

10-DAY ADVENTURE

## KILIMANJARO LEMO SHO ROUTE

Tanzania

With over 15 years of experience we have helped more than 12,000 people reach the summit of Kilimanjaro. With top quality equipment and the best guides on the mountain, we have a 95% success rate on every route that we operate. If you are looking for a specialist operator with an outstanding safety record, you are in the right place.

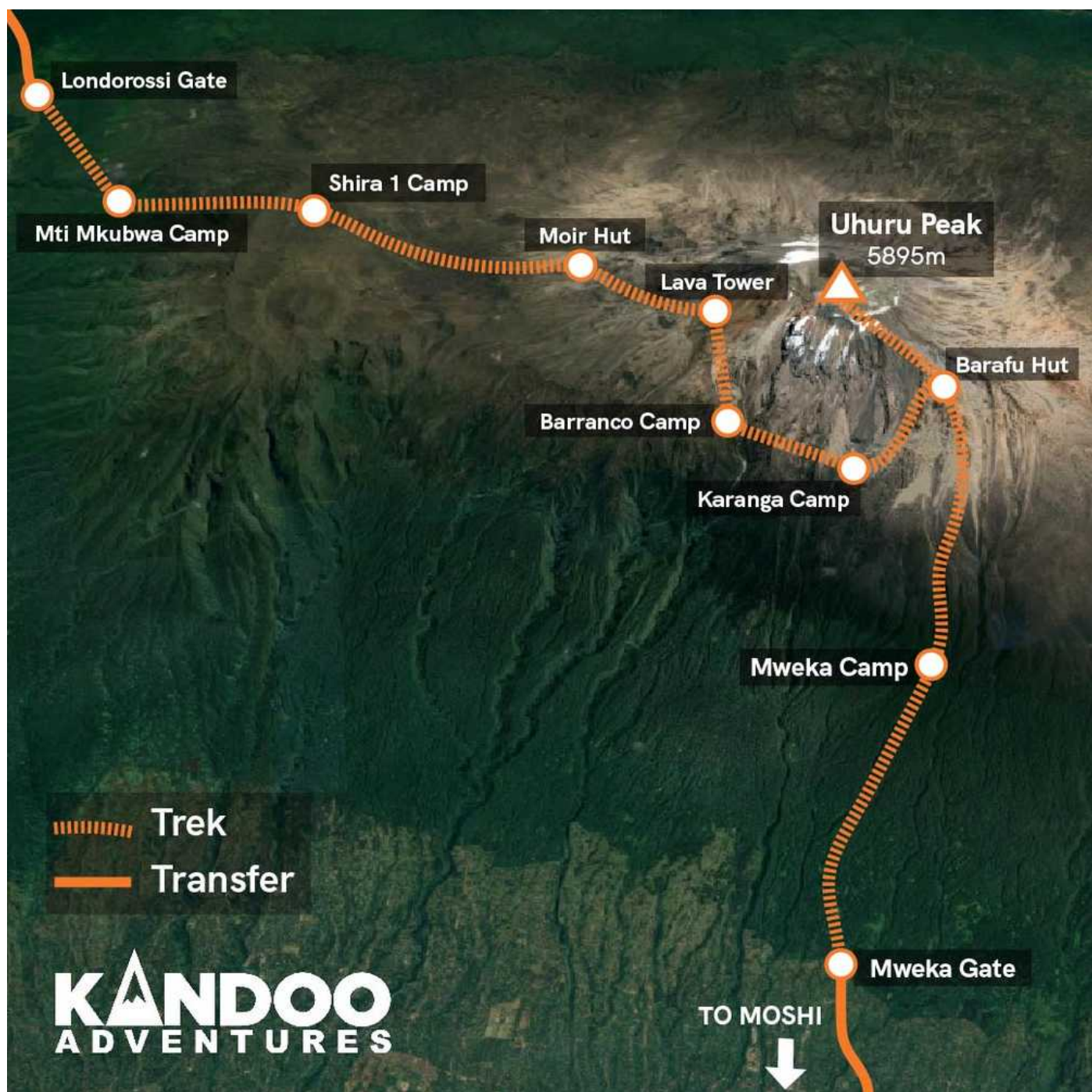
The Lemosho Route avoids the crowds on the early part of the Machame route and over 8 days, you have a fantastic journey and a great chance of summiting successfully.

The climb begins at Lemosho Gate, at an altitude of 2360 metres, with an approach far to the west of the mountain. It passes through majestic rainforest where some of the region's most unique wildlife can often be seen. The route continues up to the mountain's third summit at Shira Ridge. From there you will cross the famed Shira plateau and see the awe inspiring Shira Cathedral before reaching Shira camp on the main Machame route on day three. This allows a few days of quiet climbing overlooking some amazing scenery before taking the more heavily travelled route to the summit. After reaching the summit, you will descend by the Mweka trail, rather than retracing your steps along the ascent route.

The Lemosho Route is a good eight day hike for those who have not trekked much at high altitudes, with an effective extra day's acclimatisation, giving a better success rate.

## TRIP HIGHLIGHTS

- Cross the stunning Shira Plateau
- High summit success rate (over 95%)
- Good chance of seeing endemic wildlife in the jungle
- Perfect for those new to high altitude



# ITINERARY

## DAY 1

### ARRIVAL

All trekkers need to organise their own flights to Kilimanjaro International Airport (JRO). From JRO we will arrange a private transfer to your hotel. That night or early the next morning you will meet your local Kandoo representative and have a full pre-climb briefing.

Transport: **Private transfer (0.8 hour, 40 km)**

Accommodation: **Hotel**

## DAY 2

### LEMOSHO GATE TO MTI MKUBWA CAMP

4WD transfer to Lemosho Park Gate for registration. Our porters prepare and pack our supplies and luggage before we start our ascent along the forest trail to Mti Mkubwa (Big Tree) campsite at 2895m. We will stay here overnight.

Transport: **1.7 hours, 80 km**

Hiking time: **3 - 4 hours**

Ascent: **535 m**

Max. altitude: **2895 m**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 3

### MTI MKUBWA CAMP TO SHIRA 1 CAMP

Our journey continues eastwards across the Shira Plateau with spectacular views of Shira Cathedral. We cross moorland meadow to reach Shira 1 Camp for dinner and overnight camping at 3500m. By now we will be able to see the stunning glaciers of the Western Breach. It will be colder tonight than the previous night with temperatures possibly falling below freezing.

Hiking time: **5 - 6 hours**

Ascent: **605 m**

Max. altitude: **3500 m**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 4

### SHIRA 1 CAMP TO MOIR HUT

We leave the forest behind now and the trail gets steeper as it enters the moorland zone. A gentle grade walk takes you across the high altitude Shira Caldera to Moir Hut with fabulous views of Arrow glacier. We will camp here for the night at 4200m.

Hiking time: **6 - 7 hours**

Ascent: **700 m**

Max. altitude: **4200 m**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 5

### MOIR HUT TO BARRANCO CAMP VIA LAVA TOWER

Today we will climb up to 4600m to the base of Lava Tower for lunch and acclimatization. This will be our toughest day so far and you may, for the first time, feel the altitude. After lunch we will descend again by almost 650m to Barranco Camp, following the "walk high, sleep low" golden rule of acclimatisation. Our descent to Barranco Camp takes about 2 hours and offers great opportunities to take some beautiful photographs of the Western Breach and Breach Wall. The camp is situated in a valley below the Breach and Great Barranco Wall.

Hiking time: **6 - 7 hours**

Ascent: **400 m**

Descent: **650 m**

Max. altitude: **4600 m**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 6

### BARRANCO CAMP TO KARANGA CAMP

A short but fun day, starting with a scramble to the top of the Great Barranco Wall. We then traverse over scree to the Karanga Valley (3930m) beneath the icefalls of the Heim, Kersten and Decken Glaciers. We will stay overnight at Karanga campsite.

Hiking time: **4 hours**  
Ascent: **260 m**  
Descent: **280 m**  
Max. altitude: **4210 m**  
Accommodation: **Camping**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 7

### KARANGA CAMP TO BARAFU CAMP

We leave Karanga campsite behind to meet the junction connecting with the Mweka descent trail. From here we continue up to Barafu Camp. You have now completed the Southern Circuit, which offers views of the summit from many different angles. At camp, we can rest, enjoy dinner, and prepare for the summit day. The two peaks of Mawenzi and Kibo are to be clearly seen from this position.

Hiking time: **3 - 4 hours**  
Ascent: **670 m**  
Max. altitude: **4600 m**  
Accommodation: **Camping**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 8

### BARAFU CAMP TO SUMMIT TO MWEKA CAMP

You will be woken around 23:30 with tea and biscuits. We start our trek to the summit between the Rebman and Ratzel glaciers through heavy scree up to Stella Point on the crater rim. This is the most mentally and physically challenging part of the trek. At Stella Point (5732m), we will stop for a short rest and hopefully be in time to witness the magnificent sunrise (weather permitting). We are now only an hour away from the summit, Uhuru Peak (5895m), the highest point on Mount Kilimanjaro and the continent of Africa. From the summit, we descend down to Mweka camp site, via Barafu for lunch. Trekking poles will be needed for the loose scree going down to Mweka Camp (3100m). Later in the evening, we will enjoy our last dinner on the mountain and a well-earned sleep.

Hiking time: **13 - 16 hours**  
Ascent: **1295 m**  
Descent: **2795 m**  
Max. altitude: **5895 m**  
Accommodation: **Camping**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 9

### MWEKA CAMP TO MWEKA GATE

Your final day on the trek, departing after breakfast we descend a further 1300m to the Mweka Park Gate to pick up your summit certificates from the Park Headquarters. Transfer to your hotel.

Transport: **0.6 hour, 17 km**  
Hiking time: **3 - 4 hours**  
Descent: **1300 m**  
Max. altitude: **3100 m**  
Accommodation: **Hotel**  
Meals included: **Breakfast**

#### DAY 10

### DEPARTURE

After a much needed nights rest, we will bid you goodbye. If you have arranged airport transfers with us or a safari / Zanzibar trip, we will collect you in the morning for your onward journey.

Transport: **0.8 hour, 40 km**  
Meals included: **Breakfast**



# TRIP INFORMATION

## DIFFICULTY

The Lemosho route is considered one of the **easier routes** on Kilimanjaro, as its **longer itinerary** allows for better acclimatization. However, hikers will still need to ascend the Barranco Wall and climb steeply on summit night. The 8 day Lemosho climb gives one of the **highest success rates**, rather than trying to squeeze the climb into 7 days. The extra day allows for a shorter pre-summit day, meaning that you arrive at base camp by lunch time, fuel up with food, and tuck up in your tent to rest for what will be a tough summit ascent starting at midnight. **No technical climbing** is required, but a good level of fitness is recommended.

Looking for training advice or a training plan in preparation for this trip? We'd recommend checking out [Kate Sielmann](#) and her coaching programs that are specific to mountaineering and trekking training. [Find more details here.](#)

## FOOD & DRINK

Staying well-fed on your climb is absolutely vital, especially when conditions are such that you might not want to eat or drink as much as you should. Because so many climbers experience a loss of appetite at altitude, our head chef has developed **special menu** plans that are appealing, healthy, and filled with all the energy you need to make it to the summit. By default, our meals include **fresh fruit and vegetables** every day. You will have **fresh meat** for the first part of the trek and on the southern routes where it is feasible we resupply the group at Karanga Camp. As a special reward after your summit ascent, we'll have an *"All Day English Breakfast"* ready and waiting for you when you arrive back at Base Camp – just let our cook know how you like your eggs done! And before you leave the mountain, you also get to sample some of the **local Tanzanian cuisine** such as Njegere and Machalari.

## ACCOMMODATION

Your full day by day itinerary shows what is included in terms of hotel accommodation and meal basis. All of our pre- and post- climb accommodation is based in Moshi. If you are going on safari prior to your climb, we will have booked you into a hotel in Arusha on arrival to reduce your travel time. Where your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in Tanzanian Shillings, or often in US Dollars. When you arrive at the hotel, take a moment to familiarise yourself with the layout and the procedures in the event of a fire, especially your escape routes and fire exits.

Please be aware that Tanzania is still a third world country and cut offs in both water and electricity supply still happen regularly, and we cannot guarantee that the hotel will have hot showers during your stay. The hotel will help as far as they can, but these outages are outside their control.

We use only the very **best high altitude mountain tents**, Mountain Hardwear Trango 3, to ensure you stay warm, dry and comfortable on your Kilimanjaro climb. Please bear in mind, these are proper mountain tents, designed to cope with extreme conditions so don't expect to be able to stand up and walk around inside! The dry, dusty conditions on Kilimanjaro can play havoc with the zips and they can easily jam. Our guides are armed with WD-40 so just ask them for assistance, rather than trying to force the zip.

Your meals will be taken in a separate mess tent where you will be able to sit comfortably, while you relax and chat to your team mates and enjoy the wholesome food that our cook has freshly prepared for you. Inside, you'll be pleased to find a table (of course) and a proper, comfortable chair with arms. With a full 2 metres of headroom, even the tallest climbers will be able to stretch a bit, and move about without hunching over. They are fully waterproof, and regularly withstand the worst weather Kilimanjaro has to offer. A toilet tent is provided with toilet paper.

## **TRANSPORT**

We insist on using a **high standard of vehicle and driver** for all of our transfers. In Tanzania it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office immediately. Please note that it is a common occurrence in Tanzania for vehicles to be stopped by the police to check the driver's documentation and this can seem quite intimidating when you cannot understand what is being spoken. If your vehicle is stopped, this is not a reflection on the state of your vehicle or your driver's performance.

## **LUGGAGE**

### **CLIMBING BAG WEIGHT**

Kilimanjaro National Park operates an absolutely strict limit of 15kg per porter for your main equipment bag. This limit includes your sleeping bag, even if it is rented from us. This is more than sufficient for your needs on the mountain. Your bag will be weighed before you leave the hotel to start the climb and if it is overweight you will have to take items out and leave them at the hotel. Additional porters can be hired but they cost \$25 per day

### **PLASTIC BAG BAN**

On 1st June 2019, Tanzania introduced a ban on all single-use plastic bags. Please support this fight against plastic by using more sustainable alternatives in your luggage, such as packing cubes and dry bags. Passengers with plastic bags in their luggage may be asked to surrender them on arrival at the airport.

The zip-lock bags required to carry liquids and toiletries in cabin baggage on airplanes will still be permitted.

## HOW DO I GET THERE?

For climbers based in the UK or the US, it is best to fly to Kilimanjaro International Airport (JRO). KLM flies to JRO from all of the major UK airports, and many of the larger US international airports as well. UK flights tend to leave early in the morning, transfer at Luchthaven Schiphol, Amsterdam's main airport, and arrive at JRO late that same evening.

All of our tours begin at a town called Moshi, known as the gateway to Mount Kilimanjaro. Moshi is situated low on the mountain's south slope, at an altitude of nearly 1000 metres above sea level. Moshi is only 25 miles from Kilimanjaro International Airport by car, and we will arrange transport from the airport to your hotel as part of your trek. Transport is generally available at any time, including the late evening or early morning, and takes approximately three quarters of an hour.

Moshi is an excellent choice for hotel accommodation during your stay, but it does fill up quickly during the peak season, so be sure to reserve your booking with us as early as possible. It is wise to plan a rest day after such a long flight to recover and prepare yourself and your kit for the climb, rather than planning on hitting the mountain the next morning.

Some UK climbers choose to fly into Nairobi via Kenyan Airways or British Airways. These flights are only available departing from Heathrow in London. Climbers arriving in Nairobi generally book a transfer flight to Kilimanjaro International Airport via Precision Air, Air Kenya, Air Tanzania or Ethiopian Airways.

We do not recommend flying through Nairobi, because Nairobi Airport is often uncomfortable, and transfer times can sometimes be very long. It also has a reputation for poor baggage handling and delays in transferring baggage between flights.

Turkish Airlines, Air Emirates and Qatar also fly into JRO now, but these flights often involve long delays and flights leaving late at night for UK travellers. However, climbers travelling from the US often report better service and experiences flying with Turkish Airlines, Air Emirates and Qatar, so we do recommend these flights from North America.

Vayama operates excellent flights to East Africa, including Tanzania, Uganda, Kenya or Zanzibar from JRO, and is a good choice if you wish to see more of this beautiful region before returning home. Many travellers schedule a beach holiday in exotic Zanzibar to rest up after their climb. We find the best way to arrange transport for that is to book your return flight out of Dar Es Salaam, then to Zanzibar on an internal flight, and eventually back to Dar Es Salaam for your flight home.

## FITNESS AND TRAINING

Please take some time to read our [Kilimanjaro Training Guide](#) which is full of helpful tips on how to get physically prepared for your climb.

## BUDGET & CHANGE

The **Tanzanian Shilling** is a closed currency so you will not be able to buy this before you arrive. It is advisable to travel with US Dollars, as these are widely accepted. It is very important that US bills be new (no more than 10 years old), crisp and untraced. If you want some local currency to purchase snacks or drinks either at your hotel or on the way to the climb then we can take you to an ATM or bank. There is also a currency exchange as you go through to the Baggage Collection area of the airport. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

**Please note** that not all hotels can accept card payments so you may need to use an ATM to access funds.

## TIPS

We work closely with the **Kilimanjaro Porters Assistance Project** (KPAP) and they have recommended the following tipping procedure. To give you a guide, KPAP recommended tips for porters are in the range of \$6-10/day per porter. For other roles we recommend \$20/day for guides, \$12-15/day for assistant guides and \$12-15/day for cooks. These figures are per group, not per climber. You will be sent a copy of the tip recommendations and the estimated crew numbers for your group. The size of your crew can only be confirmed on the first day of the climb once all the bags and equipment have been weighed at the park gate. At the first camp you will be advised of the final number of crew and their position on the climb.

You may also find on your summit attempt that some of the porters accompany the group to provide additional assistance. This is an additional task that they carry out in order to support you having the best chance of reaching the summit. Please show your appreciation for any help you receive by tipping these porters directly. We would suggest an extra tip of \$20.

The tipping announcement will take place on the last night on the mountain when all the crew will gather together to celebrate with you. One representative from your group should say a few words of thanks, which will be translated by the lead guide into kiSwahili.

Due to recent thefts on Kilimanjaro, we no longer advise our clients to carry cash with them during the climb, so the actual tip money will be presented when you return to your hotel. Your group will be supplied with envelopes to assist with the distribution of tips – one envelope for the porters and a separate envelope that you can use to tip your lead guide, assistant guides and cook. Three porter representatives will come to the hotel to accept the tip envelope on behalf of all the porters, and they will distribute the money themselves.



# FORMALITIES & HEALTH

## PASSPORT

All travellers will need a passport which will remain valid for at least 6 months longer than your expected visit. You will also need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Tanzania.

Each traveller is responsible for sorting out their own passport and visa requirements, and we cannot offer much assistance in this matter. If you do not yet have a passport, apply for one early, as they can take some time to arrive. If you already have a passport, double check when it expires.

## VISA

While Tanzania is a Commonwealth country, UK citizens definitely do need a tourist visa to enter. This is also true for citizens of Australia, New Zealand, India, United States, Canada and most EU countries. Citizens of countries not mentioned should contact their nearest embassy or high commission to check visa requirements. Visas usually cost in the neighbourhood of USD50 (around GBP40), but some visas from the US can cost USD100. Tanzanian visas expire three months after they are issued, so be careful not to apply too soon.

Visas can be purchased upon arrival at Kilimanjaro international Airport (IATA code: JRO), but the immigration authority has recently changed the procedure and you can expect long queues, and for the process to take two hours or more. The Tanzanian High Commission has stressed that they have the right to deny visas applied for on arrival. We have never had a report of this happening, but it is a danger best avoided.

For these reasons, we highly recommend that travellers get their visa in advance if at all possible.

It is also now possible to apply for your Tanzania visa online. Please read the Visa Application Guidelines carefully before beginning your application to ensure you apply for the correct type of visa, and that you are planning on entering Tanzania through one of the approved entry points.

Where to obtain a Tanzanian visa

- Any Tanzanian Embassy or High Commission
- The Tanzania Immigration Services website
- Entry points to Tanzania: Any gazetted entry point, including international airports.
- In Dar Es Salaam: The Office of the Director of Immigration Services
- In Zanzibar: The Office of the Principal Immigration Officer

Please be advised that, whilst we make every effort to provide you with accurate and up-to-date information, travel requirements can change quickly and sometimes without notice. We urge you to double check the visa and passport requirements for your trip, consult with an embassy or consulate, or use a reputable visa agency, such as [www.thevisacompany.com](http://www.thevisacompany.com).

## VACCINATIONS

Below we have set out what is the general guidance for travel to Tanzania. We strongly advise you to consult with your own GP or travel clinic near you before travelling. They will have the most up to date and medically accurate information relevant to you, and should be relied upon over these recommendations.

### Strongly Advised Vaccinations

- Hepatitis A: This can be spread via contaminated food and water.
- Tetanus: Tetanus is often present in the soil, and can contaminate open wounds easily. Tetanus vaccine should be used every ten years if travelling.
- Typhoid: Typhoid can also be spread via contaminated food and water, and poor hygiene.
- Diphtheria: This potentially fatal disease is spread mainly via spit, but occasionally through contact with cuts on the skin.
- Yellow Fever: This can be contracted by being bitten by a contaminated mosquito. This vaccination is not essential if you are arriving directly in Tanzania. You do need it though if you plan to arrive through any country that is subject to yellow fever. Simply stopping over at an airport in an affected country should not require vaccination, but leaving the airport even briefly would make it necessary

### Sometimes Advised Vaccinations

- Hepatitis B: This illness is spread via contact with blood or bodily fluids. It is many, many times more virulent than HIV/AIDS. Some 8% of the population of Tanzania are believed to carry the virus.
- Rabies: Rabies is spread via contact between the saliva of any infected animal and an open wound (including bites, but also licking existing wounds). Rabies is fatal unless treated, and treatment of an unvaccinated rabies patient can be very difficult in many parts of Tanzania.
- Tuberculosis: TB is generally contracted through inhaling airborne sputum.
- Cholera: Cholera is spread via contaminated food and water, and poor hygiene.
- Measles: This disease is spread through inhaling sputum.

## INSURANCE

Climbing a mountain as high as Kilimanjaro does have dangers. You should ensure that you have good insurance to cover these risks. It is a condition of booking to climb Kilimanjaro that you have medical and accident insurance.

Your insurance must cover helicopter evacuation if it becomes necessary. It should also cover the costs of getting home should you miss your scheduled flight due to accident, injury, illness or simple bad luck.

Your insurance must specifically include cover you to climb up to 6000m.

Your insurance should also protect against the standard travel dangers, including: baggage delay, loss of personal items etc.

We recommend the global supplier of travel insurance, World Nomads. Make sure to add 'hiking up to 6,000m' on check out and be sure to read the small print carefully for any policy you are considering. Different policies provide different levels of cover, so make sure you understand what is and is not included in your policy.

Sorry but we are not insurance experts so we do not review policies.

## HEALTH

### Malaria and Mosquitoes

The entire Kilimanjaro region is the home of malaria-carrying mosquitoes, and you are at risk of contracting malaria at least until you climb above 3000 metres. Above that, mosquitoes can not survive. A bout of malaria can ruin your entire trip and end your climb early, so it is best to protect yourself.

Your doctor can prescribe anti-malarial medications, but we also recommend wearing long sleeves and trousers, as well as using a good mosquito repellent that contains DEET the entire time you are below 3000 metres.

### Avoiding diarrhoea

Make sure that your hygiene is as good as possible to avoid picking up a stomach upset. Needless to say, a bout of diarrhoea can make a week-long strenuous ascent unpleasant or even impossible.

On the climb itself, we make sure that your food is pure and uncontaminated, and that all of your water is treated with WaterGuard purification tablets. Before your trek, though, you will have to protect yourself.

Make sure you follow these simple rules at all times:

If you are not absolutely certain water is pure, do not drink it.

Wash your hands thoroughly after using the toilet, and before eating or handling food of any kind.

Do not eat raw vegetables or salads. Cooked, preferably boiled veggies only.

Avoid any cold drinks, and ice of any kind.

Water from sealed bottles is generally fine, as are fizzy drinks, wine and beer. Hot tea and coffee are good, as they have just been boiled.

If you do get diarrhoea, the most important thing you can do is to stay hydrated. The best thing to drink is a rehydration solution like Dioralyte. Read more about dehydration below.

Over the counter medicines like Immodium (or anything containing loperamide) are only for short term, mild diarrhoea. Some doctors recommend taking a single, 500mg dose of Ciprofloxacin, or any ciprofloxacin antibiotic in an emergency situation. This is a prescription medicine, and you should discuss it with your doctor before your trip.

### Preventing dehydration

Even if you avoid diarrhoea, you can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating.

The upshot is, as you might expect, that you will have to drink more water. You need to drink at least 3 litres of fluids every day while climbing. Even when you don't feel thirsty you have to drink this amount as a minimum - preferably more. This is particularly important on the final day when you attempt the summit and could mean the difference between success or failure.

On summit night you should drink at least half a litre (preferably a whole litre) before you set off. We will also supply you with 2 litres of water to fill your own water bottles or hydration bladder. Make sure it does not freeze! Wrapping the bottles in thick socks or otherwise insulating them is usually enough.

Stay on the look-out for signs of dehydration in yourself and your fellow climbers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic. If you think you may be dehydrated, there are two ways to tell:

The colour of your urine. Clear or light straw-coloured urine means you are probably not dehydrated. Yellow or orange wee means you have not been drinking enough, and you need to up your fluid intake quickly.

Pinch or press firmly on an area of exposed skin. If it does not spring back instantly, or stays pale and bloodless for more than a second or two, you are probably dehydrated.

Remember to keep drinking on the way down the mountain, as well.

## Sunburn and UV Protection

While a high climb is hardly a day at the seaside, you will be vulnerable to sunburn if not properly protected. The thin atmosphere at high altitudes blocks much less UV radiation, even on cloudy days.

The three most important things you can do to avoid sunburn are:

Apply SPF 30 or higher sunscreen to your face, nose and ears at least 30 minutes before going out into the sun, and reapply regularly. High SPF lip balm is also a must.

Wear a wide-brimmed hat that shades your face, nose and ears.

Wear UV-protective sunglasses, category 2-4.

At higher altitudes the sun's rays are intensified and even on a cloudy day they can penetrate through and still burn you. And do not forget that the sun is at its strongest between 10:00-14:00 hours each day.

## Eating well

Many climbers experience loss of appetite at high altitudes. This is a real problem, as you will be burning an extra 2000 or more calories a day, and not replacing them can cause real problems, especially when you attempt the summit.

Just like staying hydrated, you have to eat heartily even if you are not hungry. Meals heavy in carbohydrates are best, because they are easier to digest at high altitudes and provide long-term energy.

The summit ascent is different. You will not have a big, heavy meal which might slow you down on the most intensive part of the climb, but rather a light snack and a hot drink. It is important to keep plenty of small snacks with you on this leg, as you will have to keep your energy levels high. Also, make sure they do not freeze – so keep them in pockets underneath your jacket, or in an insulated bag like your daypack.

Summit snacks should be chosen carefully. Take a favourite treat to make it easier to eat when you do not feel hungry, but avoid anything with honey or syrup, or anything chewy as they are likely to freeze tooth-crackingly solid above 5000 metres. Chocolate, nuts and seeds, biscuits, savoury snacks and boiled sweets are generally better choices.

## Body temperature

Every mountain has its own climate, and Kilimanjaro has several different weather zones at different heights and on different faces of the mountain. Conditions change quickly, and you will be moving between zones as well. A hot and dry day can be followed immediately by snow or rain. Wearing a layered outfit is generally the wisest way to make sure you stay healthy and reasonably comfortable in all conditions.

Above all, make sure to wear warm, wind-and water-proof, breathable clothing on your climb. Get high quality gear too, as this is definitely the real thing. Storms, high winds and freezing temperatures must be expected, and poor quality equipment will fail.

## Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to the low air pressure, especially low partial pressure of oxygen, which many climbers experience at high altitudes.

AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Kilimanjaro is nearly 6000m above sea level. At this height, the air

pressure (and the amount of oxygen it contains) is less than half that at sea level, and has been said to be comparable to working with only one lung.

AMS can be serious, especially as it can be debilitating, and it generally occurs far from places where medical treatment can be easily administered.

Not everyone suffers from AMS, of course, and it is very difficult to predict who is or is not vulnerable to it. Generally speaking, a fit person is less vulnerable than an unfit person, because their cardiovascular system can operate at low pressures longer without as much strain. Even so, anyone can be vulnerable at altitudes above 3500 metres, no matter their fitness level, if they have not spent some time getting used to the low atmospheric pressures first.

### Avoiding Altitude Sickness

1. Walk high, sleep low. It is best to gradually climb higher each day, then descend lower to sleep. This lets you gradually become accustomed to lower pressures, and then recover somewhat overnight.
2. Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. Overworking your heart and lungs substantially increases your chance of becoming ill.
3. Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day. As dehydration presents many of the same symptoms as altitude sickness, your chances of being allowed to continue are best if you stay hydrated.
4. Diamox. The general consensus of the research is that Diamox is helpful in avoiding AMS. We use it when climbing Kilimanjaro. We recommend you google Diamox and its effects yourself. It is a prescription drug, and you should consult with your doctor before taking it.

## MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Anti-inflammatory tablets/gel - Second Skin Elastoplast (to prevent blisters)/ bandages - Sunscreen for lips and skin - After sun cream (for sunburn) - Any personal medication



# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- A 3-man tent per two people
- Mattresses
- Dining tent including tables chairs and eating utensils
- A toilet for the private use of your group

## RENTAL EQUIPMENT

If you've decided to rent gear, then below is a list of equipment available. Just let our team know what you'd like to hire at your Pre-Climb Briefing. All payments are made locally in US Dollars (cash only).

- Four Season Mountain Hardwear Lamina -30 Sleeping Bags -\$50 per climb
- Trekking Poles - \$20 per climb

These items must be packed in your main equipment bag. They should not be attached to the outside, as we are not responsible if items fall off when the bags are being carried up the mountain. The sleeping bags weigh approximately 2.6kg each

## **CLOTHING TO BRING**

[View our equipment recommendations](#)

### **HEADGEAR**

- Warm beanie style hat – knitted or fleece
- Neck gaiter or scarf. It can get dusty on the upper reaches and a scarf or balaclava comes in handy!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection

### **UPPER BODY**

- Thermal or fleece base layer (x1)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x 2)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x1)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Poncho – if trekking close to the rainy season
- Gloves – lightweight, fleece or quick drying fabric
- Gloves or mittens – heavyweight, insulated, preferably water resistant

### **LEGS**

- Leggings – thermal or fleece base layer (x1)
- Trekking trousers – light or medium weight (x2) – convertible trousers work well
- Waterproof hard shell trousers – ski pants work fine
- Gaiters – optional but it can be muddy in the rainforest and dusty higher up

### **FEET**

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around camp
- Mid-weight trekking socks (x5 pairs)
- Breathable, high-wicking liner socks (x3 pairs)
- Thermal trekking socks for summit night (x1 pair)

## EQUIPMENT TO BRING

[View our equipment recommendations](#)

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Waterproof duffle bag (approx 80-100 litres) – max weight when full should be 15kg. This weight restriction includes your sleeping bag, whether you brought one with you or rented one from us. Your duffle will be carried by your porter
- Sleeping bag (4 season or -20 Deg C) and compression sack
- Insulated sleeping mat (optional) – we provide a comfortable foam mattress but many people like the additional comfort and warmth of a Thermarest sleeping mat
- Trekking poles
- Water bottle or hydration bag – must be able to carry 3.0L of water. Wide-mouthed bottle (minimum 1.0L) is required for summit night
- Headlamp (plus extra batteries)

## OTHER ACCESSORIES

- Sunscreen and lip balm - high SPF
- Toiletries, including wet wipes and hand sanitiser – please carry all rubbish back off the mountain
- Camera and spare batteries
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel for wiping hands and face each day
- Ear plugs, if you are a light sleeper
- Pee bottle, if you prefer not leaving the tent at night
- Dry bag (only required if your main duffle bag is not waterproof)

# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

