5-DAY ADVENTURE

CLIMB MOUNT MERU

Kilimanjaro

Mount Meru is often overlooked due to its proximity to Kilimanjaro, but it has plenty to offer those looking for a challenging climb. A dormant volcano that last erupted in 1910, it is Tanzania's second highest mountain at 4566 metres (14,979 ft). Taking only 3 or 4 days to climb it is perfect for those wanting to get a taste of high altitude trekking without going too high before or after going on safari, or to help with acclimatisation if undertaken before you climb Kilimanjaro. It is ideal for those looking for a quieter trekking experience and should definitely not be underestimated as climbers still need to acclimatise properly to succeed in reaching its peak.

An armed park ranger will join the team to guard against any animal threats as you start your approach through Arusha National Park via the Momella route. Keep your eyes open and you will be rewarded with sighting of baboons, giraffe, zebra, colombus monkeys and variety of birds. From here you start your ascent through Meru's diverse vegetation zones from montane forest, moorland, semi-desert and alpine desert, until you reach its magnificent crater. Traversing round the crater rim to reach its summit, Socialist Peak at 4566m, after which you will have time to explore the ash cone that has formed in the crater during the 1910 eruption.

TRIP HIGHLIGHTS

- Dormitory hut accommodation
- High guide to client ratio
- Trek through stunning safari on your first day
- Trip fully carbon offset as standard

Saddle Hut
Rhino Point
Socialist Peak
4566m
Miriakamba Hut
Momella Gate
KANDOO
ADVENTURES
Trek
Transfer

ITINERARY

DAY 1

ARRIVE IN KILIMANJARO

All trekkers need to organise their own flights to Kilimanjaro International Airport (JRO). From JRO we will arrange a private transfer to your hotel. At 4pm this evening you will meet your local Kandoo representative at your hotel and have a full pre-climb briefing.

Accomodation: **Hotel**

DAY 2

MOMELLA GATE TO MIRIAKAMBA HUT

After breakfast we will collect you from your hotel and we will drive to Arusha National Park to check all our permits are in order at the Park Headquarters. We then proceed by vehicle until we reach Momella Park Gate where we start our trek. It is mandatory on this route that an armed Park Ranger accompanies us to ensure that we are safe against any wild animal threats. The trail leads us through montane forest, past waterfalls and oddly formed trees until we reach Miriakamba Hut.

Hiking time: **3 - 4 hours**
Ascent: **900 m**
Max. altitude: **2500 m**
Accomodation: **Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

MIRIAKAMBA HUT TO SADDLE HUT

As we climb higher up Mount Meru you will feel the air begin to cool and get slightly thinner. Today we will ascend over 1000 metres up to Saddle Hut at 3550m. This afternoon there is time to go for an acclimatisation hike a further 300 metres up to Little Meru at 3820m. Don't forget to take your camera to capture the views of Mount Kilimanjaro over 80 kilometres away.

Hiking time: **3 - 4 hours**
Ascent: **1050 m**
Max. altitude: **3550 m**
Accomodation: **Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

SADDLE HUT TO SOCIALIST PEAK TO MOMELLA GATE

We set off early around 2 a.m. following the path through scrubland to Rhino Point at 3820 metres. From here the route gets more demanding as we follow the narrow crater ridge until we reach the summit after approximately 4-5 hours. From Socialist Peak we will watch the sunrise over Kilimanjaro and have time to explore Meru's crater and ash cone. We then descend by retracing our steps back down to Saddle Hut and onwards to Miriakamba Hut and finally Momella Gate. Transfer to your hotel for a well-earned shower and celebration.

Hiking time: **10 - 12 hours**
Ascent: **1016 m**
Descent: **2966 m**
Max. altitude: **4566 m**
Accomodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 5

ONWARD JOURNEY

After a much needed night's rest, we will bid you goodbye. Our vehicle will collect you and transport you to the airport in plenty of time for your onward journey.

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal

of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

This is a **great acclimatisation trek** to get you prepared for your Kilimanjaro challenge. Most people start to feel the effects of altitude at around 3500m so the fact that you will be climbing up to 4562m over 2-3 days will help get your body ready. We recommend taking at least two days rest before starting your Kilimanjaro climb.

FOOD & DRINK

Staying well-fed on your climb is absolutely vital, especially when conditions are such that you might not want to eat or drink as much as you should. Because so many climbers experience a loss of appetite at altitude, our head chef has developed special menu plans that are appealing, healthy, and filled with all the energy you need to make it to the summit. By default, our meals include fresh fruit and vegetables every day.

BREAKFAST

Breakfast is usually fairly hearty, and includes porridge, sausage, eggs and toast with marmalade or jam. Of course, you'll also have hot drinks, generally a choice of tea, coffee or hot chocolate. Let your guide know if you are still hungry, or even if you think you could 'pack in a few more bites'. Our cooks always try to provide more food than necessary to ensure everyone gets a good meal.

LUNCH

Lunch is either packed for you, to carry in your rucksack, or we stop for a hot cooked lunch depending on your itinerary. A typical packed lunch is a boiled egg, sandwiches, a portion of chicken, crisps, snack bar, fresh fruit and a drink.

AFTERNOON TEA

Afternoon Tea is served at the end of the day's walking, once you get to camp. In addition to tea and other hot drinks, there are plenty of peanuts, popcorn, biscuits and snacks to help restore some of the energy you've just burned off.

DINNER

Dinners are designed to be filling. They usually begin with a nice hearty soup, and then a main course such as chicken curry, spaghetti bolognese, fresh vegetables, and plenty of rice, pasta or potatoes, followed by a yummy dessert such as pancakes or banana fritters with maple syrup or nutella!

SUMMIT NIGHT

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

ACCOMMODATION

Your full day by day itinerary shows what is included in terms of hotel accommodation and meal basis. All of our pre- and post- climb accommodation is based in Moshi. If you are going on safari prior to your climb, we will have booked you into a hotel in Arusha on arrival to reduce your travel time. The hotels we use are 3* standard and accommodation will be in twin shared rooms with ensuite bathroom facilities.

On Mount Meru we use a **mountain hut** system instead of tents. Most rooms are small, sleeping 4 people on bunk beds. Mattresses, sheets and pillows are provided by the park service but you still need to bring a sleeping bag. Rooms have solar powered lighting but no electrical sockets and your meals will be served in an indoor dining area. Bathrooms with cold running water are available but please be aware that these huts are fairly primitive.

YOUR GUIDE

On a typical day on the mountain, your guide will wake you up to a hot drink and warm water for a wash. After that, you'll need to get your kit and other belongings packed. As you eat breakfast, your guides will brief you on the plan for the day's climb and perform your health check. They will also address any questions or concerns you may have.

When you arrive at the next camp, there will be hot water for a quick wash, and hot drinks and snacks waiting. You will generally have time for a short acclimatisation trek before dinner, where you will venture up to a higher altitude and have a chance to get used to hiking in more strident conditions before returning to camp for dinner and a rest. As we say, 'walk high, sleep low'. After dinner there will be time for your second health check, a debriefing on the day's climb with your guides, and to discuss anything that might be on your mind. If you are having any trouble or discomfort, please do let your guides know.

It is compulsory to trek with an armed ranger on Mount Meru. Several groups from different operators will be assigned to one ranger, so even though you have booked your climb with Kandoo and we will be providing the logistics for your trip, you will be trekking each day with other people who are not Kandoo clients. The pace that is set on the climb is dictated by the overall group.

TRANSPORT

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

LUGGAGE

Kandoo Adventures operates an absolutely **strict limit of 15kg** per porter for your main equipment bag. This limit includes your sleeping bag, even if it is rented from us. This is more than sufficient for your needs on the mountain. Your bag will be weighed before you leave the hotel to start the climb and if it is overweight you will have to take items out and leave them at the hotel.

Your main equipment bag should be a duffel bag. Don't worry if you don't have one as these can be rented from our team in Tanzania.

HOW DO I GET THERE?

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

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

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

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

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

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

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

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from your arrival in destination to drop off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

PRE-TREK BRIEFING

It is a requirement of joining any of our climbs that you attend a pre-climb briefing the day before the climb begins. This gives our guide team the opportunity to review the plans for the climb with you, make sure you have all the right gear, arrange any equipment rental and answer any questions you may have. Please ensure that you bring your passport to the briefing, as your guide will need to collate the details required for registration at the park gate. We will also carry out a pre-climb health check which must be completed before you trek to high altitude. The briefing in Moshi is held at 4pm the evening before the climb begins, and we strongly recommend that you book a flight that arrives in Kilimanjaro in time for you to attend the briefing.

If you should arrive on a late evening flight or have been on safari, then you will need to get up early so the guide can brief you in the morning before you set off for the mountain.

FITNESS AND TRAINING

Although Mt Meru is not as high or as challenging as Kilimanjaro, when it come to training and preparation, the same rules apply.
Please take some time to read our Kilimanjaro Training Guide which is full of helpful tips on how to get physically prepared for a big climb.

BUDGET & CHANGE

The **Tanzanian Shilling** is a closed currency so you will not be able to buy this before you arrive. You will need to use Tanzanian Shillings to pay for all local transactions. It is advisable to travel with your home currency, and exchange these upon arrival. It is very important that bills be new (no more than 10 years old), crisp and untorn. We can take you to an ATM or bank and there is also a currency exchange as you go through to the Baggage Collection area of the airport. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

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

TIPS

Although Tanzanian law now requires all local payments to be made in Tanzanian Shillings, for your tips you still have the choice to pay in US Dollars or Tanzanian Shillings.

We work closely with the **Kilimanjaro Porters Assistance Project** for our Kilimanjaro climbs, and follow their recommended procedures for our Mount Meru climbs as well. To give you a guide, KPAP recommended tips for porters are in the range of $6-10/day per porter. For other roles we recommend $20/day for guides, $12-15/day for assistant guides and the park ranger and $12-15/day for cooks. These figures are per group, not per climber. The size of your crew can only be confirmed on the first day of the climb once all the bags and equipment have been weighed at the park gate. At the first camp you will be advised of the final number of crew and their position on the climb.

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

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

Tips can be made in US dollars or Tanzanian Shillings. It is very important that US bills be new (less than 10 years old), crisp and untorn.

FORMALITIES & HEALTH

PASSPORT

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

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

VISA

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

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

For these reasons, we highly recommend that travellers get their visa in advance, either online, or at their local Tanzanian Embassy.

Please read the Visa Application Guidelines carefully before beginning your application to ensure you apply for the correct type of visa, and that you are planning on entering Tanzania through one of the approved entry points. When filling out your visa, you will need to choose an 'ordinary visa' for 'tourism' purposes and your entry and exit ports will be the airport you are flying in and out of. A lot of our guests are confused by the 'Host' section, for this you simply need to state you are 'self' hosted. Your hotel information can be found on your itinerary.

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

Please be advised that, whilst we make every effort to provide you with accurate and up-to-date information, travel requirements can change quickly and sometimes without notice. We urge you to double check the visa and passport requirements for your trip and consult with an embassy or consulate if you have any concerns regarding your application.

VACCINATIONS

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

Strongly Advised Vaccinations

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

Sometimes Advised Vaccinations

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

INSURANCE

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

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

Kilimanjaro Climbs

Climbing a mountain as high as Kilimanjaro does have dangers. You should ensure that you have good insurance to cover these risks. In addition to covering the usual baggage loss, cancellation and medical fees, we require your insurance to cover helicopter evacuation and repatriation, if it becomes necessary, and trekking up to 6000m. Be sure to read the small print carefully for any policy you are considering.

Safari

Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for loss of baggage, cancellation and medical expenses.

Zanzibar mandatory travel insurance

Please be aware that the government of Zanzibar has introduced mandatory inbound travel insurance for all travellers arriving on the island. The charge is $44 and must be paid by all new arrivals even if you already have travel insurance in place. The new charge came into effect from 1st September 2024 and must be obtained from the Zanzibar Insurance Corporation (ZIC). This can be purchased online at https://visitzanzanzibar.go.tz

HEALTH

Malaria and Mosquitoes

Tanzania is home to malaria-carrying mosquitoes and whilst you are in the towns of Moshi and Arusha or out on safari we recommend wearing long sleeves and trousers, as well as using a good mosquito repellent that contains DEET, to make sure you are protected. We would also recommend speaking to a doctor or medical professional who can prescribe anti-malarial medications.

Above 3000m, mosquitoes can not survive.

Avoiding diarrhoea

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

We make sure that any food we provide is pure and uncontaminated, and that all of your water is filtered or treated with WaterGuard purification tablets.

In the towns of Moshi and Arusha, though, you will have to protect yourself.

Make sure you follow these simple rules at all times:

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

Wash your hands thoroughly after using the toilet, and before eating or handling food of any kind.
Do not eat raw vegetables or salads. Cooked, preferably boiled veggies only.
Avoid any cold drinks, and ice of any kind.
Water from sealed bottles is generally fine, as are fizzy drinks, wine and beer. Hot tea and coffee are good, as they have just been boiled.

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

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

Sunburn and UV Protection

Visiting a destination so close to the equator, you will be vulnerable to sunburn if not properly protected, even on cloudy days.

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

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

Wear a wide-brimmed hat that shades your face, nose and ears.
Wear UV-protective sunglasses, category 2-4.
Do not forget that the sun is at its strongest between 10:00-14:00 hours each day.

If you are climbing Kilimanjaro the following are particularly important:

Eating well on your climb

Many climbers experience loss of appetite at high altitudes. This is a real problem, as you will be burning an extra 2000 or more calories a day, and not replacing them can cause real problems, especially when you attempt the summit. Just like staying hydrated, you have to eat heartily even if you are not hungry. Meals heavy in carbohydrates are best, because they are easier to digest at high altitudes and provide long-term energy.

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

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

Preventing dehydration whilst climbing

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

yourself, and sweating.

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

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

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

The colour of your urine. Clear or light straw-coloured urine means you are probably not dehydrated. Yellow or orange wee means you have not been drinking enough, and you need to up your fluid intake quickly.
Pinch or press firmly on an area of exposed skin. If it does not spring back instantly, or stays pale and bloodless for more than a second or two, you are probably dehydrated.

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

Altitude Sickness

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

AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Kilimanjaro is nearly 6000m above sea level. At this height, the air pressure (and the amount of oxygen it contains) is less than half that at sea level, and has been said to be comparable to working with only one lung.

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

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

Avoiding Altitude Sickness

1. Walk high, sleep low. It is best to gradually climb higher each day, then descend lower to sleep. This lets you gradually become accustomed to lower pressures, and then recover somewhat overnight.

2. Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. Overworking your heart and lungs substantially increases your chance of becoming ill.

3. Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need

to drink at least three litres each day. As dehydration presents many of the same symptoms as altitude sickness, your chances of being allowed to continue are best if you stay hydrated.

4. Diamox. The general consensus of the research is that Diamox is helpful in avoiding AMS. We use it when climbing Kilimanjaro. We recommend you google Diamox and its effects yourself. It is a prescription drug, and you should consult with your doctor before taking it.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

RENTAL EQUIPMENT

If you've decided to rent gear, then below is a list of equipment available. Just let our team know what you'd like to hire at your Pre-Climb Briefing. All payments can be made locally in Tanzanian Shillings or by card.

Rental pricing will be the equivalent of:

- Four Season Mountain Hardwear Lamina -30 Sleeping Bags - TZS. 130,000 per climb
- Trekking Poles - TZS. 50,000 per climb

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

We also have duffel bags available to rent for porters to carry on your climb. Rental costs TZS. 50,000 per climb

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat – knitted or fleece
- Neck gaiter or scarf. It can get dusty on the upper reaches and a scarf or balaclava comes in useful for keeping dust out and can double as a warm layer for your neck / face!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

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

LEGS

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

FEET

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around camp
- Mid-weight trekking socks (x2 pairs)
- Breathable, high-wicking liner socks (x2 pairs)
- Thermal trekking socks for summit night (x1 pair)

EQUIPMENT TO BRING

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

OTHER ACCESSORIES

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

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

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

2 CONTACT US

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

3 COMPLETE BOOKING AND PAYMENT

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