightly to the side and fly through the open gap? You could achieve and go leaps and bounds to a whole new place and live into that and step into that all possible world." That's what we call a pattern interrupt. And Kilimanjaro is going to be when you hear these stories of people coming back a certain way uh a different way, a different person, that's because Kilimanjaro provided for them a pattern interrupt. And for some people, Kilimanjaro will also be will also be a humbling experience. And that might be the pattern interrupt. It might be humbling experience in that, you know, you're faced with certain uh hurdles or challenges. You're faced with something that you can't do. Uh you're faced with discovering how fit you are or you aren't. Uh and that might be the humbling experience which is, hey, I didn't put in the preparation or the training I needed to. Maybe I really need to get serious about the way I approach big challenges in life. Now, we're going to do a mini visualization or I want you guys to just take a look at the photos I'm going to be sharing.

Each of you are there with different levels of fitness. Some of you, I know, have precommunicated. You have this niggly pain, uh niggly knee, a light back pain, uh you have uh an injury in your ankle. So, there's something that we might have as a concern. Some of you, some people do this mountain because they're scared of heights. So, they sign up to a mountain like this to overcome their fear of heights. Uh thankfully on this mountain, there isn't many points where we're like at a cliff edge. You you don't realize you're even on the mountain cuz it's just it's such a massive mountain. You can imagine we're walking on it for 7 days. You're walking for hours in a day and it feels like you've not moved much. You can still see the peak much above you. But this what we have on screen that's a 9-year-old girl, right? If uh if Maya comes with us and gets to summit, Maya will be the second youngest person to reach summit with us at age 11. This was a 9-year-old girl. Uh I think it's today or tomorrow she turns 16. This was in 2018 she did it with us. On the right we have some people from the US, from Botswana. Uh this is a group where we went up the mountain with 40 something of us. This was one of our largest groups. We had about three co-leads here to facilitate.

So as I was mentioning the co-leads when we have more people we bring more leadership team to it. Uh some of the people joining here are leaders within fit banker. So they're trained as coaches as well. Uh I know they're doing this as a participant. They're not doing this as a coach. But some of the other people you'll meet this other amazing couple who are on. They did this with us two years ago and you'd think Kilimanjaro is hard and challenging and for some people even expensive. But they're coming again and they're bringing a whole bunch

of their friends.

So they did this two years ago. They did a route called Rangai route. We're doing a route called Leosha route. So I want you to visualize that if all these people on screen can do this including we've taken a 60 a 70 year old lady. We've taken a 68 year old uh gentleman. Uh I've taken my dad at age 76 up the mountain. But in his case we didn't get to summit. We got uh 3 days up the mountain and then he had some other health complications. So we had to take him down. We won't put we won't prioritize summiting over your wellbeing. So I want you to know that this is not a holiday. This is not a walk in the park. Training has to be taken really seriously. And at the same time the training is not intense but it just requires regularity which means once a month or twice a month we got to have a big hike a 10 km or a 15 km hike. The first three months you could just do five or 10 kilometer hikes. You know that's like uh three and a half, four mile to a six and a half, seven mile hike is what we need to be doing in the first two or 3 months. In the last 3 months before the mountain, I want each of you to make sure you pull off a 15 km hike and uh at least two 15 km hikes and one 20 km hike. Now that it does not have to be high altitude but if you do have hills and mountains where you get some incline training then ideally that will be really good for you to practice.

Um this is again we have um you know uh this is uh who do we have there on that particular summit? We have people here from the US from Zambia from the UK uh who've come up with us from Singapore. uh this is again another group again people from the UK from Kenya uh from the US who've joined us on this particular summit so people from all walks of life all ages all stages different levels of fitness underlying conditions uh we do need to know and and that's in your application form if you have any underlying conditions like blood pressure asma um cholesterol diabetes people with all those conditions have done the mountain and they can we just need to know of it.

So, we're mindful of, hey, have you got your medication? Do we need to be checking your blood pressure? Do we need to check your sugar if you're if you're diabetic and it drops or do you know yourself how to manage it? So, we need to remind you to cue you to maybe take something if your sugar drops and so on. Uh, but people with all those underlying conditions have been able to do this. Now you might be tough and I'd love somebody to complete this quote for me when as part of visualization I've shown you what's possible right but it's also sometimes it can be what we call toxic positivity if I'm trying to just paint to you the beautiful bright picture of what's possible so who can complete the quote for me when the going gets tough the tough gets the tough get going. Okay, so this is air who did the fit banker challenge. He was a coach with us, was a track leader with us. Uh he, you know, he's still a coach. He got very fit in his his fit bank of transformation. He already was lean on the side on the left side of the image that you can see, but he even got more chiseled and stronger through his transformation. But I want to share with you part of visualization. We say the tough get going. Well, let's take a look at at what happens. So you don't need to be the physically most fittest person.

You can be and it will help you, but that's no guarantee of summit or ease of climbing up the mountain. Sometimes climbing up the mountain includes a little bit of of this. >> What's up, my brother? How you feeling? >> What are you getting presented? Um I don't know. You don't know.

>> You're about to summit on Kilimanjara. >> You're here. >> What are you grateful for? >> I'd be grateful for you. You for you being the wings under my wings this whole this whole journey in everybody here. You know, there was a point I was like, I'm not going to do it. You're doing it, buddy. >> I vomited. Then still I can breathe.

Breathe. Coming up. Freezing cold. >> It's called and the human body is a phenomenal piece of machinery. >> We're just about to reach their spill up point. The first group of people have started coming down that have summited. This is our team. This is Joseph. There's Pablo. There's Zanu. There's Dipy. Look at these guys from Kra. What are they doing on the top of a freaking mountain? These two.

>> Uhhuh. What? >> There's Hannah. There's Bonnie. Dan, you good? Emma. Darling. >> Uhhuh. >> You good? >> All of you guys have done superb. >> Yeah. Good, good, good, good, good. >> Lip man. Yeah. Look at the beautiful sunrise. 6:30. You know, you guys have to ask yourself, what karma have we done to be able to be here? >> No idea how I got here.

>> You're a super being way beyond what you thought or think you're capable of. >> No idea how the are you? >> All right. Awesome. Sorry, pardon the French. I didn't forgot that was there uh playing it with kids around. But I just want to give you a sense of what it looks like on summit night. It can be hard for people at this point. We are just about 150 200 m away from reaching the rim of the volcano. And you can see people we're we keep stopping.

We keep having snacks. We keep having energy gels. We'll have water. We need to warm ourselves up. Uh we've walked through the night. This is 6:30 in the morning. The first sunrise has come out. You can see the beautiful scene. There was a peak that sticks out of Kilimanjaro called Moenzi Peak. Uh which which was on the side there. But it gives you a sense we have people here from Spain, from Switzerland, from Argentina, from the UK, uh from you know from Zambia, from different parts of the world. So it's important for us all to get what you have started today. This webinar is the beginning of the mental, the emotional, the spiritual work that we have to do. Visualization is going to be a big part of it. So we share these stories of others because I we want everybody to see most human beings can do this. Not all of them do. Some don't summit. But all of you need to spend your individual time doing some visualization standing at the top. We will keep sharing photos of people at the summit so you see what that looks like with you up there. Uh we also have asked you guys to send your photos. We're going to super superimpose that with the the mountain in the background or the summit image in the background. Uh like Devi shared hers. Um, and what happens when you do the training, the nutrition, the visualization work, you start to fill what's called your subconscious bag, right? There's a subconscious bag. You know, Usain Bolt talks about the investment that he does. So, he's won nine gold medals in the last two Olympics. He ran less than 2 minutes on the track. That's economy of effort.

It's for less than 115 seconds in total. Three Olympics made \$119 million. That's more than a million dollars for each second he ran. But for those two minutes, he trained for 20 plus years. This mountain is really going to teach us grit. It's going to teach us endurance. It's going to teach us that you really can't stop. You know, uh Lombay introduced himself earlier. He signed up just uh about a week or 10 days before. He was 20 years old at the time. He was able to do it. He had a certain level of fitness. Lucky him. And he didn't react to altitude. You

have somebody like Moshkur. He signed up 11 days prior but he participated in a lot of the training yet he actual his actual sign up only happened 11 days prior. He was trying to sort out his finances before he could commit. Um and he signed up at the 11th hour and you know you saw his experience still he summited we got to summit. Uh the two things we leave at base there's a saying on the mountain which is leave your ego at the base and when you're on the mountain none of you are going to see each other as oh this person is uh CEO of this company this person is MD of that company this person is a professor this person is a mother this is a person this is a daughter this is a child I can tell you guys sometimes in your hardest moment that 9year-old girl people were reaching out their hand to her for inspiration for support we might be reaching out to Maya for support Maya might be reaching out to Devi support Devi might ask Bea to carry her on his shoulders is going to be a lot of teamwork and every day has a theme on the mountain. There going to be various themes and various practices that we're going to do. So trust the process like you've heard from the others that were on earlier. It's going to be a phenomenal experience. The route we're doing is called Leosha route this year and it shows here that we start at this place called Mimi Mukuba actually or is the first campsite that we stay at. There's a slight tweak we might do.

There's a slightly different route we might enter. Day one is a 22 kilometer 22 km hike. So that's a big hike for day one, but it's at lower altitude. So most of us can do more distance at lower altitude. At the highest altitude, we only do 5 km, but those 5 km can take us 9 or 10 hours. And 22 km at lower altitude can take us 6 to 7 hours. So it just gives you a sense of as the oxygen gets thinner, the body moves slower. But the more distance we do at the lower altitude, the more endurance and acclimatization we're building. Now uh the first night we stay at a place called Intimukuba. We're already there close to 2,800 m 2795. The next day we go to uh Shira plateau and from Shira plateau the following day we go to uh Barango right so day three day day three on this mountain is what we call the giving birth day what do we mean by giving birth that's the day that people say a new you emerged because it's a very hard day it is a testing day we are going to push many of us will have symptoms like headaches migraines. We might have diarrhea. Some might have constipation. Almost all of us will be having some form of gas release on the mountain. It's called hafing. High altitude flatulence expulsion. If some of you already do that at ground level, we can expect more of that at higher altitudes. But that's kind looking at Maya. You make us think that she does that. Uh and then or is she looking at you? Uh or is it the other way? Okay, cool. Uh so we also identify the noisy tents at night. those that snore and those that fart and then over the days we start to rearrange the tents. We put the noise makers one side and those that are the light sleepers on the other side. Uh but that's how we get to become family because we get our most vulnerable moments sometimes embarrassing moments and sometimes uh the whole mountain collectively could become our proudest moment in our life and it really brings us together. It really grows all of us and um you know there's a day where it's called the theme is called inner child. You'll awaken your inner child. There's a day where I don't know uh when all of you the last time you climbed on climbing bars or or monkey bars uh maybe uh you know Maya has done that most recently compared to the rest of us. Um but many of us have stopped playing in life. So part of this mountain brings uh us tapping into our inner child. We bring play. We climb these small rocks. It's not really scrambling. It's not risky.

It's not dangerous. It's not also easy. For the first time in my 11 summits of the mountain, it's the first time in this year 2025, I witnessed somebody fall from that particular point. But that must have been some point of carelessness or playing around or just an accidental slip. Uh it's called Barango wall, but it's one of the most

beautiful parts of the mountain that we climb. Barco Valley where we sleep that night is what I want to call heaven on earth. Um if I could choose to be buried somewhere in life or I know I'll be cremated or my ashes could be spread somewhere. I would want for them to be spread on Barango Valley. It is such a beautiful beautiful place and I hope you guys will get to see and appreciate the beauty that we see there.

The next day we go to a camp called Karanga which is just above 4,000 m. And then the following night, the night before summit, we go to a place called Barafu. Barafu is the Hindi and the Swahili word for ice. It means baraf which means ice. And from 4,600 m there, we sleep around 7:00 p.m. We eat supper at 6:00 p.m. We sleep at 7:00. We wake up at 11:00 p.m. And at midnight exactly, we start walking in the dark.

We have 6 and 1/2 hours of walking in the dark uphill. And we actually make more progress when we go in the dark cuz we're kind of half asleep and we don't realize how much ground we're covering. And then, as you saw that video, that's when we kind of come out at sunrise. And we we're going from Barafu to the point called Uhuru Peak which the highest point called at 5,895 m 5894. It shows here that's the highest point. So 5 km to reach there. 5 km back to Barafu.

We're really tired on that particular day. By the time we come back here it's 12 or 3 p.m. in the afternoon. And we started at midnight. So 15 hours of walking. People then want to give up and just sleep in a tent. But uh there's no tent to sleep in cuz we packed up the tents at this point in time. From here we have to come further down. We sleep at a place called Mua Hut. There's another campsite called Millennium Camp and we sleep there before we come out what's called Mua Gate. So that's what the seven days look like. There might be very small modifications to this route uh like the starting point and the exit point but otherwise all the rest stays the same. So in case sorry I should put the bigger image in case anybody asks what route you're doing. There are seven routes up the mountain. We are doing Le Mosha route. Leosho is one of the most beautiful routes. Many people do this route over eight days, but it can be done over seven or six. We're doing it over seven days. Okay? So, just so you know, because the first day is 22 kilometers. Some people break it down as 11 and 11 and they make it an eighth day. So, we're all going to need a certain level of endurance for day one.

We also did Leam Mosha this year. Two years prior we did wrong route which is another route fairly easier, not as scenic and beautiful as this one. This one is really beautiful in terms of our view of glaciers, the Baranco wall, the Barono Valley, a place called Lava Tower, not to be missed. So, I really want you guys to look forward to this. Those of you that are in this year and there are some people that were booked for 2025 and one person due to personal um medical reasons with a member of his family uh you know didn't make it last minute. He ended up actually losing his mom uh shortly after the due date and she was he was caring for in the final days. Uh he will be joining us. So he'll be with us uh this year 2026 and um you know he gets to do the route that he missed. So he's lucky that we're repeating this route again. But it is one of the most beautiful routes. If you're getting to do this route honestly consider it is absolutely beautiful and scenic. Uh it's also why Roan and Carol are coming again. They did last time what was called Rangai route and now they're coming for this beautiful route.

Now I asked you guys to share your photos like we have the amazing model here Devangini on screen. Uh so we

do want your photos so we can create a little image like this and you can use this to share on your social media or your WhatsApp status or post on any WhatsApp groups that you're signing up to Kilimanjaro. Why? Because if you want to do this with any people that uh you're close to that you love, it is such a phenomenal feat to do with loved ones. It might be a partner, might be a childhood friend, might be somebody who was your best friend in school and you want to reconnect with them, might be with a parent, might be with a child. It is a great great memorable experience.

The first time I did this, I did this with my wife. Um you know we have many couples that do this together. We have many parents, child uh you know uh couples that do it together. Uh we've had um you know previously parents come with two kids uh doing it together. So it is a phenomenal phenomenal experience. Uh it's very transformative. Um so if you haven't yet shared your photo assignments, we're wrapping up today's webinar by the way. Uh you're going to share your photo on the group chat so that our team can edit this.

We're sending you the photo back and the photo is for you to use to share if you want as you please. Now, I just want to share this for those of you that are Instagram savvy, you know how to use Instagram. If you add me as a collaborator, FitBanker or my personal Ronny Rich or both as collaborators and there's another Instagram account called FitBanker Tracks. I'll I'll send these details on the WhatsApp group. Then I can accept as collaborator also show on my feed. And for those of you that use social media to reach people, to market yourself, to grow a following, maybe for your brand or your business, you will reach more people because uh you'll you'll be co-sharing an image with our brand page, which has uh over uh 10,000 followers and a few others. So, you'll get a bit more exposure if you want to, but there's also boldness in declaring something. Some people sign up to something like this and they don't want to tell people about it. They want to keep it a secret. they want to tell them right when they're flying out. Uh, but I do say that it's worth taking people with you along the journey. Meaning, if if they're not physically joining you, let them know that you're taking on something like this. So, you can make that declaration with your photo. Uh, first purchase, guys, I really want to stress this. The most important thing you need to buy, and for some, if you're buying leather boots, uh, you need to break into them. They can take two or three hikes to break into. So, buy those. Now, the boots that you buy should not be your exact size. For the mountain, you need to buy one size bigger. You need to buy one size bigger because you're going to be wearing two pairs of socks. A liner sock and an outer woolly sock. So, I am, as an example, a size 13. For the mountain, I have to buy a size 14, which is a really huge boot. You'll see how big they are when when we meet in person. And on top of that, when you're on the mountain, our feet sometimes they swell with the pressure of walking. So that's why you need to make sure that it's not fitting you exact. It needs to be half to one size bigger ideally. Um I I only say half if you've got really small feet, like you're a size three or a four, then half a size bigger might be adequate.

But if you're size six and upwards or seven and upwards, then you do want to get at least one size bigger. Uh those of you that are doing safari that would like to join, uh just let me know today that I'm going to add you to the Safari interest group and our travel planner. We have a partner on the ground. which is a travel agent. So, this is not a fit bank offering. All we're doing is connecting you and we have mapped out a preferred safari route and preferred lodges with this partner cuz I've been on safari and I know there are people that rip off people that aren't familiar with the region on safari. But if you want to do safari, the best game park in the world is the Serenetti. And so, we've designed one where you have two nights in the Serengeti. The largest uh natural crater

in the world is in Gorangoro Crater. I think it's the largest, but it has a full ecosystem of wildlife in there. So, you get to do two nights in Serenetti, one day in Gorangoro Crater, and then there's a town on the way going there and a town on the way back. So, it's a five night program that we do. And it's 18 to 23rd July. Uh like I say if we get 12 people going on safari in the separate group uh I do want to share that there is one family whose family is joining them. Uh Shipali she's going with her family.

There is another group Sel was on earlier. A few of them very quickly reached six in number. So they are going on a separate safari. Their families are flying in to join them just for the safari bit. So if you also are if you want a mom or a parent or an elder to join you for safari but they're not doing the mountain. They would need to arrive on the 17th because 17th is the day we come down the mountain. They join our celebratory dinner and on the 18th morning, early morning we all head off for safari. Right? So 18th to 23rd. 23rd should be a return date. Anytime on the 23rd and the airport you're booking to is called JRO, right? So those details again will be shared on the chat. Ask any questions on the chat. Trust the process. This is going to be one epic amazing experience and it definitely beats uh it definitely beats um you know the life of the ordinary because in the end you won't remember the time you spent working in the office or mowing your lawn uh climb that goddamn mountain. It's a beautiful quote by uh I forget which famous mountaineer shared this. I should put their name there actually because it's not made up by me.

All right, on that note it is a wrap. I'm going to pause now and ask if there any questions. Any questions? Does anyone want to share anything that you're excited about, concerned about, reassured about or something you wanted to find out today which you haven't found out? Any questions, comments or shares? Beige? >> Yeah, two questions. One is um where is the safari exactly? and the other was I think you were going to talk or let us know about options for things like the um the balcony tents and stuff like that.

>> Yeah, I'm going to share uh so what I what I do want to share here is uh so for those of you that have joined and attended a master class, right? Um uh we have shared here uh what's included and and what's not included that's on the on the long message that was uh sent to you. So we provide obviously tents, we provide sleeping bags, uh you need to get you need to get your personal gear. Um and uh now there are upgrades that you can do. Now you don't need to do the upgrades. As an example, I'm not really doing an upgrade. I I do what we're offering that's included, which is uh you know, this was shared on the master class. For those of you that haven't uh seen the master class, be sure to watch the recording. I can share that with you at any point as well. Um, but basically what we're going to be doing is uh there is an option for you to get most of the tents. We're going to show you the photos of them. You go into them and you sleep there and they they're sharing tents for two people.

Now, if you want to upgrade to say you just want single occupancy in your tent alone or so, as an example, if it's Anna and Maya, they will be sharing a tent unless for whatever reason they don't want to. Um, you know, if you're family, if you're a couple, again, you'll be sharing a tent unless for whatever reason you don't want to. Um, and then there will be upright tents where the tent is a high-rise tent. You can stand in it, you can walk in it. So, those upright tents are called balcony tents.

So, if you want a balcony tent, they're going to be um I'm going to share the price sheet of it. There's some extras. Sorry, Beige. Thank you for reminding me. I'm going to share that with the pricing of the extras. Uh, anybody else listening on the recording, you can also do that. If you want the lodge at base, again, the lodge at base, there are rooms which have twin beds. uh unless you're a couple, you'll be in a double bedroom. And if you want to upgrade single occupancy at base, if you want single occupancy on the mountain, if you want a balcony tent, then those extras are items you can request. Um so I'll share with you the list of those extras.

We all sleep the the standard way of doing the mountain is we get a very thick rubber mat and then uh on top of that rubber mat uh sorry there's a there's a plastic mat which the bottom of the tent there's a thick cushion mattress and then above the cushion mattress we provide your sleeping bags. Your sleeping bag alone if you have your own you will need an extreme sleeping bag. You can't bring the one that you use for regular camping in a in a hot uh weather. It needs to be a a sleeping bag that can withstand -25°C.

So, it needs to be a really strong sleeping bag. We provide those extreme sleeping bags. Ordinarily, you would spend £300 to them on them. Between 200 to £300 on those. So, it's a big saving for you when we provide those to you. Uh if you do want a bed, we now also do provide beds. So, I'm going to share that with you guys as well. Um, just want to see why I did put those photos up here. Uh, I want to share like those tents that you see at the back.

That's the standard tent that we have uh uh on the mountain. And I do apologize. Be you've just reminded me that I did request one of the team to get the images up and uh I didn't put them up off the tent. So, I'm going to share those images on the chat so everybody can see and we'll share with you the the prices for the extras. So some of them are like £80 extra, some of them are like uh £100 uh extra. So there are just few extras. If you want to add those on, you can. You don't have to. Uh I don't use a a bed on the mountain. I sleep on the floor on the mat. I love it that way. I get very comfortable sleep. But for some of you that feel you get interrupted on the mountain with sleep or you're a light sleeper, if you do want that, you can let me know and we can get you a sleeping bed. we can get you the high-rise higher tent, the balcony tent, and so on. So, that will be part of the extras that I included page.

Okay, any other questions? >> Sorry, where was Safari? Ronnie, you didn't mention which Safari would we be doing. >> So, the Safari you're doing is uh I'm just going to quickly pull up a map for you. >> You're live. Welcome everyone. and welcome everyone to your I'm just going to very quickly show you a route of what what we're doing. So I just want to give you a sense in Tanzania.

So this is uh Tanzania, right? This is a beautiful Tanzania that has uh the coast of um you know the Indian Ocean on the east coast and Zanzibar is there and what we do from here is we go to um the mountain is very near the safari area. So we go from uh let's just look at this one for an example. the best safari, the largest, not the largest, the most densest um it's not the largest, the most dense uh safari park in terms of animals that we get to see and the big five that we get to see is Serenetti. Now, Serenetti is uh it means in Masai language endless plains. So, we go from here this I hope can you guys all see this image?

Yeah. So, we're going to go from Kilimanjaro which is over here. We drive through Arouchia. From Arouchia, we're going to go just outside Lake Manara National Park. We spend one night there. Once you spend one night outside Lake Manara, there are two game parks. The one's called Lake Manara. The other one's called Tarangira. So, one of those two is what I would call your mini safari. It's your warm-up safari. For some people, it's mind-blowing. Once you experience the Serenetti, this one will feel like a warm-up. From here, we then go to Ingorangoro Crater. And in Gorangoro Crater, you get to look inside the crater. There's a viewing point. We don't stay there yet. We carry on. We kind of have lunch or breakfast there.

Then we drive on. We passed Uluvi Gorge. Ulivi Gorge is the earliest origin of human findings. Anyone that's interested in archaeology, we will incorporate this into your time schedule. So you can go and see Gorge where they found um the uh Neanderthal skull uh of early human findings were were found in Ulivi Gorge. You can get to see the excavations and you can see some of the stuff and photos in the museum. Then again, we don't stop there. We keep driving for another the drive from Arushia or from Moshi. We leave about 8:00 in the morning. That this is the morning after our party, our celebratory party. Some people go to bed by 11:00 p.m. after the celebratory party. Some people go 1:00 p.m. Some people come back from the club at 3 3:00 a.m. in the morning. Some people come back at 5:00 a.m. in the morning and they think we didn't see them return that late, but we did. Uh, and then they go straight on safari around 8:00 a.m.

And then from Safari, they go to uh through Arura. They spend one night outside what's called the Gorangoro conservation area. They pass all on day two. And so the first night is outside uh Lake Manara. Then they go through all gorge and then they go straight to Serenetti. All this green bit here is Serenetti and in fact it's slightly bigger. Uh there's some parts of it which are private and exclusive to certain uh private equity funds. So Serenetti National Park is where we spent 2 days there. It is the best safari. If you've heard of Masai Mara, Masai Mara is just the northern tip of Serenetti. It's like 5% or 8% of the whole Serengeti. majority of it is on the Tanzanian side and well spread out and that's right now Urvi who was on she's right now Samara so she's in the northern part right there and we are going to be in the bigger portion of it so we spend two nights in Serenetti then on your way back we stop at Gorongoro crater we spend one night in Gorangor crater the morning of that day we go into the crater you drive into the crater with a nice 4x4 safari vehicle we tour and see the game there we come out and then we drive all the way back to Arouchia. You sleep in Arushia for your last night which is on the 22nd. And then 23rd, regardless of what time your flight is, it could could be 2:00 in the morning, 3:00 in the morning, 5:00 in the morning, or it could be 10 p.m. at night. Uh you then go from there, you get your airport transfer to to flying out on the 23rd. So all you have to do, the airport to fly into and fly out of is called Kilimanjaro Airport and the code for that airport is JRO. Right? So this is the safari that we do. I have done safari in Zambia. I've done safari in Kenya. I've been to Masimara. I've done Serenetti. I've been on other safaris.

Nothing nothing nothing comes close to a Serenetti safari. So that's why I we insist on like particular agents that we use that know a certain standard of the lodges and hotels we like and we also design it such that you go there for for two days. Any questions on that page? Anything else? Okay, Dei, you have Sorry, Brit. Well, I'll just take Dey's question and then Britney, sorry. Can you hear me? >> Yeah, we can.

>> Um, yeah. So, so that what page was talking about balcony and showing pictures of >> Sorry, your audio is

not too clear. >> Can you hear me? >> Yeah. >> Yeah. The bed um the balcony bed, all of that. Are you going to show a picture of them? Is that what you said? >> Yeah, we're going to share that. >> I think I just had a question around the packing. Um I heard there was a duffel bag you give as well. Is that right? So we can put all our safari stuff in one bag which is provided by Fit Bank. Is that right?

>> Yeah. The the Well, we give you some goodies which is a surprise. Uh but uh since you've got leaked information. Yeah. So there is some merchandise included in your sign up. Uh it's not always a duffel bag. for some years. It's been uh we there's a FitBanker Kilimanjaro t-shirts we're going to get. We're going to get some We're going to get some buffs. We are going to get you maybe a drinking bottle or the duffel bag um for this cohort. Yeah, we'll likely get out the duffel bags out to you. So, um we have them in in in the UK right now. So, we just need to arrange uh shipping them across to those of you that are that are in. And the duffel bag is there are two types of bags that we take up the mountain. Only two bags. One is your backpack that should not go more than 5 kg when filled. You need a 30, 35, 30 or 35 L backpack. For some of you that are petite, a 25 L backpack will be sufficient, but 25 30 or 35 uh mine is a 35 L backpack.

And then your duffel bag cannot exceed when packed 15 kg. So that's the one which has your remaining six days worth of clothes. So your backpack has just your clothes for the day and your duffel bag has the remaining six days worth of clothes. So the duffel bag, if you haven't yet bought yours, you don't need to. Uh we will we have just got to check what stock we have and we'll include them. We have nice I want to say almost waterproof or what's considered waterproof dry bags. None of them are ever 100% waterproof because depending on the pressure of the rain, there's water that goes through the the zips. Uh but it is uh something that we'll be sharing with you guys.

Cool. Uh Brit, do you go by Brit or Britany? You're on mute. You're on mute, Britney. >> Okay. Can you hear me? >> Yeah, we can hear you. I'm excited to have you on. >> Britney. >> Yes. Or you can call me Ben is my nickname. Uh it means to fly and tie. Anyway, you said the duffel bag can't be more than how big? How many?

>> The duffel the duffel bag normally in liters. They they come as 60 or 70 lit duffel bag. That's what you need. >> But the duffel bag can reach >> it can't go over 15 kg when full. Okay. >> Right. So, there are some duffel bags that you get are 90 liters, but you wouldn't fill the full 90 liter. Right. Uh we don't want its weight to be more than 15 kg. Now, I I mentioned the 90 liter because you might have say somebody like Anna and Maya, they might not want to get two bags. They might fit everything into 90 liter. If they do, that 90 liter uh needs to not weigh more than 15 kg when full.

Okay. Uh, so my original question was, what day would you recommend flying getting into the Kilimanjaro airport or that area? >> I I recommend you arrive so 8th. When we say 8th, that means that's the arrival day. The only thing I would recommend against is if you're arriving 8th at late at night, like 9 10 p.m., you might be tired for the next day. We have a very early start. So 8th it's not part of the program but we do recommend if you can if you can reach the airport by 3 p.m. or 2 p.m. on the 8th then at least that night you can all join us for a welcome dinner. So there's a welcome dinner we will all go out to or we'll have it at the lodge depending on the arrival times. Uh so you just got to look at your flights. So 8th morning is the most preferable time. Anytime

before 2:00 p.m. is preferable and it could be 4:00 a.m. in the morning, 2 a.m. in the morning. whatever time, we're going to have your pickup vehicle ready for you and they'll be there with a fed bank of flag ready to receive you. If you come uh if for whatever reason you're coming from far and you're concerned about jet lag, I will be there from the 6th. If you want to arrive on the 7th, like a day earlier, just to wind down, have a swim, uh catch a tan, then you can come.

It remember is winter there at base. Um but it's still it's dry season, so it's the best time to be to be there. >> Okay, thank you. >> Okay, cool. Um, uh, anyone else? Any other questions? Okay, if we have none, uh, if we have none, uh, we're going to wrap up. Um, otherwise, feel free to ask on the chat.

Uh, there's a team there behind to to help answer your questions. Uh, I'm there as well. Uh, if you your question is targeted specifically at somebody, just tag them with the at handle so they respond sooner. So, if it's Lombbe uh or if it's Priy or if it's Urvy or if it's me, we're all in that chat. So, feel free to uh feel free to uh ask either of us. I will be sending you right now the images of the tents. I've got them here.

And I will send you then the price list as well of all the extras. Cool. Thanks all. And here's to an exciting and adventurous 2026. Uh oh, sorry, quick reminder. Anybody that has paid a deposit, if in my message to you I had mentioned that there's a specific price if you pay the balance before 31st December, just a reminder that you want to pay that balance before 31st December. Um, if if I've mentioned in my message to you that the price goes up if you're going to be paying up to cuz you can pay your final deposit up to the end of April or end of May, uh, then that too is is an option. Uh, but of course there's a slightly higher price if you're paying it in installments that way. Um, so if you're paying it before 31st December, then go by the uh the price that I gave you. So on that note guys, it is a wrap. Bye for now and we will see you. We'll communicate the next dates. We were hoping more people will be on today to confirm, but does do weekends work for you guys? Because of the time difference and the time zones we have, we chose not to do a weekday.

Okay. So, they're likely going to be on Saturdays or Sundays, and we will send you the remaining dates of the next few calls if you can please diarize those. Uh it'll be great to have you join these regularly.