

What's Included In Your Trek!

Important things to know and understand to help you prepare

BEFORE & AFTER YOUR TREK

Meeting

Meet & greet service at Kilimanjaro International Airport

Transfers

- Private airport transfers (arrival & departure)
- Return hotel trek start/end transfers

Accommodation

- 2 nights' hotel accommodation in Arusha (before & after climb) with breakfast & dinner
- **Upgrade Option: Luxury hotels (e.g., Mt. Meru Hotel) available at surcharge**

Luggage

- Complimentary luggage storage during your trek

Briefings

- Pre-climb safety briefing covering altitude, gear, and preparation

ON THE MOUNTAIN

Fees

All park fees (entry, camping/hut, rescue, forest)

Taxes

Government taxes (18% VAT, levies)

Professional Teams

Guides, assistant guides, porters, cooks (paid to KINAPA standards)

Safety Measures

- Pulse oximeter checks (2x daily)
- Emergency oxygen & first aid kit
- 1 Guide for every 2 climbers

It's highly recommended that all climbers hold comprehensive travel insurance covering:

- High-altitude trekking (up to 6,000m)
- Medical treatment
- Emergency evacuation (helicopter & ground)

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CONTINUED

Meals & Drinks

- Warm and freshly prepared breakfast, lunch and dinner daily (vegetarian/vegan/allergies accommodated).
- Contrary to competitors we offer warm lunches in a dining tent; just on the first day, depending on time and route there may be a packed lunch.
- Snack and hot tea in the afternoon.
- Purified drinking water each day.
- On the Marangu Route: meals in designated dining halls

Equipment & Camping

Premium gear: sleeping tent, dining tent/common tent for bigger groups with chairs & tables.

- Comfortable thick (approximately 10cm) mattress (except Marangu Route).
- A private toilet in a separate tent only for your group at each campsite.
- Twice daily a bowl of hot water for washing.
- Your big/duffel bag will be carried the entire trip from camp to camp (max 15kg/32lbs).
- Additional support for your daypack if needed for summit night.
- Hot water for your hot-water bottle in your sleeping bag each night.

Recognition & Ethics

Official KINAPA summit certificate

- Leave No Trace environmental policy
- Ethical porter treatment under KPAP guidelines (fair pay & conditions)

What's Not Included

- Tips for guides, porters & cooks (avg. US\$250–350 per climber)
- International flights, visas, vaccinations, personal expenses, snacks, meals not listed.
- Travel insurance (strongly recommended).
- Gear rental



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IMPORTANT TIPS AND INFORMATION

Visa, Permits & Travel Documents

- **Visa Requirements:** Most travelers need a tourist visa to enter Tanzania. This can be obtained online (e-visa) before departure or upon arrival at Kilimanjaro International Airport.

Standard tourist visas are valid for 90 days.

- **Passport Validity:** Your passport must be valid for at least 6 months from the date of entry and have at least two blank pages for stamps.

- **Kilimanjaro Permits:** All climbing permits (park fees, camping/hut fees, rescue fees, conservation fees) are already included in your package. Our team handles all paperwork directly with Kilimanjaro National Park.

- **Travel Insurance:** It's highly recommended that you have comprehensive travel insurance before starting your Kilimanjaro trek. This is a safety requirement to protect you in case of altitude sickness, accidents, or unexpected medical issues on the mountain.

Your policy must cover at least:

- High-altitude trekking up to 6,000 m.
- Emergency evacuation (helicopter & ground).
- Medical treatment & hospital care.

Without valid coverage, you need to have sufficient free limit on your credit card. Helicopter rescue is private and extremely expensive. There is a rescue team of Kilimanjaro National Park, however, in case of a serious emergency you don't want to rely on them.

• Other Documents:

We recommend carrying printed copies of your:

- Flight tickets
- Hotel booking confirmation
- Insurance policy
- Emergency contacts



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KILIMANJARO WEATHER & BEST TIME TO CLIMB

Kilimanjaro Can Be Climbed Year-Round, But The Experience Changes With The Seasons. Knowing What To Expect Will Help You Choose The Best Time For Your Adventure.

Best Seasons (January–March & June–October)



- Clear skies and dry trails perfect for trekking and photography.
- Moderate daytime temperatures, though it gets very cold higher up. January–mid-March has fewer crowds than the June–October high season.



Rainy Seasons (April–May & November–mid December)



- Trails can be muddy, and visibility is often reduced.
- April–May brings the heaviest rains; November–December is shorter and lighter.

Why Climb in the Rainy Season?

At Kilimanjaro Climbing Club, we also organize treks during the rainy months for those seeking unique adventure:

- **Solitude:** Far fewer trekkers on the mountain.
- **Challenge:** Tougher conditions make the summit even more rewarding.
- **Vibrant Scenery:** Lush greenery and fresh mountain landscapes.
- **Expert Support:** Our guides are trained to keep you safe and comfortable in all weather.



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PHYSICAL PREPARATION & TRAINING TIPS

Climbing Kilimanjaro is not about being a professional athlete it's about being prepared, both physically and mentally. The trek is long and demanding, with several days of walking at high altitude, but with the right preparation, almost anyone with good health and determination can reach the summit.

The most important thing to remember is that success is mostly in your head. If you can keep a positive mindset, go slowly, and listen to your guide, you're already halfway there.

To make the journey easier and more enjoyable, we recommend:

Regular cardio training:

Hiking, jogging, cycling, or swimming 3–4 times per week builds stamina.

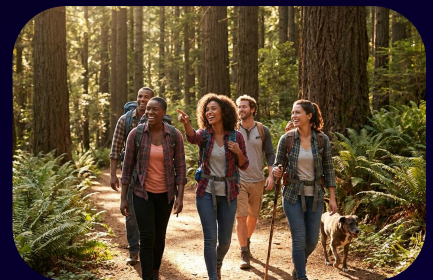


Strength & endurance:

Focus on your legs and core with squats, lunges, and step-ups. You'll be carrying a small backpack each day, so your back and shoulders should be ready too.

Practice hikes:

Try to do a few long hikes (6–8 hours) with a backpack before your trip. If possible, do a multi-day trek, this is the best preparation for Kilimanjaro.



Altitude awareness:

If you don't live near high mountains, don't worry. Just train your fitness and be prepared to go slowly. Your body will adapt on the mountain.

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WHAT A DAY ON KILIMANJARO LOOKS LIKE

Life On The Mountain Has Its Own Special Rhythm. Every Day Is Different In Scenery And Challenge, But The Routine Stays Comfortable And Familiar. Here's What You Can Expect On Atypical Trekking Day With Kilimanjaro Climbing Club:

Morning

- You'll be gently woken by one of our team with a warm cup of tea or coffee delivered to your tent.
- A bowl of hot water is provided for washing.
- After packing your duffel (porters will carry it) and daypack, you'll enjoy a hearty breakfast in the dining tent - think porridge, eggs, fruit, pancakes, or toast.
- Around 8:00–8:30 am, the trek begins. You'll walk at a steady, relaxed pace set by your guide ("pole pole" - slowly, slowly).

Afternoon

- The trekking day usually lasts 4–7 hours, depending on the stage of the route.
- Along the way, your guide will set regular breaks to drink water, snack, and take photos.
- Lunch is either a hot sit-down meal (with tables and chairs in the mess tent) or a packed lunch if it's due to logistical reasons not possible to cook on-site.
- You'll usually arrive at the next camp in the mid- to late-afternoon. Your tent will already be set up by the porter team.
- A snack and hot drink (tea, coffee, or hot chocolate) are served as you settle in.

Evening

- In the late afternoon, your guide may suggest a short acclimatization hike (walk high, sleep low).
- Before dinner, the team will check your oxygen levels and general health.
- Dinner is served in the mess tent a hot, freshly prepared 3-course meal with soup, main, and dessert.
- After dinner, your guide gives a briefing for the next day's trek and answers any questions.
- By 8:30–9:00 pm, most trekkers are in their tents, resting under the stars.

Summit night is different

- You'll have an early dinner, go to sleep around 6:00–7:00 pm, and wake up at 11:00 pm to begin the midnight climb to Uhuru Peak.

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PACKING LIST FOR KILIMANJARO

The Weather On Kilimanjaro Changes Dramatically: Warm Sunshine During The Day Can Turn Into Freezing Temperatures At Night. Success On The Mountain Often Comes Down To Being Properly Equipped Especially With The Right Layers. At Kilimanjaro Go, We Provide Expert Packing Advice And Gear Recommendations So You'll Always Feel Prepared. Trekkers Who Get Cold Easily Should Take Extra Care With Warm Clothing.

Bags

- 90L rucksack/duffle bag (carried by porters, max 15 kg)
- 30–40L waterproof daypack (you carry daily essentials)

Must-Have Items

- Light waterproof/windproof trousers & jacket
- Thermal base layers (top & bottom)
- Sports bra (women)
- 2–3 long-sleeve trekking shirts (avoid cotton)
- Fleece shirts/jacket
- Warm down jacket
- Leggings or light hiking trousers + insulated trousers
- Hiking socks (mix of thin & thick pairs)
- Hiking boots (sturdy, broken-in) + light trekking shoes
- Warm hat & sun hat
- Gloves (light + insulated)
- Sleeping bag rated to -20°C
- 3 liters of water bottles (thermos recommended for summit night)
- Head torch with spare batteries
- Sunglasses, sunscreen & high-SPF lip balm
- Snacks/energy bars
- Toiletries, sanitizer & wet wipes
- Personal medical kit
- Power bank / spare batteries
- Camera
- Zip bags (not plastic bags)
- Insurance documents & credit card

Nice to Have

- Trekking poles (reduce strain on knees)
- Gaiters (for scree/mud)
- Poncho (extra rain protection)
- Scarf or buff
- Hot water bottle (for sleeping bag warmth)
- Pee bottle (for sleeping convenience)

Pro Tips

- **Layering is key: you'll add and remove layers often as temperatures change.**
- **Hydration matters: carry at least 3L daily, refill provided by our team.**
- **Summit night: it's extremely cold - a down jacket, thermals, and mittens are essential**

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REAL TIPS FROM REAL CLIMBERS

First-hand advice from trekkers who've been there

Sleeping Warm on Kilimanjaro

- A fleece liner inside your sleeping bag = lifesaver.
- A hot water bottle at night makes all the difference.
- Bring a small inflatable pillow (don't rely on clothes in a bag!).
- Warm, dry socks = happy feet = better sleep.

Diamox & Altitude

- Tingling, pins & needles-feeling are normal side effects on Diamox.
- Other side effects: frequent peeing & metallic taste.
- Remember: everybody reacts differently. Test it before your trek.

Altitude Is Mental Too

- Fitness helps, but altitude can affect anyone.
- Go slow, hydrate, and listen to your guides.
- On summit night: don't look up. Look down. One step, one rock at a time.

Weather & Layers

- Kilimanjaro weather changes fast.
- Sun one moment, snow the next.
- Waterproofs & layers aren't optional - they're survival.

Tent & Gear Hacks

- Bigger tents = colder nights. Smaller = warmer & cozier.
- Test your daypack fully loaded before the trip.
- Rain cover is a must. Even drizzle can soak everything.

Toilets & Comfort

- Public toilets at camps = rough.
- A private toilet tent = worth every cent.

Secret Weapons

- Heat packs are small, cheap, and life-changing at night.

Final Words from Climbers

- Don't stress about speed - just keep moving.
- Stay warm. Stay positive. Stay humble.
- "Pole Pole" (slowly, slowly) - the Swahili way to the summit.

For full preparation guides (gear, training, insurance, and more), visit:

www.KilimanjaroClimbingClub.com