9-DAY ADVENTURE

KILIMANJARO RONGAI ROUTE

Kilimanjaro

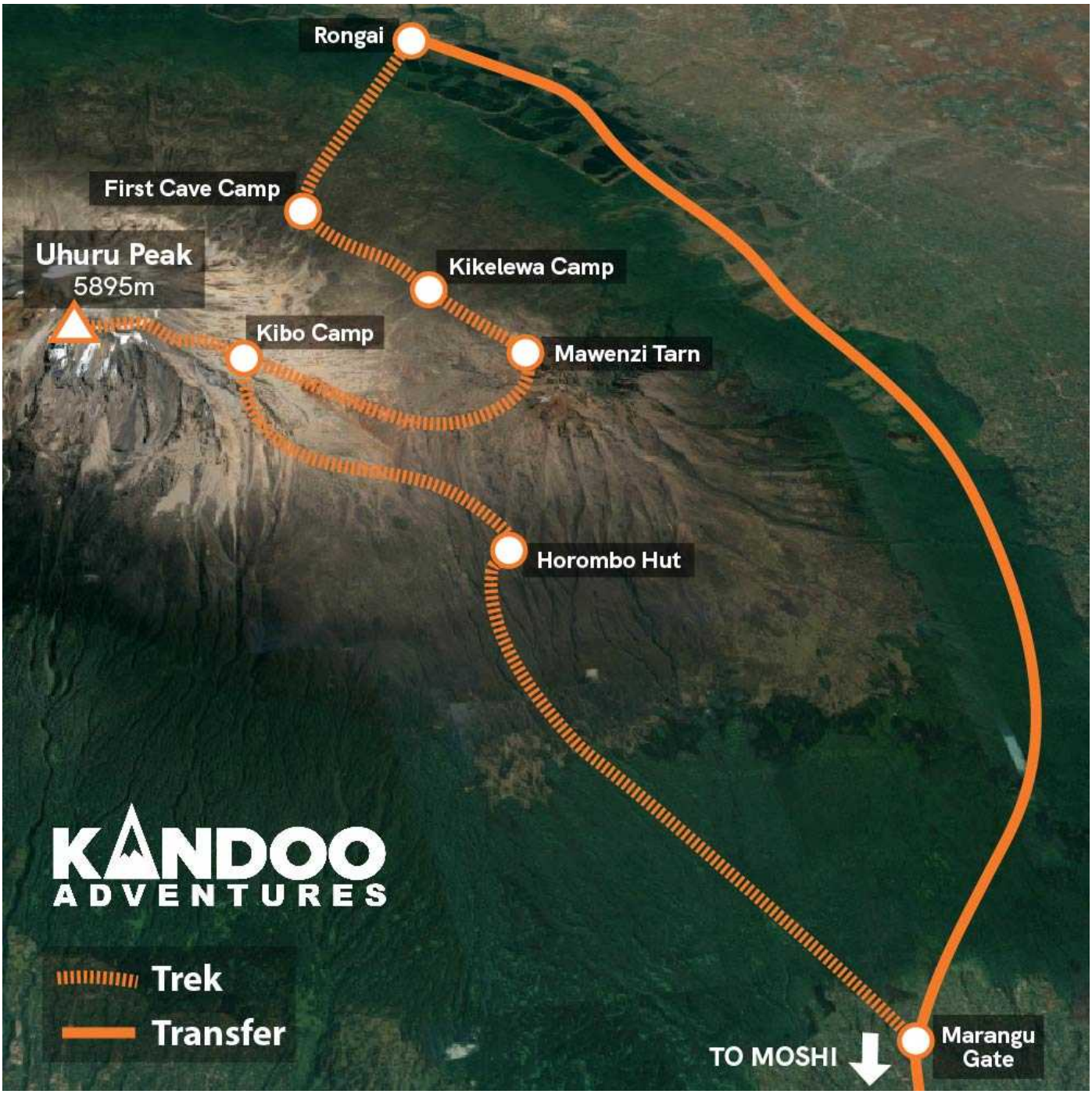
Over the last 16 years, we have helped more than 14,000 people reach the summit of Kilimanjaro. With top quality equipment and some of the most experienced guides on the mountain, we have a 95% success rate on every route that we operate. As proud supporters of KPAP since 2009, you can also be sure that the welfare of our local staff is a priority for us.

The Rongai route is one of the least frequented of the official Kilimanjaro routes. The upside of this is that there will be few other climbers about, the downside is that one of the reasons it is quiet is because it isn't as easy to acclimatise as you can't follow the “walk high, sleep low" principle.

Starting from the Rongai gate, the route traverses several diverse climate zones, and each produces its own amazing views and experiences. Because of its remote location the route offers trekkers a relatively unspoilt wilderness experience where it is possible to see large wildlife like antelope, elephant and buffalo. Heading up to Kikelewa Caves on day two, the views start to open up, with the Amboseli Plains of Kenya stretching into the distance. The route continues up to the mountain’s second summit at Mawenzi, before crossing the Saddle, a barren plain that connects the two peaks of Mawenzi and Kibo and continuing up past Gilman's Point to reach the summit.

TRIP HIGHLIGHTS

- Extra day for acclimatisation
- A true wilderness experience
- High guide to client ratio
- KPAP registered operator


Rongai
First Cave Camp
Uhuru Peak
5895m
Kikelewa Camp
Kibo Camp
Mawenzi Tarn
Horombo Hut
KANDOO
ADVENTURES
Trek
Transfer
TO MOSHI
Marangu
Gate

ITINERARY

DAY 1

ARRIVAL

All trekkers need to organise their own flights to Kilimanjaro International Airport (JRO). From JRO we will arrange a private transfer to your hotel. That night or early the next morning you will meet your local Kandoo representative and have a full pre-climb briefing.

Transport: **Private transfer**
Accomodation: **Hotel**

DAY 2

RONGAI TRAILHEAD TO FIRST CAVE CAMP

Transfer from your hotel to Marangu Gate for registration and then a further transfer to the Rongai trailhead (approx. 2½ hours). Our porters prepare and pack our supplies and luggage before we start our ascent through the village of Nale Moru. The small winding path crosses maize fields before climbing gently through a pine forest until we reach First Cave Camp at 2,600m altitude.

Transport: **Private transfer**
Hiking time: **4 - 5 hours**
Ascent: **650 m**
Max. altitude: **2600 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

FIRST CAVE CAMP TO KIKELEWA CAMP

The trail continues up towards Kibo, passing Second Cave (3450m) en-route, and reaching Kikelewa Caves at 3600m. From here the views start to open up and you will see for yourself how huge a mountain Kilimanjaro really is. We camp here overnight.

Hiking time: **6 - 7 hours**
Ascent: **1000 m**
Max. altitude: **3600 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

KIKELEWA CAMP TO MAWENZI TARN

A short but steep climb up grassy slopes is rewarded by superb all-round views and a tangible sense of wilderness. We leave the vegetation behind shortly before reaching the next camp at Mawenzi Tarn (4330 m), spectacularly situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon will be free to rest or explore the surrounding area as an aid to acclimatisation.

Hiking time: **4 - 5 hours**
Ascent: **730 m**
Max. altitude: **4330 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

ACCLIMATISATION AT MAWENZI TARN

We will spend a full day at and around Mawenzi Tarn as part of the acclimatisation process. There will be plenty to do, with several paths leading up the ridges and towers of Mawenzi, and our crew will help arrange short excursions to explore the area.

Max. altitude: **4330 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 6

MAWENZI TARN TO KIBO CAMP

We cross the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach Kibo Campsite (4750m) at the bottom of the Kibo crater wall. The remainder of the day is spent resting in preparation for the final ascent tomorrow.

Hiking time: **3 - 4 hours**
Ascent: **420 m**
Max. altitude: **4750 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

KIBO CAMP TO SUMMIT TO HOROMBO HUT

You will be woken around 23:30 and after some tea and biscuits we will start our ascent. This is where the going really gets tough. The first section of the trail consists of a rocky path to the Hans Meyer Cave (5150m). We then zigzag up to Gilman's Point (5681m) on the crater rim. This section is very steep with much stone scree and is the most demanding section of the route. From Gilman's Point we could encounter snow all the way up to Uhuru Peak (5895m), the highest point in Africa. Weather conditions on the summit will determine how long we can spend taking photographs before we descend back to Kibo Campsite and then Horomobo Hut where we will stay overnight. Later in the evening we enjoy our last dinner on the mountain and a well-earned sleep.

Hiking time: **12 - 13 hours**
Ascent: **1145 m**
Descent: **2175 m**
Max. altitude: **5895 m**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 8

HOROMBO HUT TO MARANGU GATE

After breakfast we continue our descent, passing Mandara Hut, down to the Marangu Gate. Transfer to your hotel for a well-earned shower and celebration.

Transport: **Private transfer**
Hiking time: **6 - 7 hours**
Descent: **1740 m**
Max. altitude: **3720 m**
Accomodation: **Hotel**
Meals included: **Breakfast**

DAY 9

DEPARTURE

After a much needed nights rest, we will bid you goodbye. If you have arranged airport transfers with us or a safari / Zanzibar trip, we will collect you in the morning for your onward journey.

Transport: **Private transfer**
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

The Rongai Route is considered to be one of the **easier routes** on Kilimanjaro and the climb takes a more gradual approach. However, this doesn't offer the "walk high, sleep low" principle which helps to aid acclimatisation and therefore the success rates on the Rongai aren't as good as those on the Lemosho or Machame routes. On a more positive note, taking a route around the quieter north eastern side of the mountain, the Rongai does offer less foot traffic.

You will be trekking for **6-7 hours nearly every day**, at increasingly higher altitude. For the summit ascent, you will need to be prepared for a whopping 12-15 hours on your feet! Climbing up for 6-8 hours and descending back down for 6-7 hours. **No technical climbing** is required on this route, but arriving in **great physical condition** and with a **tough mental** "Kandoo" attitude will be your key to success!

Looking for training advice or a training plan in preparation for this trip? We'd recommend checking out Kate Sielmann and her coaching programs that are specific to mountaineering and trekking training. Find more details here.

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. You will have fresh meat for the first part of the trek and before you leave the mountain, you also get to sample some of the local Tanzanian cuisine such as Njegere and Machalari.

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.

We use only the very **best high altitude mountain tents**, Mountain Hardwear Trango 3, to ensure you stay warm, dry and comfortable on your Kilimanjaro climb. Please bear in mind, these are proper mountain tents, designed to cope with extreme conditions so don't expect to be able to stand up and walk around inside! The dry, dusty conditions on Kilimanjaro can play havoc with the zips and they can easily jam. Our guides are armed with WD-40 so just ask them for assistance, rather than trying to force the zip.

Your meals will be taken in a separate mess tent where you will be able to sit comfortably, while you relax and chat to your team mates and enjoy the wholesome food that our cook has freshly prepared for you. Inside, you'll be pleased to find a table (of course) and a proper, comfortable chair with arms. With a full 2 metres of headroom, even the tallest climbers will be able to stretch a bit, and move about without hunching over. They are fully waterproof, and regularly withstand the worst weather Kilimanjaro has to offer. A toilet tent is also provided with toilet paper.

LUGGAGE

CLIMBING BAG WEIGHT

Kilimanjaro National Park 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. Additional porters can be hired for an additional fee. 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.

PLASTIC BAG BAN

On 1st June 2019, Tanzania introduced a **ban on all single-use plastic bags**. Please support this fight against plastic by using more sustainable alternatives in your luggage, such as packing cubes and dry bags. Passengers with plastic bags in their luggage may be asked to surrender them on arrival at the airport.

The zip-lock bags required to carry liquids and toiletries in cabin baggage on airplanes will still be permitted.

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 now, 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

Please take some time to read our Kilimanjaro Training Guide which is full of helpful tips on how to get physically prepared for your 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* and they have recommended the following tipping procedure. 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 $12-15/day for cooks. These figures are per group, not per climber. You will be sent a copy of the tip recommendations and the estimated crew numbers for your group. 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.

You may also find on your summit attempt that some of the porters accompany the group to provide additional assistance. This is an additional task that they carry out in order to support you having the best chance of reaching the summit. Please show your appreciation for any help you receive by tipping these porters directly. We would suggest an extra tip of $20.

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.

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.

Local mandatory travel insurance

Please be aware that in September 2026, Tanzania announced that all foreign nationals arriving in the country will be required to take out mandatory local travel insurance. This new regulation will take effect from 1st October 2026.
The same measures were introduced for the island of Zanzibar in October 2024 and this has now been extended to cover the Tanzanian mainland. The cost of the new insurance requirement is USD $44.

Insurance can be purchased on arrival at all international airports. However, to save time on arrival, we recommend that travellers purchase their insurance in advance using the official link below:

https://inbound.nicinsurance.co.tz/

This is NOT a replacement for appropriate travel insurance that is a requirement of booking a trip with Kandoo Adventures, which must provide cover for your whole trip and the activities you will be taking part in.

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.

MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Anti-inflammatory tablets/gel - Second Skin Elastoplast (to prevent blisters)/ bandages - Sunscreen for lips and skin - After sun cream (for sunburn) - Any personal medication

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- A 3-man tent per two people
- Mattresses
- Dining tent including tables chairs and eating utensils
- A toilet for the private use of your group

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

UPPER BODY

- Thermal or fleece base layer (x1)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x 2)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- 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 (x2) – 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 (x5 pairs)
- Breathable, high-wicking liner socks (x3 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
- Headlamp (plus extra batteries)

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
- Pee bottle, if you prefer not leaving the tent at night
- 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.