

All information provided in this tour dossier is subject to change without prior notice. Changes would always be in consideration of your safety first and a better quality experience where possible. Overnight accommodation stops can change without prior notification, depending on road or weather conditions or any unforeseen circumstances. While every effort has been made to ensure the accuracy of the properties listed in this dossier, we will inform you, should a change occur.

Tour Style

Hosted

Starting Location

Your journey begins at **Kilimanjaro Airport (Moshi)** where one of our representatives will be waiting to welcome you. From here, you will be transferred directly to your hotel to begin your experience in comfort and ease.

Ending Location

On your final day, you will be transferred to **Kilimanjaro Airport (Moshi)**. To ensure you arrive comfortably and with ample time for your departure, we kindly ask that you share your flight details with us in advance.

Tour arrival point

Kilimanjaro International Airport (JRO), Kilimanjaro Airport Rd, Tanzania

<https://www.kilimanjaroairport.go.tz/>

After hours emergency contact

Our reservations staff are available to receive emergency calls. We would like to request that you respect this emergency number and use it only in the event of emergencies. Please only contact this number if, for example, you have missed your incoming flight, you cannot find your airport transfer or you are running late for your tour departure.

If calling from outside South Africa: 0027 82 578 2199

If calling within South Africa:

082 578 2199

What's included

Professional, English-speaking Guide | mountain crew (cook & porters) | 7 nights' stay in lodges and mountain tents (depending on availability, a lodge of a similar standard will be booked) / camping equipment (tents, sleeping mats, chairs, tables etc) | meals according to the itinerary | drinking water | all national park fees | all mentioned transfers

What's excluded

Flights (international and domestic) | meals not indicated in the itinerary | alcoholic and soft drinks | sleeping bag | tips | personal expenses | visa fees | travel insurance.

Countries Visited

Tanzania

What to expect on a Kilimanjaro climb?

Before every trek, the Trekking Operations Manager gives you an extensive briefing regarding the route, safety procedures, and health issues. You will have an opportunity to ask any questions that you have. Next, he will inspect the quality of your trekking gear to ensure your safety and comfort on the mountain. If you need any additional equipment, you can rent it from us.

During the trek, you carry a small backpack with essentials such as water for the day's hike. Porters will carry all the equipment, food, and additional luggage to set up the camp before you arrive. They are tough climbers and the true heroes of the mountain. The mountain guides will lead the way and are responsible for your safety. They have trekked Kilimanjaro hundreds of times and receive regular training. They will encourage you throughout the trek. They continually assess the weather and the condition of the trekkers. When extreme weather or altitude sickness or injury occurs, they will call the climb off if necessary.

Cooks are miracle workers. With simple gas cookers, they conjure up 3-course feasts, hot drinks, and snacks to nourish you when you need it most. The mountain crew fetches drinking water from mountain streams and boils it before you drink it. Porters pitch and take down the two-person tents you use. This leaves you to concentrate on getting to the top. All camping gear is inspected and cleaned regularly.

The Machame route

Located on the mountain's southern side, Machame is known for its steep sections and longer daily treks. Although it is more challenging than the previous two routes, it is popular due to its incredible views of Kilimanjaro's three peaks. Having reached the summit, the descent follows the Mweka Route.

What does a typical day on Mt Kilimanjaro look like?

On day one, following breakfast, you will be driven to the entrance of Kilimanjaro National Park, where your guide will take care of the registration forms and park fees. Soon after, you will begin trekking through a lush forest to reach your first campsite five to six hours later. Here, you will enjoy a delicious evening meal as you wind down to spend your first night on this captivating mountain. Each subsequent day starts with a hearty breakfast to fuel up on energy for the big climb ahead. Shortly afterwards, you start trekking. You will stop midway to rest and enjoy lunch with a view before continuing onwards and upwards to the next campsite.

For the next two to three days, you continue this routine of climbing the mountain for five to seven hours per day. During summit night, you'll set off at midnight. Ahead of you is a five to six-hour final ascent so that you can arrive in time to witness dawn breaking on top of Africa's highest mountain.

Having taken in the breathtaking sunrise and summit views, you will descend the mountain for another five to six hours of trekking. This will be the longest day on the mountain but likely the most memorable. On the final day, you'll enjoy your last mountain breakfast, followed by a traditional farewell ceremony where you can thank your mountain team. After the final descent, we will drive you to your lodge to relax and celebrate your achievements.

When is the best time to climb Mt Kilimanjaro?

The best time to climb Mount Kilimanjaro is during the dry season, from July to October. This period offers the best weather conditions and minimises the risk of cloud cover obstructing the view. However, it is essential to note that the weather can change quickly, and one may experience four seasons in a day. Temperatures drop significantly in the evenings and mornings, and frosts are common, so packing warm clothes is essential. Tanzania experiences two rainy seasons, namely the long rains from late March to mid-May and the short rains, which occur less predictably between November and December.

The peak season for climbing the mountain is from July to October, and it can get quite busy. However, the shoulder seasons, which occur from the end of May to the end of June and from December to mid-May, are also great options with good weather and fewer trekkers on the mountain. Moreover, the shoulder season is a great time to combine a trek with a safari. It is worth noting that trekking the mountain may not be possible due to unsafe weather conditions in April, May, and November.

How fit do I need to be to climb Kili?

Reaching the summit of Mount Kilimanjaro does not require technical climbing skills, but it remains a challenging feat that requires good health and physical fitness. You should be able to trek for five to seven hours daily. You should also have enough reserve to hike for twelve to fourteen hours on the summit ascent and descent day. Having the determination and fortitude to make it to the top is also essential. Altitude sickness may be an issue for some, but adding an extra acclimatisation day to your itinerary will improve your chances of success.

Other things to know before you go

After booking your trek, we will send you the pre-departure information to assist you in planning your Mount Kilimanjaro trek. The comprehensive packing list is one of the most crucial resources.

Tipping the mountain crew: The team of mountain guides is exceptional, and they will play a significant role in helping you to reach the summit. Additionally, you'll be impressed by the hard work and dedication of the porters, cooks, and waiters, who go above and beyond to ensure you have the best possible experience on your trek. It is customary to tip the mountain crews. If you think they did a good job and you would like to thank them with a tip, it will be gratefully received. We will provide instructions on how much to tip, how to do it, and when.

Emergency services

The mountain rescue services in Tanzania are less advanced than those in Europe. If an accident occurs, the injured person will be transported on a wheeled stretcher off the mountain, as helicopters cannot land at higher altitudes. It is crucial to obtain comprehensive travel insurance that includes rescue and repatriation coverage.

Age restrictions

Children below 10 can only hike up to Shira Camp but no further. Since children are more susceptible to altitude sickness than adults, we suggest a minimum age limit of 14-16 years of age, and a parent should accompany them.

There are no age limits for older trekkers, but it is recommended that those over 60 should undergo a comprehensive medical check-up before attempting to climb the mountain.

TOUR ITINERARY

Day 1 – Kilimanjaro Airport – Arusha

Upon your arrival at Kilimanjaro Airport, you will be welcomed by your transfer driver and taken to the Meru View Lodge in Usa River on the outskirts of Arusha. The rest of the day will be at leisure and you can either relax at the lodge or explore the town of Arusha (taxi required). In the evening you will attend a briefing in preparation of the upcoming trek. Dinner and overnight at.

Accommodation	Meru View Lodge (or similar) - Standard Room
Facilities	Two per room with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Kilimanjaro Airport to Arusha
Meals	Dinner
Included Highlights	Arrival airport pick up

Day 2 - Arusha – Machame Gate (1790m) – Machame Camp (3010m)

After breakfast you will be picked up at your hotel and taken to the entrance gate of the Kilimanjaro National Park. While your guide is busy with the registration forms, you can watch the mountain team prepare for the climb and once this is all done, your Kilimanjaro adventure will begin. In no time you will be deep within the magnificent mountain rainforest with ancient trees, primeval ferns, liana, lichen and moss that carpets the ground and drapes from the trees. You will hear and with a little luck even spot the beautiful black and white colobus monkeys in the treetops. After 5 to 6 hours, you will reach today's destination: the Machame Camp which is situated just above the tree line. Here, at the base of Mount Kilimanjaro, you will have your first dinner followed by an overnight stay in tents.

Accommodation	Machame Camp
---------------	--------------

KILIMANJARO MACHAME ROUTE – GROUP CLIMB: 8 Days |NPMK (Premium)



Validity: 2026

Facilities	Camping: Limited facilities
Meals	Breakfast, Lunch, Dinner
Altitude	↑1220m; walking time approx. 5-6 hours

Day 3 – Machame Camp (3010m) – New Shira Camp (3845m)

After an early morning start, the path steepens. The landscape changes into heath and moorland and the open landscape allows you to see the impressive mountain range. Today's stage is shorter than the previous day and you will arrive at the New Shira Camp by mid-afternoon. The camp has a breath-taking view of the mountain and during sunset, the evening sun lights the rock face and glacier of Kibo.

Accommodation	Shira Camp
Facilities	Camping: Limited facilities
Meals	Breakfast, Lunch, Dinner
Altitude	↑835m; walking time approx. 4-6 hours

Day 4 - New Shira Camp (3845m) – Lava Tower (4640m) – Barranco Camp (3960m)

Today you will climb about 800 metres, but you will be camping at an elevation only slightly higher than the previous night. This will allow your body to acclimatise as a height of over 4500 metres will be reached over the next two days. The trek begins with a long ascent above the Shira Plateau in the direction of the Lava Tower. The vegetation becomes sparser as the landscape changes to an afro-alpine desert. The route passes through the sweeping Barranco Valley with its lobelia and giant senecio plants. After 6 to 7 hours, you will arrive at the most beautiful camp on the mountain: the Barranco Camp.

Accommodation	Barranco Camp
Facilities	Camping: Limited facilities
Meals	Breakfast, Lunch, Dinner
Altitude	↑795m ↓680m; walking time approx. 6-7 hours

Day 5 - Barranco Camp (3960m) – Barafu Camp (4640m)

Today's stretch starts with the climb of the Barranco Wall. Safety is paramount, and your guides will assist you wherever necessary. Following the ridge as it traverses up and down, you can enjoy the splendid views of the south glacier of Kibo. In the Karanga Valley you will have lunch, followed by a 2 to 3 hours climb to Barafu Camp. Once at the camp, you can relax, have dinner and call it an early night.

Accommodation	Barafu Camp
Facilities	Camping: Limited facilities
Meals	Breakfast, Lunch, Dinner
Altitude	↑680m; walking time approx. 5-6 hours

Day 6 – Barafu Camp (4640m) – Uhuru Peak (5895m) – Mweka Camp (3080m)

After a cup of hot tea and a light snack, the climb begins at midnight. By torchlight, you will climb the screes of Kibo. After 5 to 7 hours of ascending in the dark you will arrive at Stella Point (5730m), the crater rim of Mount Kilimanjaro. Another 1 to 2 hours climb along the crater ridge will lead you to Uhuru Peak. Here you will see Kilimanjaro in all its glory, enjoying the 360 degree view over the landscape below as the sun rises. You are now standing on the "Roof of Africa". The simple descent runs almost along the same route and shortly before midday, you should arrive at Barafu Camp where the porters and the cook will be waiting for you. After a warm meal and a well-deserved break of approximately 1 to 2 hours, you will be on your way down to Mweka Camp where supper and a well-earned rest await you.

Accommodation	Mweka Camp
Facilities	Camping: Limited facilities
Meals	Breakfast, Lunch, Dinner
Altitude	↑1255m ↓2815m; walking time approx. 10-14 hours

Day 7 – Mweka Camp (3080m) – Mweka Gate (1630m) – Arusha

The final leg of your amazing adventure begins after breakfast with a traditional farewell ceremony from the mountain crew. Then a gentle 2 to 3 hours descent through the rainforest continues to Mweka Gate, where your driver will be waiting for you. He will take you back to the lodge in Arusha and after a hot shower, the rest of the day is free to rest, relax at the pool or celebrate your achievement.

Accommodation	Meru View Lodge (or similar) - Standard Room
Facilities	Two per room with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Meals	Breakfast, Dinner
Altitude	↓1450m; walking time approx. 2-3 hours

Day 8 – Arusha – Kilimanjaro Airport (Departure)

Today is your departure day, after breakfast, you will be transferred to Kilimanjaro Airport.

Route	Lodge to Kilimanjaro Airport
Meals	Breakfast

Packing list: Kilimanjaro Trekking

- Luggage and sleeping bag
- Waterproof travel bag, trekking rucksack, or kit bag and rain cover max. 12 kg (26 lbs)
- Day pack with rain cover
- Sleeping bag (temperature rating of -12 °C)

You will only need to carry the daily essentials in a day pack; your porter will carry any further luggage. All your equipment must be packed in a travel bag, trekking rucksack or a kit bag and not exceed 12 kg (26 lbs). The porters cannot carry bags with roll systems or suitcases. Please also take note of the luggage regulations of your airline.

Clothing

- Trekking pants
- T-shirts
- Rain jacket and rain pants (e.g. Gore-Tex or similar)
- Rain poncho
- Warm fleece, thermal or softshell jacket
- Fleece jersey
- Sports or functional underwear
- Long- or short-sleeved functional shirts
- Long leggings or thermal pants
- Warm gloves, mittens
- Thin gloves as liner glove and sun protection
- Ski pants (for the summit night)
- Winter jacket (for the summit night)
- High and water-proof hiking boots (well broken in)
- Sneakers to wear around camp
- Gaiters (as protection against rubble and dampness)
- Trekking socks
- Warm beanie or balaclava
- Scarf or bandana
- Sun hat or cap

You need the right equipment and clothing to climb Kilimanjaro. While it can be hot at the park gate, depending on the season, temperatures can go down to -10 °C and lower at the summit. We recommend wearing multiple layers, so you can add or remove items depending on your personal preference and changing climatic conditions.

Other items

- Sunglasses with UV protection
- Trekking poles
- Water bottles
- Headlamp (preferably LED) and spare batteries
- Toiletry bag
- Towel
- Toilet paper, ca. 1 roll/person
- Sunscreen with high sun protection factor, also as lip protection
- Muesli or granola bars, energy bars, nuts or chocolate, dextrose, vitamin and mineral tablets to dissolve in water
- Emergency whistle
- Earplugs
- Photo equipment, spare batteries, adapter for charger (charging only possible at hotel)
- Watch, phone with alarm, adapter for charger (charging only possible at hotel)
- Mobile charger (power bank) (to charge devices on the mountain)
- Card game, book, or similar
- Malaria prophylaxis (after consultation with your doctor or tropical institute)
- First-aid kit

Items carried by the crew:

- Finger pulse oximeter
- First-aid kit

Items NOT carried by the crew:

- Inflatable pressure bag/Gamow Bag
- Stethoscope

You can store luggage which you do not need on the mountain at your hotel. You can rent equipment if you cannot bring it yourself. We will send you a separate overview, including prices. Important: In Tanzania, all plastic bags are banned. You are not allowed to carry plastic bags with you. You are

Validity: 2026

allowed to bring small “ziploc bags” to carry your toiletries, as long as you do not dispose of them while in Tanzania. Any “ziploc bags” must be taken home with you on departure.

Travel information: Kilimanjaro Trekking

With the following information, we’d like to assist you in preparing for your Kilimanjaro climb. We compiled all information to the best of our knowledge and the advice is based on the experiences and lessons we learned on numerous climbs up Kilimanjaro. Should you have further, more specific questions regarding your trip to Tanzania or your climb up Kilimanjaro, please don’t hesitate to get in touch.

Entry and visa regulations

Entry requirements vary depending on the citizenship of the traveller. Generally, you need a passport that is valid for at least six months after your intended departure date. Additionally, you need a visa which can be obtained from the relevant embassy or authority in your country of residence or upon arrival at the international airport or border point. Please take note of the visa process for obtaining a visa upon arrival in Tanzania: Travellers need to stand in 3 different queues to obtain their visa. In some cases, this process can take up to 2 hours. Our drivers are well aware of possible delays and will of course wait for you. Alternatively, travellers can apply for an E-Visa earliest 4 weeks and latest 2 weeks prior to travel. E- Visas typically take 2-3 weeks to be issued. Please make sure you use the following website to apply for an E-Visa: <https://visa.immigration.go.tz/>. Please note that all Tanzanian entry points ((incl Namanga, Tunduma, Isebania/Sirari) accept E-Visas.

If you are entering from a yellow fever country (e.g. Kenya, Uganda) you need to provide proof that you have been vaccinated against yellow fever. You must also be in possession of a valid return ticket that allows you to leave the country once your trip with us has come to an end. If you do not have a valid ticket, you must prove that you have the means (e.g. credit card) to pay for an onward or return ticket. Please contact your embassy within reasonable time before travelling as visa regulations may change. The company cannot be held responsible, if entry is denied and you cannot complete your tour as planned. No refund will be given, and you will be responsible for all extra costs. Important information for Zanzibar: If you are traveling to Zanzibar, you must obtain "Mandatory Inbound Travel Insurance" before entry (new as of October 1, 2024). This travel insurance costs 44 USD. It is mandatory to obtain this travel insurance, even if you already have your own travel insurance. The insurance must be purchased through the following website: <https://visitanzibar.go.tz/>

Additionally, in Zanzibar, an infrastructure fee of 2-5 USD (depending on the accommodation) per person per day must be paid. The exact amount of the fee will be provided by the hotel. Please expect to pay approximately 4-5 USD per day at check-in. Money The local currency is the Tanzanian Shilling. Foreign currency can be exchanged to Tanzanian Shilling at bureaux de change (when exchanging US-Dollar, please note that only notes printed after 2006 will be accepted!). There are ATMs in Moshi and Arusha where you can withdraw Tanzanian Shilling. Generally, travellers cheques are no longer accepted, as the fees are too high. It is also recommended that you bring a credit card in case of an emergency.

Mobile phones

Tanzania has a fully developed mobile phone network. Surprisingly, you even have mobile phone reception on certain parts of Kilimanjaro. For further information please contact your service provider.

Electrical Power Supply

In Tanzania, the British three-pronged plug (type G) is mostly used. You can buy these in all well-stocked electronic and outdoor stores. The power supply in East Africa is rated at 220-240 volts. Often the electricity supply is susceptible to power surges and power cuts. Please be aware that this may damage sensitive equipment such as notebooks. There is no electricity supply at the camps and huts. Solar cells are used solely for the park rangers’ radio equipment and their mountain hut lights. Therefore, you have to take along sufficient batteries, rechargeable batteries or mobile chargers (power bank) to charge your electronic devices such as phone or camera. Especially in higher altitude, batteries drain quicker and do not last as long due to the low temperatures.

Mountain Crew

Since 1993, it is compulsory for a guide to accompany clients on Kilimanjaro. Many of our guides have been part of our team for many years and with them, we know you are in the best hands. Larger groups will be accompanied by multiple guides. This way, we can ensure individual care and support should a climber terminate the climb and descend earlier, without affecting the climb of those who continue. Equipment and food will be carried by the porters. They will climb separately from the rest of the group and will have already set up camp before you arrive. There is a cook who will prepare the meals. Usually, a waiter will assist him. For larger groups, there may be more than one waiter. For a group of six climbers, the mountain crew can easily consist of 24 people. You may feel unfamiliar about being accompanied by so many crewmembers. However, once you see how much equipment is being carried up the mountain, the number of staff will be put into perspective. Also keep in mind that the job of guide, cook or porter is very popular amongst the locals and presents an opportunity to directly benefit from tourism.

Accommodation

Machame - you will overnight in high-quality 2-person mountain tents. You will also be provided with a sleeping mat. Single travellers may be asked to share a tent with a member of the same sex. Meals will be served in a communal mess tent equipped with chairs and a table. Very basic long drop toilets are available at the huts and camps. A warm sleeping bag is obligatory. It should be of good quality and have a temperature rating of -12 °C. You can bring your own sleeping bag or hire one from us. Please contact us before your departure.

Meals

Full board is included during your Kilimanjaro trekking tour. All meals are freshly prepared on the mountain by your cook. You will be amazed by the delicious meals your cook prepares under such simple conditions. A typical daily menu looks as follows:

Breakfast: Fresh fruit, scrambled eggs or omelette, toast, margarine, peanut butter, jam, porridge

Lunch: Fresh fruit or vegetables, sandwiches, boiled eggs, chicken

Dinner: Soup, bread, main dish with red meat or poultry, served with vegetables and either chips, mashed potatoes, pasta, or rice, fresh fruit for

Validity: 2026

dessert. We can cater for special diets, allergies etc.; please inform us about special dietary needs or wishes (including vegan or vegetarian diets) at the time of booking.

Drinks

Wherever possible, fresh water will be collected from natural springs and boiled over a gas cooker. The regions at higher altitude are very dry and the water will be carried up in canisters and boiled as well. You will have a consistent supply of drinking water. Hot drinks such as coffee, black tea and hot chocolate are available with all meals.

Water bottles

The use of any kind of disposable plastic bottles is not allowed on Kilimanjaro. Therefore, you have to bring your own water bottles. If you are planning to make use of a drinking system (camel bag or similar), we'd like to advise you to bring additional water bottles for the summit night as the tubes of these drinking systems tend to freeze during the summit night. Examples of suitable water bottles are SIGG or Nalgene. We recommend water bottles with a capacity of at least 3 litres (e.g. 2 x 1.5 litre bottles). Please take note that the bottles can only be filled in the mornings and evenings! You can also purchase 1 litre metal bottles for 15 USD a piece on-site (pre-booking recommended).

Smoking

Smoking in the mountain huts or the mountain tents, as well as in the vicinity of the cooking area is prohibited. This is not only out of consideration for your fellow travellers, but also for safety reasons. Please also refrain from throwing cigarette butts away whilst in nature.

Behaviour during the climb

Most of our trekking guides have been members of our team for many years and have climbed Kilimanjaro hundreds of times. Additionally, all our trekking guides undergo regular training. Your guide is the expert on the mountain, he will lead the way and is responsible for your safety. Please always adhere to his instructions, proceed with the appropriate care, and do not push your body further than it is willing to go. Your guide will continuously encourage you and provide you with a helping hand, but will also abandon the ascent if necessary due to bad weather, injury, or altitude sickness. Nothing is more important than your safety.

Tips

It is customary to tip the members of the mountain crew after a Kilimanjaro climb. This tip is regarded as part of their wage by the crew. We recommend the following guidelines:

- Head Guide: 15-18 USD per day and group
- Assistant Guide: 12-15 USD per day and group
- Cook: 8-10 USD per day and group
- Waiter: 7-9 USD per day and group
- Summit Porter: 8-9 USD per day and group
- Porter: 6-7 USD per day and group
- Camp Crew: 6-7 USD per day and group

If you were more than happy with the work of your mountain crew, you can of course be even more generous.

We recommend the following process to distribute the tips: your head guide will provide you with a list, detailing how many porters, guides and other crew members accompanied you on the tour. As a group, decide how much you would like to tip each crew member and calculate the amount. Collect the tips from each climber and read the amounts for each position out loud during the farewell ceremony with the crew present. This way, every crew member knows how much they will receive. You can now hand over the tips to the head guide who will distribute them accordingly. Speaking about money so openly may be unfamiliar. However, this system has proven successful and establishes clarity for the whole crew how the tips will be distributed.

Machame Route 6 days / 5 nights

Number of climbers in the group		2	4	6	8
Head Guide	18 USD	1	2	2	3
Assistant Guide	15 USD	1	-	1	1
Cook	10 USD	1	1	1	1
Waiter	9 USD	1	1	1	2
Summit Porter	9 USD	-	1	2	2
Porter	7 USD	6	10	14	18
Camp Crew	7 USD	1	1	2	2
Tips TOTAL		606 USD	846 USD	1200 USD	1530 USD
Tips per climber		303 USD	211,50 USD	200 USD	191,25 USD

The exact number of crew members is dependent on various factors such as weight of luggage and food and can vary slightly. If you have used equipment that is in good condition, which you don't want to take back home, you will most likely find takers amongst your mountain crew.

Various taxes

Many airports in East Africa charge a departure tax. This tax is always paid on site, in cash and in US- Dollar. In addition, there are frequent short notice changes to tax laws in East Africa (e.g. introduction of infrastructure tax). Therefore, we highly recommend that you set aside approx. 50 USD per person in small bills for such unforeseen expenses. If you travel to Zanzibar, please take note of the information regarding the "infrastructure fee" on page one of this document.

Souvenirs

Please always pay attention to the import regulations of your respective home country when buying souvenirs or other goods abroad. Furthermore, please take note that potentially high fees can be charged at the airport for exporting e.g. wood carvings! If you are carrying trophies, you need to be in possession of a valid license and receipt from the relevant authorities (this applies to transit travellers as well).

Insurance

Please check with your health insurance if you are covered while travelling abroad. If this is not the case, we strongly recommend getting appropriate travel insurance. Please make sure that you are covered for all local medical expenses as well as expenses for a return transport to your country of residence if required. Insurance cover for luggage theft or loss should also be taken into consideration. Due to substantial cancellation fees (e.g. in case of illness or other severe reasons) we also recommend a travel cancellation insurance as well. If you travel to Zanzibar, please take note of the information regarding the "mandatory inbound travel insurance" on page one of this document.

Fitness & Health

Kilimanjaro is one of the few mountains of this height you can climb without previous mountaineering skills and knowledge. However, don't let this fool you: you still need to be fit and healthy to complete the 4 to 6 hour hikes each day (up to 14 hours during the summit night). Sure-footedness in damp and slippery conditions is essential. Team spirit, an open mind and flexibility will go a long way and are an important requirement for a successful climb. In terms of your health, East Africa generally poses no higher risks than many other destinations. Please consult your GP or a tropical disease institute regarding appropriate vaccinations, malaria prophylaxis etc. before your departure. For your own safety please inform us about any intolerances or allergies you may have against any medications or of any medical conditions (e.g. high blood pressure, epilepsy, asthma, heart conditions, etc.) when you book your trip. Please also inform your guide before the start of the tour.

Malaria

In theory, there is a possibility of contracting malaria in all East African countries, except for altitudes higher than 1500 metres above sea level. Malaria is caused by one-cell parasites and transmitted by Anopheles mosquitoes. Different medications can offer a prophylaxis but some need to be taken before you start travelling. You should consult your GP or the institute for tropical diseases to get medical advice. Our experience suggests that medications which have been on the market for some time (e.g. Lariam) can lead to severe side effects and therefore may compromise your trip.

Upset stomach

It is not uncommon for visitors to experience an upset stomach and diarrhoea for a few days at some stage during their travel through Africa. In most cases, it is not severe, but a normal reaction towards unfamiliar food or bacteria. Your body may not yet have developed antibodies.

Altitude acclimatisation and altitude sickness:

Most hikers climbing Kilimanjaro will be affected by the altitude and the thinner air to a certain degree. In higher altitude, air pressure drops which can cause a lack of oxygen. Strictly speaking this is the first sign of "mild" altitude sickness. Initial symptoms include light headaches, fatigue, loss of appetite and nausea. Everyone reacts differently to an increase in altitude and a change in air pressure. Fitness fanatics are just as likely to succumb as couch potatoes. In the majority of cases, the symptoms remain mild, and it is possible to continue the hike. Occasionally, the symptoms are more severe, and it is necessary to rapidly return to lower altitude. In most cases, the symptoms will then disappear quite quickly. Please remember that altitude sickness can be life threatening in certain circumstances and ignoring the symptoms can be fatal! We do not recommend the use of drugs that suppress the symptoms of altitude sickness (e.g. Diamox). In addition to allowing for sufficient time to acclimatise, you should walk slowly, avoiding a speedy ascent and subsequent physical strain. It is important to drink a lot of water. Your daily fluid intake should be at least 3-4 litres. Mineral tablets (e.g. magnesium) can prevent deficiencies and muscle cramps. On all climbs, our guides carry finger-oximeters, measuring your oxygen levels every morning and evening.

In case of emergency:

You should always keep in mind that there are no mountain rescue services like the ones you would find e.g. in the European Alps. If you are unable to descend from the mountain by your own efforts, you will either be carried by your porters or brought down in a stretcher. Helicopters are rarely ever used.

Problems while travelling

Please bear in mind that the region you are travelling in may have limited infrastructure, which can cause unexpected hurdles on your trip. Flexibility, patience and an open mind are always helpful and often the key to an enjoyable trip. Should you experience any problems while climbing Kilimanjaro, please speak to your head guide right away. Only once your guide knows about problems of any kind, can these be rectified. Speaking frankly will be to your advantage. If your objections are not met by immediate redress, please contact our office in Arusha directly. We will do everything we can to rectify the situation immediately.