

Detailed Kilimanjaro information

Machame route (standard 8 day package)

Introduction

Mount Kilimanjaro is the **highest mountain on the African continent and the largest free standing mountain in the world!** Kilimanjaro rises majestically from the surrounding coastal scrubland to a breathtaking, snow capped height of 5,895m/ 19,340ft!

Climbing Kilimanjaro is a huge undertaking and we want to make sure things run smoothly and safely from start to finish.

We have done a lot of research to make sure we are all well prepared and informed for the big adventure and we have personally climbed the mountain all the way to the top! We have carefully selected a professional Kilimanjaro trekking expert in Tanzania with **well trained** and **certified guides, high safety standards** and **years of experience** on the mountain.

You will need a lot of information to prepare yourself for a great Kilimanjaro adventure. In this booklet you will find lots of useful and important information, so please read it carefully. Here you will find a route description, a suggested packing list, information on fitness and some useful tips and answers to frequently asked questions.



At the glaciers on top of Mount Kilimanjaro

Overview

You will climb Kilimanjaro via the Machame route over 6 days and 5 nights. One day before and one day after the climb is also included at a budget hotel in Arusha, which makes up the standard 8 day package. The Machame route is a scenic route from the Southern slopes on which you will hike high during the day and sleep lower at night- a great way to help your body with acclimatization... and this is one of the main reasons why the Machame route has the **highest summit success rate** of all the routes on the mountain.

On the Machame route, climbers go up via the Machame route and back down via the Mweka route. Everyone on this route treks in the same direction, which is a bonus for tired legs when you don't have to stop to let anyone pass. The Machame route is also famous for the spectacular scenery with great views of Western Kilimanjaro and Mount Meru (a stunning surprise above the clouds at sunset). There is an almost sheer rock wall (known as the Baranco Wall) to greet you at breakfast on day 5. The good news is that climbing up the Baranco Wall is much easier than it looks and it feels fantastic when you get to the top and level out below the glacier. Another great asset on the Machame route is that the last camp is higher than Kibo hut, so you start your summit ascent from higher up.

When on the Mweka descent, the trail to the Mweka camp and then to the gate is well defined. Rested legs (after the summit attempt) can cover the distance quite quickly and be back in Arusha by mid morning. The road to Machame gate can be quite an adventure in bad weather but it is all manageable. The end of the trail at Mweka is just North of the small town of Arusha.

Machame route description

Day 1 Arrival in Arusha, Hotel transfer

Upon arrival at Kilimanjaro airport, you will be greeted by our transfer driver and be taken to your hotel in Arusha. The rest of the day will be yours to do as you please; you may choose to relax at the hotel or explore the small town of Arusha (a short taxi ride away). You will also have a briefing by our Kilimanjaro expert to prepare you for your climb and to answer any questions you might still have. This also gives you some time for some last minute prepping, and getting your bags ready for the climb.

Meals included: Dinner

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

After breakfast, you will be collected from your hotel and after a 45 minute drive, you will arrive at the entrance to the Kilimanjaro National Park. While your guide is busy with the entrance forms, you can watch the mountain team preparing for the climb – it's always impressive 'what' and 'how' everything is carried up the mountain. Once this is all prepared, 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.

With a little luck you might get a glimpse and hear the beautiful black and white colobus monkeys in the treetops.

After 5 - 6 hours, you will reach today's destination - The Machame Camp - which is situated just above the tree line at 3000m. Here, at the base of the Kilimanjaro, you will have your first dinner and overnight stay at the camp.

Meals included: Breakfast; Lunch; Dinner

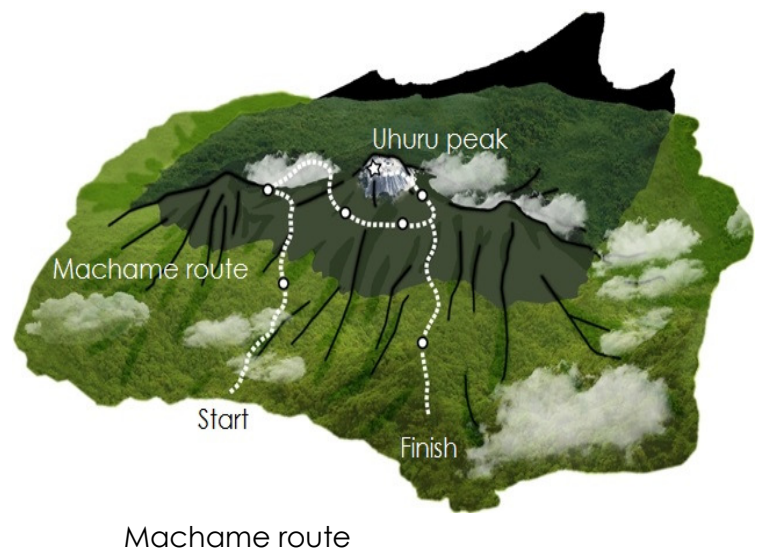
Day 3 Machame Camp (3010m) - New Shira Camp (3845m)

After an early morning start, you will leave the Machame Camp where the path steepens and the landscape turns into a moor and heath land, allowing you to take in the impressive mountain range.

Today's stage is shorter than the previous one and by mid-afternoon, you will reach the campsite at the Shira Plateau.

The camp offers a breathtaking view of the mountain and during sunset, the warm evening sun lights the rock face and glacier of Kibo.

Meals included: Breakfast; Lunch; Dinner



Day 4 New Shira Camp - Lava Tower Hut - Barranco Camp (3960m)

Today, you will climb approx. 700m but you will be camping at an elevation only slightly higher than the previous night. This will allow your body to acclimatize as a height of over 4500m will be reached during the next two days before descending again. The trek begins with a long ascent above the Shira Plateau in the direction of the Lava Tower Hut (4640m).

The vegetation becomes sparser as the landscape moves towards an afro-alpine desert. The trek passes through the spacious and sweeping Barranco Valley with its giant senecio and lobelia plants. After 6 - 7 hours, you will arrive at the Barranco Camp. Here, you will stay for the night fortified with an evening meal.

Meals included: Breakfast; Lunch; Dinner

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

The trek for today starts with the climb of the "Barranco Wall". Safety is paramount and you will be secured wherever necessary along this route. Following the ridge as it wanders up and down, it offers splendid views of the south glacier of Kibo. In the Karanga Valley, you will have lunch in preparation for the 2 - 3 hrs climb to Barafu Camp (4640m). Once at Barafu Camp, you can relax, have dinner and take a short nap in preparation for the early start for the next stage.

Meals included: Breakfast; Lunch; Dinner

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

After a hot tea and a light snack, the climb begins at midnight. By torchlight, you will climb the screes of Kibo. After 5 - 7 hrs of night climbing, you will arrive at Stella Point, the crater rim of the Kilimanjaro. Another 1 - 2 hrs climb along the crater ridge will lead you to the summit of **Uhuru Peak (5895m)! Here, you will witness Kilimanjaro in all its glory, enjoying its surrounding landscape being lit up and warmed by the sun's rays - a truly liberating experience - in which you have reached the "Roof of Africa"**

The simple descent runs almost along the same route and shortly before midday, you will arrive back at Barafu Camp. Here, the rest of the mountain crew will have waited for you and upon your return will provide you with warm meal. After a well deserved break of 1 - 2 hours, you will be on your way to Mweka Camp (3080m) where an evening meal and a well earned sleep awaits you.

Meals included: Breakfast; Lunch; Dinner



Japie van Deventer
At the summit of Mount Kilimanjaro

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 guides. Then a gentle 2 - 3 hrs descent through the rainforest continues to Mweka Gate, where your driver takes you back to your hotel in Arusha.

Once there, you may choose to relax and relieve your aching muscles in the pool or just idly doze away an hour or two with thoughts of the "Roof of Africa".

Meals included: Breakfast; Dinner

Day 8 Arusha - Additional Services

Your Kilimanjaro adventure officially ends after breakfast. From here you can continue with your travel plans or be transferred to the Kilimanjaro Airport for your flight.

Meals included: Breakfast

The Kilimanjaro climb can easily be combined with one of our **Tanzania Safaris** (to amongst others- **the Serengeti** and the **Ngorogoro Crater...**), a couple of days on the tropical island of **Zanzibar** or even with one of our international **Group Tours** through Africa... more information can be found on our website.

To help you prepare

Mt Kilimanjaro is one of the world's most climbable high altitude mountains. For many, climbing Kilimanjaro is a once in a lifetime opportunity. It is seriously high and may be one of the most challenging holiday adventures you ever pay for.

Climbing Mt Kilimanjaro is about mental and physical preparedness. Being physically prepared for the trek should begin as early as possible. As your fitness level increases your mental confidence will also increase. The combination will make a world of difference to your enjoyment of the climb and your sense of achievement.

It is said that anyone with a relatively good degree of fitness has a good chance of reaching the summit of Mt. Kilimanjaro. However, with a little more effort to prepare, not only can you achieve the challenge of reaching the summit successfully, but you are also more likely to enjoy the whole experience.

Documents to bring to Tanzania:

- Passport (with photocopies). You will need to show these at entry to the National Parks
- Travel insurance (with photocopies),
- Any entry visas or vaccination certificates.

Vaccinations:

Please consult your doctor or travel clinic for the latest requirements. It is recommended that you have vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid and Rabies. **A Yellow Fever vaccination may be compulsory and a certificate may be required.**

Tanzania entry requirements:

You will need a valid passport and in most cases a visa. You could obtain visas on entry at Dar es Salaam, Kilimanjaro International Airport, Namanga gate or on the Tanzania/ Kenya border, but this usually involves delays and you need to pay in US dollars. Some airlines may also not allow you to fly without a visa. **It is advisable to obtain visas in advance and check for any entry changes from Embassies and High commissions.** Passports and Tanzanian visas are also required for Zanzibar.

Visit your doctor

Before starting your preparation, get the approval of your doctor or medical practitioner. Explain your plans to climb Kilimanjaro and what you intend to do to increase your fitness levels. You may also want to discuss the affects of altitude and what measures can be taken to avoid or reduce the risks. Please let us know if you have any long standing medical conditions when you book your climb.

- **There is an ongoing debate around taking medication - acetazolamide (Diamox), to help with altitude acclimatization.** Please talk to your doctor or medical practitioner about the benefits, risks and side effects before making your decision.

Fitness... the fitter, the better

Go hiking

Kilimanjaro is a hike, so the best preparation you can do is to hike, even if it is under gym conditions. Running will help your stamina but it does not fully prepare your muscles for a strenuous 5 to 6 day hike.

- Go for walks. Do it with friends. Do it with your climbing team and use the camaraderie to increase your anticipation and enjoyment.
- It is advisable to go for frequent walks that includes some uphill and downhill sections. Take your daypack with you and carry at least three litres of water or three kilograms in your daypack. This will simulate the conditions you will encounter on Kilimanjaro.

Join a gym

Ask your gym instructor to work out a fitness program that consists of progressive resistance exercises. An experienced instructor will be able to tailor a safe exercise regime based on your age, condition and strength. Work with a schedule that progresses to higher resistance or weights as you develop your fitness.

- You should always warm up your muscles before any exercising routine. This means stretching your body to warm up. Stretching will strengthen and progressively challenge the tendons, ligaments, joints and muscles. Stretching is important and the best way to prepare for an injury-free workout.
- If weather conditions prevent you from getting outdoors to walk, then go to the gym and get on the treadmill. Good gym equipment can simulate uphill and downhill walking.

Avoid knee problems

Climbers sometimes suffer knee injuries because of their poor fitness levels and/ or a poor hiking technique. Going down is harder on the knees than going up. Tiredness can make climbers step down onto a straight leg which jolts the knee joint. To protect your knees, you need to be more aware of their technique and you should always try to step down onto a slightly bent knee. The muscles and tendons of the thigh can then absorb the repeated impact. It will be difficult to keep this up if you are unfit... Walking poles can be very helpful.

- Even doing 100 step-ups on to a low chair or high step will strengthen all-important thigh muscles.

Rest before you climb

- Stop your exercise regime at least 4 days before you are due to start your climb in order to rest your body in preparation for the climb.

Altitude

Altitude sickness is an acid-alkali imbalance in the blood and body fluids **which affects climbers indiscriminately. Almost everyone experiences some degree of altitude sickness- whatever your fitness level may be.** Symptoms can include: mild headaches, nausea, tiredness and loss of appetite.

- Previously successful high altitude trekking may be an advantage to anyone attempting to climb Kilimanjaro, **but it is no guarantee.** The toughest part of the climb is the final 6 to 8 hours it takes to reach the summit. This is due to the altitude.
- Adding an extra day above 3000 meters for acclimatization on Kilimanjaro will help the body to adjust to altitude. **The extra day for acclimatization can only be added when you go for the private climb option...** more information on this option can be found on our website: www.epictreksandclimbs.com. If your pocket is not deep enough, arrive a day early and enjoy a pre-climb hike in the Kilimanjaro foothills (up to 1,800 meters). This will help you to rest after your flight and get your body and mind prepared.

During the climb

Guides are trained to assess your level of well-being. If you feel unwell at any time during the Kilimanjaro climb, or become aware of one of your companions feeling unwell or behaving out of character, please inform your guide. You/ they may just need support and encouragement, but medical assistance and/ or emergency evacuation may be needed. The best treatment for altitude sickness is to descend. Your guide is trained by KINAPA to make this decision.

For your safety

You should definitely not be climbing at altitude against your doctor's advice. You should not climb at altitude if you have sickle cell disease, recurrent pneumothorax (burst lung), if you are pregnant (above 3,500m), have a respiratory problem, sore throat, cold, cough, increased temperature or a nose bleed. People who have had laser surgery on their eyes may experience vision changes (especially above 4,500m).

- For your well being during the climb, you need to drink plenty of water (3 to 4 litres each day), eat regular energizing meals (which our mountain chef will provide) and energy snacks.
- Included in your climb payment to the national park there is a rescue charge. It is KINAPA's responsibility to stretcher injured or sick climbers to meet the ambulance/ rescue car.
- The nearest Accident & Emergency facility is based in Moshi. There they have hyperbaric facilities to treat severe mountain sickness.
- Selected guides are all KINAPA trained with considerable route experience.
- The guides are very adept at recognizing altitude sickness, which is the main problem climbers experience (examples of symptom onset are shortness of breath, light-headedness, nausea, insomnia, reduced mental clarity and exhaustion). The only sure

way of combating altitude sickness is to descend below 3000 meters as quickly as possible. This is accomplished with the assistance from your crew or, if necessary, by the mountain rescue team. Climbers generally recover very quickly once they descend.

- Communication to base and to park wardens is via mobile phones.
- A daily briefing will give you information on the mountain conditions and the plan for the day ahead.
- You must obtain personal travel insurance and make sure you are covered for the activity and for repatriation.
- Being a wilderness destination, medical infrastructure in major centres is remote from many locations visited. Therefore, cover for medical evacuation by a Tanzania based scheme is recommended in case of a medical emergency. This is especially relevant to those climbing Kilimanjaro. Government provision of emergency medical response does not exist in Tanzania and so is carried out by specialist private local medical operators. While international medical insurance is essential, it should be combined with a scheme provided by a local medical evacuation operator in order to prevent delay in mobilizing effective local emergency response. Check out www.amref.org for more information.

Insurance

You must ensure that you have adequate travel and medical insurance to cover all your holiday activities, including climbing Mt Kilimanjaro and emergency repatriation to your home country. Without the adequate insurance, you won't be allowed to climb Kilimanjaro.

Before the climb

One of our local representatives will meet you at your hotel the night before your climb to brief you about the climb and to give you an opportunity to ask any questions you might still have. A final equipment check will also be completed. This sometimes reveals forgotten essential items... which our representative will try to find for you.

Starting the climb

For all Kilimanjaro climbing routes, your crew (porters, chefs, and assistants) will be at the park gate packing the equipment and supplies, waiting for you and your guide to arrive. Registration at the gate can take up to 1 hour, depending on the number of climbers waiting in line. You will be given a safety briefing, a packed lunch and bottled water before you start. The crew ascends quickly and they will have everything ready for you once you arrive at the campsite of the day. After the first day, the water you receive will be boiled and filtered.

The hiking pace

The slow, comfortable hiking pace is designed to give your body maximum opportunity to acclimatize and to not get tired. The pace also gives you time to enjoy the scenery, the flora and fauna. Our climbers often return to share personal reflections and inspirations they

experienced on the mountain. The hiking times and distances given in the program are estimations. The program may change at any time due to weather or safety conditions.

The summit attempt

For the Kilimanjaro summit attempt you will be woken with a hot drink and a snack around midnight. After a last briefing and equipment check, you will begin climbing up the scree in the dark. This is the most challenging part of your climb and looked forward to with trepidation sometimes, but always with excitement. A headlamp or torch is essential, so make sure your batteries are fresh and ready. A walking pole is helpful and, if climbing in the low season, you may need an ice axe. The temperature at the summit is below freezing point. It is advisable to carry drinking water in a thermos flask.

Certificates

On return to the National Park gate, certificates will be issued to successful climbers. Climbers who reached Stella Point (5685m) are issued with green certificates and those who reached Uhuru Peak (5895m) receive gold certificates. Some climbers forget in their quest to 'conquer' the mountain that Kilimanjaro offers special moments and plenty of time for reflection.

Our advice is to make the most of this wonderful mountain and to enjoy yourself.

Meals/ Mountain menu

Meals on the mountain are a mixture of traditional and western food. Our chefs are very good at preparing tasty meals in difficult conditions. The excellent feedback we get from our climbers is proof they do an amazing job. Here are some examples:

Breakfast: Chapatti, oat porridge, sausages, scrambled eggs, French toast with honey, toasted bacon and cheese sandwich, fresh fruits or fruit filled pancakes.

Lunch: Lunch boxes will be provided according to the mid day location. A lunch box may contain: samosa, sandwich, fresh fruit, boiled egg, chopped salad vegetables (carrot, tomato, pepper), cashew nuts, chocolate bar, cake and fruit juice. A hot drink will be prepared at the lunch stop.

Dinner (main course): may be one of the following: fried tilapia fish fillet with French fries and salad vegetables, beef goulash, spicy fried chicken with vegetable sauce and rice, pasta with mixed vegetables in a rich tomato sauce, Tanzanian banana stew (Ndizi), beef and rice (Nyama na wali).

Dessert: may be fruit, fried bananas with chocolate sauce, Tanzanian pancake with honey and yogurt. We also serve hot drinks with each meal (tea, coffee, Milo, hot chocolate).

Appetizers: vegetable soup (e.g. leek and potatoes, pumpkin, carrot and lentil with coriander), spicy chicken soup, or fresh salad vegetables with mayonnaise.

Energy snacks are provided for the summit attempt (chocolate, nuts, popcorn or biscuits).

Climbers are advised to carry a small thermos flask for the summit climb and to request boiled water for a hot drink to be available when needed. Kilimanjaro water is considered pretty safe once boiled and filtered. Climbers with a sensitive stomach may want to bring water purifying tablets to add to their drinking water. Please inform us if you have any special meal requirements and/ or allergies when you book your climb.

Mountain guides

All of our guides are **trained and licensed** by the Kilimanjaro National Park Service (KINAPA). All guides continue with 'on the job' training. Once on the mountain, your guide is your mentor and it is his duty to advise, lead, support and encourage you to **safely** achieve your personal goal, and to then bring you down to the gate again. He will hike with you and answer any questions you have about the mountain.

It is important that you work closely with your guide and to follow his advice. If you feel unwell at any time you must tell your guide. The guide recruits the mountain crew (porters, assistants, chefs) and it is his responsibility to see that the crew works efficiently and that everything runs smoothly and safely.

Porters

The porter to client ratio is generally 2 porters to 1 client. The maximum load a porter is allowed to carry is 15 kg. Porters carry clients back-packs, food, equipment and general supplies. Their load is weighed at the entry gate. More porters will be allocated if loads exceed National Park regulations. The porters duties are very physical and tiring, and under the leadership of the guide, everything should be ready for you when you arrive at the end of each day's hike and ready for you when leave the following morning.

Chefs

Preparing and cooking meals at altitude (often in bad weather conditions) takes skill and patience. Our mountain chefs are highly skilled and they will cater to your meal preferences as far as possible. We would like to know in advance if you have any special meal requirements.

Campsites

On the Machame route you will stay in tents within designated campsite areas. All routes are camping only with long drop toilets and water that is carried and delivered by porters (except for the Marangu route). The campsite areas make the most of the available terrain, with some having precarious 'drops' for the unsuspecting hiker. It is advisable that you familiarize yourself with the location of toilets etc **before it gets dark**. Water is provided for personal washing, but please remember to use it conservatively, as the porters have to carry and heat it for you. Better still, bring a box of wet wipes. All rubbish has to be picked up and carried back down to the gate by the porters. It is helpful if climbers carry a small plastic bag to collect personal rubbish ready to hand over to porters at the end of the day.

Malaria

Malaria areas are normally below 1800 meters and we recommend that you speak to your doctor or medical practitioner about malaria prophylactics. There are various preventative products available which may be effective against the malaria strains currently found in Tanzania. Women using oral contraceptives should consult their physicians before using prophylactics.

Mountain water

The stream water high on Kilimanjaro has been tested and has been found to be fit for drinking. However, if you would like to be on the safe-side, use water purification tablets or ask your guide to boil the water for you. This can be done in the evening. You can fill your flasks in the morning, ready for the next part of the climb.

Wet wipes

There is no washing water at Kibo and Arrow Glacier camps. Wet Wipes come in very handy. After use, place all used wet wipes (and any other trash from your tent) in a small plastic bag and hand it over to your porter in the morning... everything that is carried up the mountain, must come down again...

Adequate sun protection

Wear a good quality pair of sunglasses (with UV protection) and use adequate sun protection cream with a protection factor of at least 20+. Make sure you cover your face, your neck (front and back) AND your ears- especially the top! Also get some good lip balm and use it regularly.

Snacks

Take enough snacks with you to snack on during the day (such as energy bars...)

Thermal flask

We recommend a thermal flask for your water on the summit night, other water bottles might freeze solid.

Camera

Taking pictures with a fully automatic camera at the summit of Kilimanjaro is possible, and most people do this. The secret is to always have a new battery in your camera when going into cold areas at high altitude. A mechanical camera works just as well, provided you have the knowledge to operate it successfully. Cameras exposed to cold do not cease functioning, but remember, that if you keep your camera inside your jacket and the lens becomes warm, chances are that it will form condensation when suddenly exposed to extreme cold. This condensation will freeze under conditions at the summit. Therefore, keep your camera dry at all times. Moisture will freeze at the summit which will cause your camera to stop functioning.

International Airports

There are three international airports in Tanzania. **Kilimanjaro International Airport** (40km from Arusha and 45km from Moshi- a 45 minute journey either way), **Dar es Salaam** (10km/ 25 minutes from the city center) and **Zanzibar** (7km/ 15 minutes from Stone town). Domestic carriers link the mainland to Zanzibar, major cities, tourist attractions and game parks.

Kilimanjaro International Airport is the best arrival option for climbing Kilimanjaro, the Northern safari circuit, and domestic flight connections. Dar es Salaam is best airport for the Southern safari circuit and domestic connections. Zanzibar is good for direct island flights but also has good connecting flights.

An **airport departure tax** is levied, although this could be included in your flight ticket (please check with your airline to avoid a "surprise" on your return flight). If departing Tanzania from Zanzibar, the payment is in cash. If departing Zanzibar for other destinations in Tanzania, be prepared to pay an airport tax.

If your arrival is through the Nairobi International airport for an onward land journey to Tanzania, you will currently pay a transit fee before getting onto the shuttle bus, then \$50 or more for a visa (if not obtained in advance) at Namanga, (the border between Kenya and Tanzania).

If your flight arrival and departure is via Dar es Salaam or Nairobi airports, please check your arrival and departure times, as some international flights arrive too late and depart too early for same day, internal, onward journeys. We can arrange transfers and accommodation in your arrival city if requested.

Communications within Tanzania

International Direct Dial is available. The country code for Tanzania is +255. Public call boxes are located on the street and at post offices in main towns. They work on a card system. You can buy cards from nearby small shops. Cellular phone companies operate roaming lines which work near most major cities and towns. Internet cafes are available in major towns. For mailing, there are post offices, branches of international courier services in major towns and cities.

Spending money

It is difficult to estimate how much you will spend during your adventure as this depends largely on your personal preferences - smoking, drinking, shopping, snacks etc. For the average person around USD 20 per day for a few snacks, curios, postcards, drinks, tips etc. is about average. **We recommend that you bring some cash in US Dollar.** Credit cards can be used in some places and it can be a useful resource, **however, credit cards should not be relied upon as a main source of funds as there are many places where cards cannot be used, especially for cash advances.**



Mount Kilimanjaro as seen from the air

Frequently asked questions

If you can't find the answer to your questions in the text above or in the section below, you are more than welcome to get in touch with us via email and we will do our best to answer your questions.

Do I have to be extremely fit to take part in this trek?

The fitter you are, the better. If you attempt to climb Kilimanjaro without the proper training you may not enjoy the trek as much as you would have with adequate training. The best way to train for Kilimanjaro is to strap a pack on your back and go hiking as much as possible. By doing so your feet and joints will become accustomed to the constant walking you will face on the trek. Also be sure to hit the gym if you can.

When is the best time to climb Kilimanjaro?

The main rainy season in Tanzania is around April and May. Normally no one climbs during these months and you will notice that we don't have set group dates during this time. Towards the end of the year, around October and November, there could be some rainy spells, but we still have set group dates and lots of clients on Kilimanjaro.



Should I have Flying Doctors membership?

If you live, work or travel within Eastern Africa (Kenya, Uganda, Tanzania, Rwanda and Burundi - anywhere within a maximum of 1000 Km's of Nairobi) it is extremely useful to become a member of the Flying Doctor Service. Medical facilities outside cities are few and far between and many rural hospitals do not have facilities for critical care. In the case of a medical emergency, getting to a well equipped hospital fast with expert care in transit could mean the difference between life and death.

AMREF Flying Doctors Service operates a 24 hours, 365 days a year operation. Full time medical staff and aircrew are on standby to respond to emergencies. In case of a medical emergency that requires an evacuation from a remote area, the Flying Doctor service will send in a medical team and an aircraft which can be converted into an airborne intensive care unit to evacuate you to Nairobi Wilson Airport where you will be transported by an ambulance to a hospital in Nairobi (the Flying Doctors do not cover the cost of hospitalization. For more info: www.amref.org)

What is altitude sickness and what are the symptoms?

During the trek it is likely that all climbers will experience at least some form of mild altitude sickness. It is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. There are many different symptoms but the most common are headaches, light-headedness, nausea, loss of appetite, tingling in the toes and fingers, and a mild swell of ankles and fingers. These mild forms are not serious and will normally disappear within 48 hours. Please visit your physician for advice about any preventative medications.

Is drinking water provided during the trek?

On the first day you are responsible to bring your own water but beyond that, water is provided on all routes. Water is taken from the mountain streams, boiled and filtered to make safe to drink.

What is the success rate on the Machame route?

The Machame route has the highest summit success rate of all the routes on the mountain- estimated at around 95%.

What type of accommodation is provided?

On the Machame route, trekkers normally overnight in tents. We provide the tents and sleeping mats (included in the climb costs). The tents are carried up the mountain by the porters.

The porters will set up your tent every day and they will also break it down for you every morning.

Normally, two people from the same sex will share a tent, but if you prefer to have your own tent during the climb, it can be arranged at an extra charge.

The cost for this option is on request.

The picture on the right is an example of the tents used on Mount Kilimanjaro.



Who carries all the stuff?

The porters carry all the equipment and supplies on Kilimanjaro. One porter will carry your luggage, but keep in mind that porters are only allowed to carry a maximum of 15kg- the rest can be stored safely at the hotel. You will only be responsible to carry your own day pack with personal items to have with you at all times such as your water/ camera/ snacks/ extra layer of clothing...

What qualifications do the guides have?

The mountain guides have to attend certain courses that are offered by Tanzania National Parks before they get their Mountain Guide Licenses. A Porters Association also selects the porters; they will carry an identification card allowing them to carry your belongings up the mountain.

What is the coldest it is expected to be at the summit of Kilimanjaro?

Temperatures vary considerably with the altitude and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m, frost can be encountered at night while daytime temperatures range from 5 to 15°C. Nighttime temperatures on the summit can be well below freezing- especially with the strong winds at times.

What is the highest altitude we will hit on this trek?

The highest altitude reached during your Kilimanjaro climb is 5895 m/ 19,341 ft.

If the trek becomes too difficult for me, can I turn around?

Yes you can. If you are in any physical danger or suffer from altitude sickness the porters will be able to assist you down the mountain. The rest of the group will be able to continue with their climb.

How much do you recommend we tip the porters and/ or local guides?

After the climb, it is customary to give tips to all the members of the mountaineering crew. Below are guidelines based upon a group (not per person).

Guide:	12 - 18 USD/ day
Assistant Guide:	8 - 12 USD/ day
Cook:	8 - 10 USD/ day
Waiter:	7 - 9 USD/ day
Porter:	6 - 7 USD/ day

There is a lot more information on Kilimanjaro to be found in books or on the internet and it will be to your own advantage to learn more and prepare for the big climb.

Enjoy your adventure of a lifetime!



Japie van Deventer and Lizza Duijverman (owners of the ShapShap Travel Group), descending Mount Kilimanjaro after successfully reaching the summit on July 4, 2008!

Pack list for Kilimanjaro (suggestions only)

- **For your head:** Sun hat or scarf
- Light balaclava or warm fleece hat
- Sunglasses with UV protection
- Lip balm
- **Upper body:** T- shirts (2)
- Light and expedition weight thermal tops
- Fleece jacket or pullover
- Fleece Wind-Stopper jacket (optional)
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/ or jacket
- **Hands:** Lightweight gloves
- Heavyweight gloves/ mittens with a waterproof outer shell
- **Lower body:** Underwear (4)
- Hiking shorts (2)
- Lightweight cotton long pants
- Light and expedition weight thermal bottoms
- Fleece or wool pants
- Waterproof (preferably breathable fabric) shell pants
- **Feet:** Thin, lightweight inner socks (4)
- Thick, warm wool hiking socks (4)
- Hiking boots with spare laces
- Camp shoes (sneakers and/ or sandals)
- Gaiters
- **Accessories:** Good, warm sleeping bag
- Headlamp with spare bulbs and batteries
- Small padlock or combination lock
- Basic First Aid Kit (paracetamol/ aspirin, malaria tablets, prescription medication)
- Large plastic bags- for keeping items dry inside trek bag
- Backpack (for porter to carry) and a daypack (for you to carry)
- Water bottles (2)
- Hiking poles/ walking sticks
- **Toiletries:** Soap, shampoo, toothbrush, toothbrush etc.
- Ear plugs
- Small wash towel
- **Extras:** US Dollar cash (for tips) Camera with extra batteries and cards/ film, binoculars, reading book, journal & pen, iPod, playing cards.

