

THE AFRICA ADVENTURE COMPANY

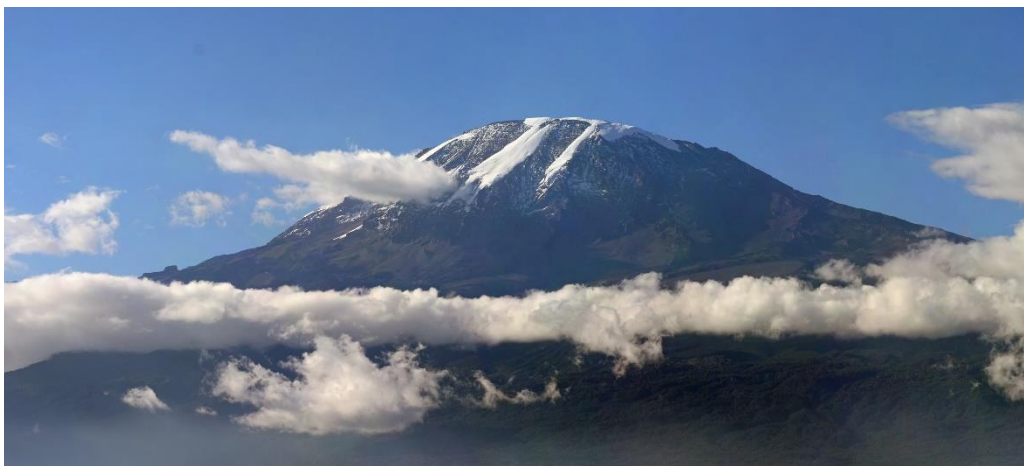
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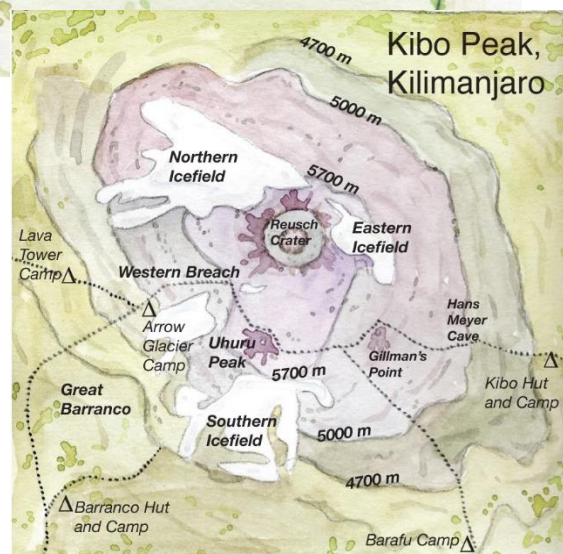
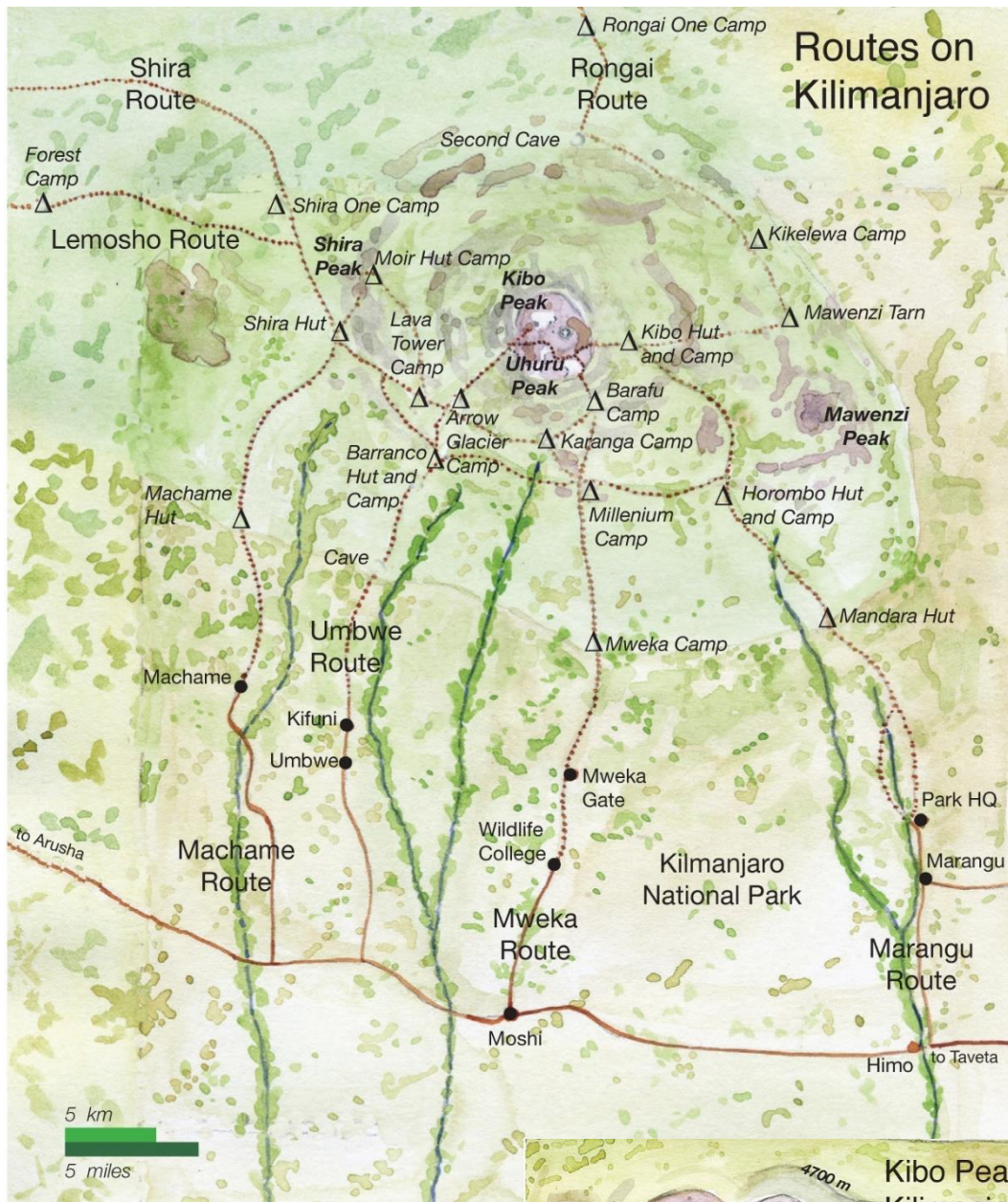
CLIMBING MT KILIMANJARO



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MT KILIMANJARO NATIONAL PARK



Tanzania is well known for game park safaris and beach holidays but also offers the chance to climb the highest of all African mountains, Kilimanjaro.

Known to many through Ernest Hemingway's *The Snows of Kilimanjaro* (Arrow), Mt Kilimanjaro is the highest mountain in the world that is not part of a mountain range. It is definitely one of the world's most impressive mountains. Kilimanjaro means "shining mountain" and it rises from an average altitude of about 3,300 feet on the dry plains to 19,340 feet. On clear days, the mountain may be seen from over 200 miles away.

The mountain consists of three major volcanic centers: Kibo (19,340 ft./5,895 m), Shira (13,650 ft./4,162 m) to the west and Mawenzi (16,893 ft./5,150 m) to the east. The base of the mountain is 37 miles (60 km) long and 25 miles (40 km) wide. The park is a World Heritage Site and covers 292-square-miles (756-km²) of the mountain above 8,856 feet (2,700 m). The park also has six corridors that climbers may use to trek through the Forest Reserve.

Hikers pass through zones of forest, alpine and semi-desert to its snow-capped peak, situated only three degrees south of the equator. It was once thought to be an extinct volcano, but due to recent rumblings, it is now classified as dormant.

Kilimanjaro is second only to the Everest and Annapurna areas in Nepal in popularity as a trekking destination outside of Europe. Kilimanjaro may, in fact, be the easiest mountain in the world for a climber to ascend to such heights. But it is still a struggle for even fit adventurers. On the other hand, it can be climbed by people from all walks of life that are in good condition and have a strong will. Mind you, reaching the top is by no means necessary; the flora, fauna and magnificent views seen en route are fabulous.

Many routes to the summit require no mountaineering skills.

Travelers wishing to see Mt. Kilimanjaro, but who do not wish to climb it, may do so (provided the weather is clear) from Arusha National Park or Amboseli National Park (Kenya). Day trips and treks to the first camp only are also available as an option.

KILIMANJARO ROUTES

Kilimanjaro is for many walkers the ultimate experience because it is the highest 'walkable mountain' in the world as well as the highest peak in Africa. Whilst we can organise treks on all the standard routes of Kilimanjaro, whenever possible we avoid the busiest routes of Machame and Marangu.

The quieter camping routes of Shira, Lemosho and Rongai offer the best chance of enjoying Kilimanjaro and actually reaching the summit.



The Shira route approaches the mountain from the west and our 8 day itinerary explores the unspoilt wilderness of Shira Plateau around the Moir Hut and Lent Hills before traversing beneath the stunning Kibo icefields to summit via the Barafu Camp. The route is designed to avoid the crowds as Machame route merges at Shira Hut and the route passes through Barranco Camp (the busiest camp on western Kili) when virtually no-one will be there, allowing one to enjoy the beauty of this valley and also have an enjoyable ascent of the Barranco Wall without crowds of climbers. Our summit success of 86% to Uhuru Peak and 93% to Stella Point reflects this.



The Rongai route climbs from the northern side of Kilimanjaro and visits the beautiful Mawenzi Tarn and offers the best 6 day itinerary both in terms of scenery and summit success of 74% to Uhuru Peak and 88% to Gilmans Point. For those who have limited time and/or budget this 6 day route is the one to take. An additional day can be added to Rongai making a 7 day climb and this extra day of acclimatization increases one's chances of summiting. Our summit success for Rongai 7 days is 74% to Uhuru and 88% to Gilmans Point.



The Lemosho route is a great route for acclimatization, 8 days allowing plenty of time and there is a good balance in the camp heights. In addition, the route passes through rich mountain forest, and then traverses around the southern slopes of Kilimanjaro. Our summit success is 88% to Uhuru Peak and 94% to Stella Point.

The Northern Circuit is for mountain lovers. It starts at Lemosho, so one gets to experience the beauty of this forest. But then the route traverses around the little used northern side of the mountain and offers mountain lovers a chance to experience solitude; a rare thing on the ever popular Kilimanjaro. Being 9 days long, this route has great summit success with virtually everyone reaching Uhuru Peak. It is possible to do the route in 8 days, although we favour the more relaxed 9 day version.

BEST TIME TO CLIMB / CLIMATE

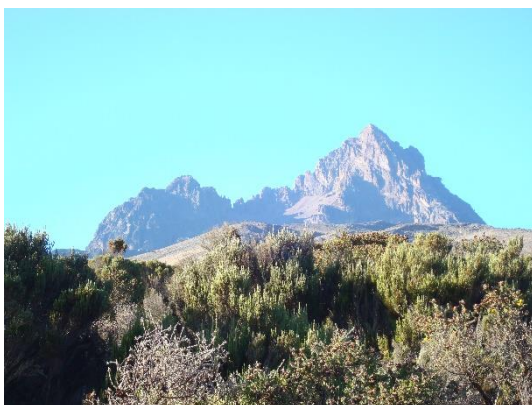
The best time to climb is mid-December to mid-March and June to October during the drier seasons when the skies are fairly clear. The temperatures in July and August can be quite cool. April and May should be avoided because of heavy rains and overcast skies.

From April to May, during the long rainy season, the summit is often covered in clouds, with snow falling at higher altitudes and rain at lower altitudes. The short rains (November) bring afternoon thunderstorms, but evenings and mornings are often clear.

Even during the “dry” seasons, climbers may still experience heavy rains. The mountain’s weather is unpredictable. Always be prepared for cold and rain.

Average monthly temperatures min/max in Fahrenheit (white) and Celsius (fawn) for some main cities and wildlife reserves. Actual temperatures may vary more than 10°F from the averages below.

LOCALITY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Arusha/ Kilimanjaro	52/62	52/59	53/61	56/64	55/61	50/55	51/58	50/60	50/65	52/68	54/67	54/64
	11/17	11/15	12/16	13/18	13/16	10/13	10/15	10/16	10/18	11/20	12/19	12/18



MOUNTAIN INFORMATION

TREKKING CONDITIONS

Most of the trails used on our mountain treks are well-defined and of good quality but some forest sections can be slippery. The summit days on Mt. Meru and Kilimanjaro are long and hard passing over rock and loose scree. These mountains are large volcanoes that tower above the surrounding plains and result in all climbs requiring a considerable amount of uphill and then lots of downhill!



FOOD & DRINK:

The ingredients are carefully chosen to ensure that the food prepared by the team is tasty, easy to digest at altitude and with high energy content. We can cater for vegetarians, ensuring that their meals are varied and inviting.

A fresh food resupply is provided for all groups on climbs of 8 or more days and on 6 and 7 day climbs when the group is of 7 or more clients. This resupply reaches the group part way through the trip and includes fresh bread, fruits, vegetables, cheese and meat.

Menus consist of high liquid and carbohydrate content—two essential elements for a successful climb. At higher altitudes, stimulants (such as coffee) and less digestible foods (such as meat) are not recommended. Our evening meal at the highest camp on Kilimanjaro is a meatless stew, as our experience shows this to be the ideal preparation for the summit day. Boiled water is offered each evening for filling water bottles and is readily available at other mealtimes too. At mealtimes a selection of hot drinks are available. Soup is served twice daily.

Daily Meals

Bed Tea - tea or coffee served in your tent

Breakfast consists of seasonal fresh fruit (mango/banana/watermelon), porridge, cooked eggs, bacon and toast.

Energy snacks are provided for the daily walk such as biscuits, bananas and chocolate bars.

Lunch is either a packed lunch on longer days or, more usually, a hot lunch served in camp by a small team who have raced ahead of the clients. A hot lunch typically consists of soup, bread or pancakes, cheese, tuna, jam, peanut butter, pasta salad and cake.

Afternoon tea is served in late afternoon. It is an opportunity to drink lots of hot drinks and snack on peanuts or popcorn.

Dinner is the main meal of the day and always consists of three courses; soup and bread, followed by a main dish, which could be rice, potatoes or pasta with fish, meat or vegetables and is followed by a dessert often of fruit.



Summit Snacks

Whilst the team provides enough food for the climb, we recommend that you bring some of your favorite snacks and keep them for the summit day. This is because the summit day is a long and tough climb and having your favorite snacks can give you a very welcome boost.



HYGIENE

The team always ensures that there is a bowl of hot washing water for you in the morning and again after the walk at an agreed time in the afternoon. The only exception is the highest camp where there is no water source and hence all water must be carried from a lower level by porters.

Hand washing water treated with Dettol is available along with soap before all meals and everyone is strongly advised to make use of it.

A private toilet tent is supplied on all camping routes as we have found that the long drop toilets maintained by the national park are of a sub-standard quality.



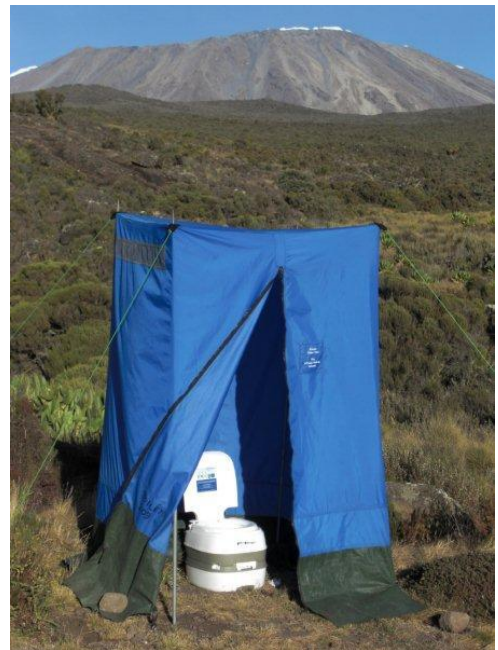
CAMPSITES

The campsites on Kilimanjaro are designated by the national park and are mainly stone/dirt. They are not all level and can be crowded in peak season.

You will be provided with a spacious two person tent of proven quality. There is plenty of personal space, ample luggage storage area and a separate external flysheet. A limited number of these tents are available as single tents at a supplementary charge and should be reserved in advance. Clients should bring their own sleeping bag and mat.

Breakfast and dinner are served in the communal mess tent with folding chairs, tables and gas lanterns. This tent is also available for communal use in the afternoon and evening.

There are additional tents with our groups that are used by our mountain crew for sleeping and cooking in. We provide groundsheets for all of these tents.





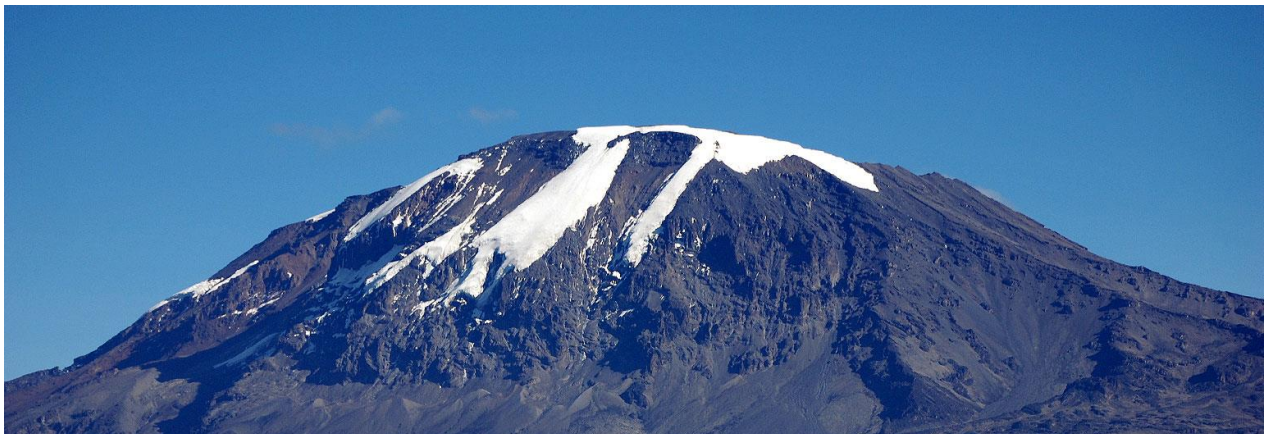
LUGGAGE

Each client should bring a maximum of 33lbs (15kgs) of luggage onto Kilimanjaro (26lbs/12kg on Meru). It should be contained in a duffle bag or soft kitbag; this will be carried by a porter inside a heavyweight client bag to give it further protection. The client carries only their day-sack. Any unwanted baggage and suitcases can be safely stored at the hotel.



PREPARING & PACKING

Keep in mind the climate during the time of year you are traveling. Some of these items are also on your safari list. Your own hiking preferences may expand the list. We recommend that you dress in layers. Days on the mountain can be sunny and pleasant; nights at the higher elevations will be near freezing or lower. The final stages of the ascent will be very cold, especially if there is rain or snow. Weather can vary greatly; dramatic changes can occur anytime. You must be prepared for the worst situations. It is a good idea to wear your boots (and anything else you consider indispensable) onto the plane so that if in the unfortunate event your luggage is lost, you have your most important equipment with you.



Boots

- Your boots and auxiliary footwear are probably the most important items you will take to the mountain. On trek, your life revolves around your feet. Blisters caused by poorly fitting or unbroken boots are among the most common and painful problems on the mountain.
- If you are buying a new pair of boots, make sure a qualified salesperson gives you a proper fit. Do not buy any boots that you are not permitted to return after wearing a few hours around the house. (I would recommend Merrell's, Solomon's or Vasque) If you have new boots, wear them for a while every day for at least a month; before you depart, you should be able to wear them for a full, active day with no discomfort.
- Even boots you have owned for years can sometimes produce blisters when doing the amount of walking you'll do on the mountain. Limber up your boots (and feet) with lots of hiking before departure.
- Waterproof your boots with several coats of snow seal or other sealant before departure; you will cross streams and possibly snow on parts of your trek. Take extra waterproofing with you.
- Everyone should bring a good supply of moleskin or second skin for protecting blisters and sore spots.
- Should your luggage be delayed, most things can be replaced or substituted on short notice -except a pair of well fitted, broken-in boots.
- A spare pair of insoles is also essential. Each day your feet will sweat and saturate your insole/liners in your boots. You should dry them each night and rotate them with a second pair. This way you will be starting each day with dry, warm insoles; an important fact when you are operating above 14,000 feet and the temperature drops to freezing every night.



****Avoidance of Cotton**

One of the most effective ways of staying warm in adverse conditions is to avoid wearing COTTON next to skin. It is not a good conductor of heat and once it gets wet from perspiration it will pull the heat right out of one's body. Polypropylene is lightweight and works far better than wool. Layering yourself in polypropylene, pile, down and a rain-proof shell is recommended.

CLOTHING AND EQUIPMENT

All mountain treks have a wide range of temperatures so the best clothing is a lot of thin layers. Such clothing is easier to adjust as the temperature fluctuates and is more effective than a few thick items of clothing.

Sleeping and carrying equipment

- 30-40 litre daypack (to carry the items you need on the walk from one camp to the next).
- Duffle bag or soft kitbag for porters to carry on the mountain (not suitcases).
- Plastic bags to protect equipment you want to ensure are dry (e.g. sleeping bag and books).
- 4 season sleeping bag.
- Sleeping mat for camping trips (not needed on Marangu Route or Mt. Meru).

Drinking

- 2 x 1 litre water bottle or equivalent.
- Purification equipment. Boiled drinking water is provided but you might want to use iodine or chlorine for further purification.

Footwear

- Walking boots that are worn-in and of proven quality.
- Thick socks.
- Trainers or trekking sandals to wear in camp.
- Gaiters can be very helpful in wet conditions and to stop scree getting inside your boots.

Inner clothing

- T-shirts made of wicking material as cotton dries slowly.
- Trousers (loose and comfortable). One pair should be thick and warm.
- Thermal underwear.

Outer clothing

You need a minimum of 4 warm layers for the upper body for the ascent of Kilimanjaro. Many combinations of warm layers are possible with recent developments in outdoor clothing but we strongly recommend a good quality duvet jacket.

- Duvet jacket (especially important for Kilimanjaro).
- Fleece jacket or equivalent windproof jacket.
- Waterproof jacket and trousers.
- Pair of good quality gloves or mittens.

Head and face

- Warm hat or (preferably) balaclava.
- Sunhat.
- Sunglasses (essential for summit days to avoid snow blindness).
- Sun cream with a high factor.
- Lip balm, preferably with sun protection.

Personal usage

- Towel and toiletries.
- Toilet paper.
- Favourite snacks. Snacks are provided, but your favourites are good for summit days.
- Head torch. Remember to bring lots of batteries.
- Camera and films.
- Reading material and games/cards.

Personal medical kit

We recommend that you bring your own personal medical kit for the most basic needs.

- Painkillers, your preferred choice; paracetamol, ibuprofen or aspirin.
- Blister kits or plasters.
- Imodium for severe diarrhoea.
- Malaria tablets. All mountain trips begin and end in malarial areas.



Equipment

It is very important to have appropriate equipment for the ascent. It is frustrating to be uncomfortable, inconvenienced or unable to do all you want because of improper equipment, and it can even be dangerous. Even if you may not use each item listed, it is better to be prepared in case of a storm or severely cold weather instead of being uncomfortable without them. Do not overload yourself, or your porters, but make sure what you bring is suitable.

RENTING OF MOUNTAIN EQUIPMENT		
<ul style="list-style-type: none">○ Hired equipment must be pre-booked before trip to ensure available.○ The charge is for the duration of climb○ All hired equipment must be paid in full before the climb commences. If paying directly, payment must be in US cash Dollars. Notes must be 2013 or newer with the new large-head design.○ Equipment of international standard for rent		
Item for rent	Specifications	Cost
Sleeping Bag	Nordic -21°C https://www.mammut.com/uk/en/p/2410-02410-0128/nordic-down-3-season/	\$65
Walking stick (pair)	Collapsible aluminum walking poles	\$10

FIRST AID/MEDICATIONS - PACKING LIST

Keep in mind this list is only to be used as a base for discussion with your physician. Your own experiences and preferences should determine what you bring. While the guides bring a first aid kit on the climb, every trip member must bring a small kit for personal use. Some items (marked Rx) require a prescription. If you take your own prescription medicines, bring a supply for your entire trip, as these are often not available abroad.

1. Moleskin or Second Skin pads; a good supply, for blisters
2. Mild pain, headache, fever: Aspirin, Motrin, or Tylenol; Tylenol with codeine or Percodan for more severe pain. NOTE: Aspirin is far superior to other painkillers because it has the double effect of both relieving pain and helping acclimatization by thinning the blood. Consult your doctor.
3. Upset stomach: Pepto-Bismol tablets (a good supply); Donnatal for stomach cramps, a mild sedative; Maalox, Gelusil or Mylanta antacid tabs; Lactobacillus capsules taken daily help keep your gastrointestinal system working smoothly. A digestive enzyme may be useful at high altitude.
4. Diarrhea: Imodium for treatment of diarrhea. Lomotil, which does not treat the cause of diarrhea, but acts as a sphincter control is useful and is prescribed by a physician. Electrolyte replacement mix (ERG or Gatorade).
5. Laxatives: for constipation
6. Antibiotics: we recommend you bringing a small course (a few days' use) of CIPRO, BACTRIM or SEPTRA (Trimethoprim-Sulfa) or NEGRAM (Nalidixic acid).
7. Prophylactic use of other medications (such as Ampicillin, Tetracycline or Vybramycin) is controversial, as it may make one susceptible to debilitating sunburn or more virulent organisms causing dysentery. Please consult further with physician.
8. Colds, Allergies: Throat and cough lozenges. Colds and coughs are actually more common than stomach problems on the climb. The air is very thin, dry and cold. If you want a cough suppressant, avoid codeine as it slows respiratory functions and cannot be used above 11,000 feet; Dextromethorphan is recommended instead of Codeine. Ornade or Tuss-Ornade Spansule, Sudafed, or Actifed help dry throats that develop at altitude.

9. Skin Ointments: Topical antibiotic; 1 small tube for cuts, bites, irritations, or sores. Bacitracin, Neosporin, Polysporin or Mycolog are such ointments.
10. Sun Protection: Sunscreen or block (without PABA). Sun can be very strong at high altitude. A #15 screen or greater will be needed for the first few days if you are pale; #10 is adequate thereafter. Chapstick or A-Fil Sun Sticks for lips (without PABA), nostrils, etc.
11. Muscular-Skeletal: Ace bandage, an ankle or knee elastic support, available in sporting goods shops, is useful for weak knees or ankles or if sore knees develop for walking downhill. Liniment; for sore joints and muscles
12. Band-Aids, assorted with gauze pads (4"x4"), small role of adhesive tape
13. Alcohol or Betadine swabs for small abrasions
14. Skin moisturizer
15. Diuretics (Diamox) - by prescription from your doctor
17. Personal choice:
 - Valium (Rx); for sleeplessness, plane rides. Do not use at altitude. Others: Dalmane or Benadryl
 - Allergy Capsules/Antihistamine
 - Decongestant (can be found in combination with antihistamine tablets)
 - Eye drops
 - Foot powder
 - Spare glasses or contact lenses. Contact lens wearers should bring their own solution from home as none is available locally; also bring a pair of glasses in the event of loss or irritating dusty conditions. On previous climbs, climbers have had problems with contact lenses unless extended wear type.



****After the Trip****

In the unlikely event that you become ill after your return, be sure to remind your doctor where you have traveled the previous year. This will alert your doctor to possibilities not normally considered.



POWER

During camping you will not have access to electricity for shavers or hair dryers. In hotels, you will find 240 watts, AC 55 cycle current.

AIR TRAVEL (luggage going astray)

It is recommended that in the unfortunate event of luggage going astray on the airlines, a spare set of clothing is packed in your hand luggage. For the same reason, if you are climbing Mt. Kilimanjaro, wear your climbing boots on the plane; they are irreplaceable.

TIPPING

Tipping in Tanzania is customary, but NOT obligatory. To give a good tip we recommend that each member of the party gives the amount shown in the table below. The amount depends on the number of days you will spend on the mountain and the number of people in your group.

Mt Kilimanjaro - Amounts in US dollars per person.

# of climbers	6 day route	7 day route	8 day route
1	\$310 - \$320	\$420 - \$430	\$460 - \$470
2 – 3	\$240 - \$255	\$290 - \$305	\$325 - \$340
4 or more pax	\$155 – \$180	\$180 - \$205	\$210 - \$235

Tipping should take place at the last camp on the final morning of the walk. It is best to collect the tipping money from all members of the group into a ‘pot’ and then one or two members of your group act as spokespeople and distribute the tips. It is fairest to tip each staff member individually.

Before your climb, during the briefing, you will be given a sheet detailing the names of the guides and cook and the number of other members of staff. This sheet will also give a guideline of how to divide the ‘pot’ to give an appropriate tip to each member of staff. Please remember that these figures are a guideline intended to assist you in making a choice. You should not feel obliged in any way to tip or be pressured by any member of staff to do so. It is perfectly acceptable to give more or less than these figures.



TRAINING

Training should commence at least 3 or 4 months before departure.

Start off gradually by doing hikes, running or bikes rides, whatever you fancy. The object should be to improve your overall level of fitness and your aerobic capacity. As the time for departure approaches, try to climb a high peak near you

In the past, people have used Mt Whitney, Mt Shasta and volcanoes in Hawaii to train. If you do not have high mountains nearby then try to increase the length and severity of your training regime.

Using stair machines, steps and bikes are a great way of getting the legs in shape for the nearly 80 kilometers of trails you will be hiking on.

Recommended gym exercises:

- Set your treadmill to 6-10 degrees incline and a speed between 2-3 mph. Gradually increase your time to where you can walk for 1 -3 hours at a time.
- Try to use a Stair Climber instead of a Stair Master. The Nordic Track is another great machine to use.
- Lunges, leg extensions, leg curls, and calf raises.
- Do not forget upper body training! You will be carrying approximately 10-20 lbs on your back throughout. Sit-ups and lower back exercises should be done in conjunction with your lower body program.

DO NOT OVERSTRAIN YOURSELF BEFORE DEPARTURE. BE CAREFUL DOING ACTIVITIES IN THE WEEKS IMMEDIATELY PRIOR TO THE CLIMB.



ACCLIMATIZATION

- 3 key steps in achieving successful acclimatization:
 - Drink lots of fluids—Recommend 4-5 litres a day
 - Walk Slowly—Important to place as little strain as possible on the body whilst it is trying to adapt to a reducing oxygen supply
 - Walk high sleep low—take every opportunity to take afternoon excursions to a higher level before descending again to sleep
- National Park statistics show that with a 6 day route, the chance of reaching the summit is 30% higher than the more usual 5 day itinerary.
- Statistics show the chance of reaching the summit increase by at least 20% if an extra day is spent acclimatizing.
- Oxygen tanks are not carried on climbs.

ALTITUDE

- It is impossible to predict how you will adapt to the altitude. You will probably feel some effects such as headache and/or nausea.
- Pace yourself to go slowly; you will have plenty of time to make your ascent.
- Drink plenty of water.
- Consider taking Diamox. Some experts recommend taking Diamox (Acetazolamide) for a fast ascent to high altitudes. It can relieve mild symptoms of altitude sickness. Consult with your doctor.
- Nevertheless, some people do not make it to the summit. The eighth day is the hardest. If you feel very uncomfortable, your guide or porter will escort you down to a lower elevation.



HIGH ALTITUDES

- Altitude affects individuals differently, and everyone must be aware of the symptoms and effects. Some facts to note:
- If you suffer from heart or lung disease, it is absolutely imperative that you consult your doctor in detail before attempting any high altitude trek.
- Your body can adapt to altitude if given time. Do not push too hard regardless of how physically fit you may be or feel.
- Altitude affects people in varying degrees: some will hike slower than others. There is nothing wrong with this. Pace yourself.
- If you persist in spite of alarm signals from your body, you may become seriously ill. Be alert of symptoms.
- Oxygen tanks are not carried.
- Although the purpose of your climb is probably to make it to the top, those who have chosen not to proceed have still found the experience very worthwhile.

1) Early Symptoms:

Headaches, nausea, loss of appetite, sleeplessness, dry cough, irregular breathing, swelling of ankles and eyelids are all early symptoms of high altitude sickness..

It is not uncommon to experience some of these when you first arrive at high altitude. The best remedies are to go slowly, rest frequently, and drink plenty of fluids; we recommend 3-4 quarts daily. A good night's sleep often clears up most early symptoms. If they persist, consult with your leader. If, at any point, you do not feel well enough to continue, you may stop with a guide and rest as long as needed. If the altitude affects you more seriously, a guide or porter will escort you down to a lower elevation.

2) More Serious Symptoms of High Altitude Sickness:

Breathlessness continuing at rest, severe cough with watery or bloody sputum, noisy bubbling breath; these probably indicate pulmonary edema.

Extreme weariness, vomiting, severe headache, staggering walk, irrational behavior, drowsiness, unconsciousness; these most likely indicate cerebral edema.

If any serious symptoms develop, advise your guide at once. A descent to a lower altitude is imperative. You should not experience any of these symptoms if you consult with your doctor before the trip and follow the advice outlined above.

The prescription drug Diamox may be used as a prophylactic against the early symptoms of altitude sickness noted above. Diamox is usually taken 2-3 days before going to high altitudes and for the first few days thereafter. Some cautionary notes:

- Diamox can severely dehydrate you. Be sure to drink the minimum 3-4 quarts daily if you take it.
- As a Sulphur drug, anyone with a Sulphur allergy **SHOULD NOT** take Diamox. Please consult your physician.
- Diamox is not effective in dealing with more serious symptoms of altitude sickness. The only remedy is descent.



CLIMBING TIPS

There are a number of ways of increasing your chances of making it to the top.

- One of the most important things to remember is to take your time. 'Pole pole' is Swahili for "slowly," which is definitely the way to go. There is no prize for being the first to the hut or first to the top.
- Pace yourself so that you are never completely out of breath. Exaggerate your breathing, taking deeper and more frequent breaths than you feel you actually need. This will help you acclimatize and help keep you from exhausting yourself prematurely, and help lower the chances of developing pulmonary or cerebral edema.
- Ski poles make good walking sticks; they can be rented at Park Headquarters and are highly recommended.
- Bring a small backpack to carry the items you wish to have quick access to along the trail, such as a water bottle, snacks and a camera. Most importantly, listen to what your body is telling you.
- Don't overdo it! Many people die each year on the mountain because they don't listen or pay attention to the signs and keep pushing themselves.
- On steep portions of the hike, use the "lock step" method to conserve energy. Take a step and lock the knee of the uphill leg. This puts your weight on the leg bone, using less muscle strength. Pause for a few seconds, letting your other leg rest without any weight on it, and breathe deeply. Then repeat. This technique will save vital energy that you may very well need in your quest for the top.
- Some climbers take the prescription drug Diamox, a diuretic that usually reduces the symptoms of altitude sickness, but there are side effects from taking the drug, including increased urination. You should discuss the use of Diamox with your doctor prior to leaving home.
- Drink a lot more water than you feel you need. High-altitude hiking is very dehydrating, and a dehydrated body weakens quickly. Climbers should obtain 4-6 liters (4-6 quarts) of fluid daily from their food and drinks. Consume foods such as soups, oatmeal porridge, and fresh fruits to supplement water and other liquids. Climbers should drink until the color of their urine is clear.
- Most hikers find it difficult to sleep at high altitude. Once you reach the hut each afternoon, rest a bit, then hike to a spot a few hundred feet in altitude above the hut and relax for a while. Acclimatizing even for a short time at a higher altitude will help you get a more restful night's sleep. Remember, "Climb high, sleep low!"
- Consume at least 4000 calories per day on the climb. This can be a problem. Most climbers lose their appetite at high altitude. Bring along trail mix (mixed nuts and dried fruit), chocolate and other goodies that you enjoy to supplement the meals prepared for you.
- Forget about drinking alcoholic beverages on the climb. Altitude greatly enhances the effects of alcohol. Plus, alcohol causes dehydration. A headache caused by altitude sickness can be bad enough without having a hangover on top of it.



THREE STEPS TO FREEDOM (UHURU)

"Pole pole" — you will hear it 100 times over. It is Swahili for "slowly" and it is exactly what you must do especially for your first two days on the mountain. You will feel strong the first couple of days and will, more than likely, want to speed up the pace. It's not a race and it is the only way your body has a chance to acclimatize to the 16,400 feet of altitude change you will encounter in 4 days. **LISTEN TO YOUR GUIDES AND WALK SLOWLY!!!!**

EAT, DRINK and you will be merry. Your diet is specifically high in fluids and carbohydrates to help your body through this acclimatization change. Eat and drink as much as possible.

One of the first symptoms of altitude sickness is loss of appetite — once you give into this it will only get worse. Drink as much water as possible and try to finish your meals.

If you can make it to Gillman's Point (crater rim) — **YOU CAN MAKE IT TO UHURU PEAK.** The climb to Gillman Point is very long and very strenuous and you will be very tempted to turn around at this point (reaching Gillman Point is considered a success). The walk from the crater rim to Uhuru is very gradual and a lot easier than to the crater rim.



SUGGESTED READING

For a list of our books, field guides and maps, please visit our website:

<http://www.africa-adventure.com/safari-products.html>

