

KILIMANJARO (CLIMB & SAFARI)

PREPARATION GUIDE



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TRAVELLING TO TANZANIA

- **VISAS**

- ▶ Most nationalities require a visa to enter Tanzania.
- ▶ We strongly recommend that you contact the Tanzanian embassy in your country and enquire about visa formalities well ahead of time.
- ▶ Please DO NOT leave this to the last minute as the procedure takes its own time. Your travel agent is your best guide in this matter.
- ▶ Refer Tanzania Visa Application Form & Checklist.

- **FLIGHTS**

- ▶ The nearest international airport to Moshi (at the foot of Mount Kilimanjaro) is Kilimanjaro International Airport.
- ▶ You can also fly into Nairobi or Dar-es-Salaam and either fly or go overland to Moshi. Cheaper international flights may be found to these major destinations.
- ▶ Be sure to book your flights well ahead as August is peak season for the climb and flights (especially those direct to Kilimanjaro International Airport) fill up very early.
- ▶ **As soon as you have confirmed your flights, please inform us so that we can make the correct transfer arrangements at Moshi.**

TRAVELLING TO TANZANIA

- **HEALTH PRECAUTIONS**

- ▶ If you happen to be suffering from any serious health problem we recommend you do not travel to the Kilimanjaro area. Medical facilities are scarce and unsophisticated in this remote region of Africa. It is better to be safe than sorry.
- ▶ Medical supplies in Tanzania are not reliable or guaranteed so come fully prepared with your own personal medical kit.

- **IMMUNISATIONS AND VACCINATIONS**

- ▶ Take your doctor's advice about protection against
 - ✓ Malaria
 - ✓ Hepatitis B
 - ✓ Typhoid
 - ✓ Yellow Fever
 - ✓ Tetanus
 - ✓ Polio
 - ✓ MMR (Measles, Mumps, Rubella)
 - ✓ Meningococcal Meningitis (Africa/Asia)
- ▶ Carry certificates supporting the vaccinations you have taken in case the authorities require to see them, as well as a doctor's prescription for any medicines you intend to bring with you. Yellow Fever Vaccination Certificate is mandatory.

KILIMANJARO CLIMB

- Health & Safety
- Fitness Training
- Packing List



KILIMANJARO CLIMB

• HEALTH AND SAFETY

▶ Climbing conditions

- ❖ The ascent of Kilimanjaro is a strenuous adventure and should not be undertaken if you have any serious health problems which increase risk.
- ❖ Be prepared for uncomfortable conditions – fog, rain, sleet, snow, cold (-20 deg C at the summit), harsh sun, heat at lower altitudes (40 deg C), very low humidity, high winds, difficult terrain, ascents and descents etc.

▶ Medical Checkup

- ❖ Our trip supervisor and guide need to be fully prepared for any eventuality. Please help us by completing the Medical Report with your doctor (see separate Aquaterra document) and send it to us.

▶ Acute Mountain Sickness (AMS)

- ❖ There is a finite chance that you could get AMS. It can strike anyone above 3,000m (approx 10,000 ft), regardless of age or physical condition.
- ❖ Read about Acute Mountain Sickness and learn to recognise the early signs of this condition. Mild AMS can be tolerated quite well.

▶ Physical hazards

- ❖ Although the path is mostly well-trodden and you will be accompanied by guides, you will pass through some wild and forbidding terrain. Don't over-estimate your own or others' physical ability and apply common sense and caution at all times.

KILIMANJARO CLIMB

• HEALTH AND SAFETY

▶ Food

- ❖ On the trek, the food will be a mixture of local and European cuisines. All ingredients and raw materials will be locally purchased and cooked for us by highly trained cooks.
- ❖ The emphasis will be on a high carbohydrate and largely vegetarian diet, which we have found to be easily digestible especially at high altitude and provides the energy needed.
- ❖ You should carry your favourite snacks or energy bars with you for the longer trekking days, especially summit day.

▶ Water

- ❖ We will provide you with safe drinking water throughout the trek - it will be taken from natural springs on the mountain, boiled, and a dash of iodine added.
- ❖ Bottled water is discouraged on the mountain as it contributes to avoidable pollution. You may bring your own plastic bottles to carry water if you wish but these must not be discarded on the trek.
- ❖ If it would give you peace of mind, you are welcome to bring your own water sterilisation tablets for use over and above other precautions being taken.

ACUTE MOUNTAIN SICKNESS (AMS)

- AMS usually occurs above 3000m (10,000ft), to people who have not been not well acclimatized to altitude.

SYMPTOMS

- HEADACHE
- FATIGUE
- NAUSEA
- LOSS OF APPETITE
- DIFFICULTY IN SLEEPING
- SHORTNESS OF BREATH

TREATMENT

- STOP ASCENDING
- LIGHT EXERCISE
- REST & HYDRATE
- EAT WELL
- ACETAZOLAMIDE
- DESCEND

- ❖ Mild AMS is likely to strike a majority of climbers, regardless of fitness levels, but is easily tolerated and managed. Males and females are equally affected.
- ❖ Clinical studies have shown that at an altitude of 4268m/14,000 feet, 0.5 percent of adults and 8 percent of children under age 16 will suffer from pulmonary or cerebral edema – the more serious forms of AMS.
- ❖ Pulmonary Edema is when the lungs fill up with fluid while adapting to high altitude. Cerebral Edema is when the brain fills up with fluid. Both are life threatening and arise from AMS if allowed to develop.
- ❖ It is important to take your time climbing up the mountain, allowing the body to adapt to altitude, eating & resting well and drinking lots of fluids to avoid these problems.

FITNESS TRAINING FOR THE KILI CLIMB

- **DISCLAIMER**

- ▶ Aquaterra Adventures (I) Pvt Ltd assumes no responsibility or liability for your use of the suggestions in this document and makes no assertion regarding the suitability of particular training processes or techniques for any particular individual.
- ▶ These suggestions are made in good faith based upon our experience and best judgment.
- ▶ Please make your own decisions regarding training in consultation with your doctor and professional trainer.

- **FITNESS, ACCLIMATIZATION AND ENJOYMENT**

- ▶ The fitter you are, the more effectively will your body acclimatize (adapt) to altitude. Fit climbers expend less energy during a hard day's trek, leaving more energy for the task of acclimatization.
- ▶ The fitter you are the more you will enjoy the whole experience of the outdoors in general and Kilimanjaro in particular.

FITNESS TRAINING FOR THE KILI CLIMB

- **FITNESS TRAINING OVERVIEW**

- ▶ It is recommended that you begin training at least three months ahead of the trip date.
- ▶ Please take complete rest for a couple of days after every two weeks of hard training to get the best results.
- ▶ During your Fitness Training Programme please work on -
 - ❖ BUILDING JOINT AND MUSCULAR FLEXIBILITY
 - ❖ BUILDING CARDIOVASCULAR CAPACITY
 - ❖ BUILDING MUSCULAR STRENGTH AND ENDURANCE

- **POINTS TO REMEMBER**

- ▶ Start gently and increase intensity gradually
- ▶ DO NOT push it if you have prolonged soreness
- ▶ Stop and get yourself examined if you sense an injury
- ▶ Drink a lot of fluid (water or fruit juices) before, during, and after your work out sessions.

THERE IS NO NEED TO OVERDO IT AND HURT YOURSELF !!

FITNESS TRAINING FOR THE KILI CLIMB

JOINT AND MUSCLE FLEXIBILITY⁽¹⁾

Here are some suggestions for stretches. Do each 1 – 3 times and hold for 10-15 seconds. Stop if there is any discomfort

If you practise yoga, you need not do any of these stretches.

- **Hip/Glutes Stretch**

Cross left foot over right knee. Clasp hands behind right thigh and gently pull the leg in towards you, keeping upper body relaxed. Switch Legs.



- **Hamstring Stretch**

Lie on floor with knees bent. Straighten one leg and slowly pull it towards you, clasp the thigh, calf or ankle. Keep knee slightly bent. Switch legs.



FITNESS TRAINING FOR THE KILI CLIMB

JOINT AND MUSCLE FLEXIBILITY⁽²⁾

- **Inner Thigh Stretch**

Sit on floor with feet pressed together. Keeping abs in, lean forward until you feel a gentle stretch in your inner thighs.



- **Lunge Stretch**

In lunge position, rest back knee on the floor, with front knee at 90 degree angle, abs in. Gently press forward until you feel a stretch in the front of the leg/hip. Switch legs.



FITNESS TRAINING FOR THE KILI CLIMB

JOINT AND MUSCLE FLEXIBILITY⁽³⁾

- **Kneeling Hamstring Stretch**

From above lunge position, slowly move backward until leg is slightly bent. Bend forward at the hip, keeping back flat until you feel gentle pull in the back of the leg. Switch legs.



- **Knee to Chest**

From above position, straighten one leg and pull the other knee into your chest until you feel a stretch in your hip. Switch legs.



- **Knees to Chest**

Lying on the floor, pull your knees into your chest and clasp your hands under your knees. Gently press your hips to the floor.



FITNESS TRAINING FOR THE KILI CLIMB

JOINT AND MUSCLE FLEXIBILITY⁽⁴⁾

- **Calf Stretch**

On hands and knees, straighten your legs, but keep them slightly bent. Gently press one or both feet towards the floor, keeping back flat and abs in.



- **Kneeling Calf Stretch**

On hands and knees, bring the left foot in between the hands and gently press the knee forward while pressing the heel towards the floor.



FITNESS TRAINING FOR THE KILI CLIMB

JOINT AND MUSCLE FLEXIBILITY⁽⁵⁾

- **Spine Twist**

Lying on the floor, place right foot on the left knee. Using your left hand, gently pull your right knee towards the floor, twisting your spine and keeping left arm straight out, hips and shoulders on the floor. Switch sides.



- **Quad Stretch**

Lie down on your side using elbow for balance. Using other arm, slowly pull your foot towards your glutes, keeping both knees together and bent knee pointing down. Switch legs.



FITNESS TRAINING FOR THE KILI CLIMB

CARDIOVASCULAR FITNESS

- In general, 3 aerobic workouts a week including 45-60 minutes of vigorous walking, jogging, skipping, hill or stair climbing, cycling, rowing, swimming, or other suitable aerobic exercises that work the muscles in the legs will help establish good cardio fitness.
- During exercise you need to achieve 70-85% of your maximum heart rate. Your maximum heart rate may be estimated by subtracting your age from 220. For example, a 24 year old person will have a maximum heart rate of 196 beats per minute and 70-85% of this is 137-167 beats per minute. While doing this type of exercise you can periodically throw in one minute intervals of higher intensity to push yourself to achieve your aerobic heart rate.
- If you have access to a treadmill, try gradually increasing the incline angle so that your body gets used to going uphill steadily. Even better, find a steep hill near your home or a walking route that has several good hills and walk up and down them for anywhere between 45 and 60 minutes. Going up and down several flights of stairs is very good for cardiovascular fitness.

FITNESS TRAINING FOR THE KILI CLIMB

MUSCULAR STRENGTH AND ENDURANCE

We would strongly recommend that you join a gym for a few months before the climb for strength and endurance training under the supervision of a qualified instructor. DIY here could be dangerous.

- **STRENGTH**

- ▶ Strength is the maximum force that can be exerted against a resistance. For example the heaviest load you could lift in a single burst of effort.
- ▶ Lower body strength is needed to climb or descend short steep sections when maximum strength is required for a brief period.
- ▶ The muscle groups in the torso, back, legs and feet (and to a lesser extent in the chest, shoulders and arms) need to be trained using routines that alternate periods of intense muscular effort, of a few seconds to less than 2 minutes with periods of rest in between.

- **ENDURANCE**

- ▶ Endurance is the ability to sustain muscular effort over time. Although crucial sections of a climb may require considerable strength, climbing a mountain over several days, trekking for many hours a day requires endurance.
- ▶ Endurance training uses the same weight training exercises as for strength training but with lower load and higher number of repetitions.

FITNESS TRAINING FOR THE KILI CLIMB

IN CONCLUSION

- ▶ Put simply, your goal in exercising outside and on cardio machines should be to push your limits - for as long and as hard as you can, subject to the constraints necessary to avoid injury and ensure your personal safety.
- ▶ When you first get started, it won't take much time at a high work intensity to wear you out. As you press on with your training you will get into better shape, these thresholds will increase, and you will be able to go farther and harder before reaching a point of exhaustion.
- ▶ **It's no big secret that climbing is the best training for climbing.** Speaking realistically, most of us don't have the opportunity to get into the mountains on a regular basis as part of a training program. The next best option is to try to simulate the physical challenges that you would encounter on a climb as best as you can.
- ▶ Running, Skipping, Stair-Climbing, Brisk-Walking, Dance etc are all good for cardiovascular conditioning, but if you can run and walk on irregular rough trails with hills, you will achieve more relevant muscular development as well. It should be noted that the running motion uses muscles in a very different way to climbing and hiking. Balancing any sort of running with other forms of muscular training is key to achieving proper muscular fitness.
- ▶ Over the years we have had many people join our basic level treks who did not train with 5-10 kg backpacks for 3 - 4 hours on real trails and almost without exception, these folks have had a very hard time. Running or walking on flat regular surfaces such as roads or treadmills is simply not the same as walking up and down rough, hilly trails.

Packing List - Essential personal items for Kilimanjaro Climb

Performance Clothing

- Lightweight Long Underwear – 1 pairs Tops & Bottoms
Should be made of moisture wicking synthetic material (capilene, polypropylene or Merino Wool. NO Cotton) Snug fit is important. Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder).
- Light Fleece Jacket - 1
- Thick Fleece Jacket - 1
- Fleece / Wool Trousers - 1
- Down Jacket - 1
- Shell Jacket w/ hood – 1. We recommend a waterproof breathable shell material with full front zipper, (preferably uderarm zips too), and no insulation. This outer layer protects against wind and rain.
- Shell Pants – 1. Waterproof, breathable. Full length or 7/8th side zippers preferred as it allows easy wearing & removal of pants with the shoes on
- Quick dry Trekking Trousers-1
- Shirt / T- Shirt-3 (avoid cotton)

Extremities

- Hands
 - Liner gloves – 1 pair thin wool or polypropylene. Optional . To wear alone on very sunny days for hand protection or as a layering piece with your Shell gloves. Are really useful when you want to use your camera at cold temperatures.
 - Lightweight Insulating gloves – 1 pair fleece or wool
 - Shell gloves – 1 pair, waterproof glove with insulation to be used on the snow.
 - Expedition Down Mittens – 1 pair, optional – only if you are prone to feeling cold on your fingers.
- Feet
 - Liner Socks - 2 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.
 - Wool or Synthetic Socks - 2 pair lightweight socks to be worn over the liner socks. When layering socks, check fit over feet and inside boots.
 - Med – Heavy Wool Socks – 2 pair

Footwear

- Ankle high Trekking Boots – 1 pair. should be well broken in shoes not brand new ones which can give you serious blisters
- Running or walking shoes or Sandals – 1 pair for use at camp.

Headwear

- Wool/Synthetic Ski Hat -1. Make sure ears are covered.
- Balaclava -1. Heavy weight, must fit over wool/synthetic hat
- Sun Hat -1. One with a good wide brim to shade the nose& eyes.
- Bandanas -2.To cover the back of the neck.
- Sunglasses -1 pair. Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use must fit closely to the eye and should not let light come in from the sides, glasses with the side covers are the best. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses.

Traveling

- Travel Clothes. Clean clothes to wear before and after the expedition
- Large Duffel Bag w/ travel lock. Duffel should either be waterproof or should be lined with plastic bag/s from inside and have a full length zipper. No wheels or rigid/retractable handles.
- Duffel bag (lightweight). For luggage to be left behind at Moshi.

Personal Equipment

- Daypack (Small Backpack) -1; Atleast 30 lit.
- Sleeping Bag-1(Expedition quality rated to at least -10 deg C). Goose down preferred over synthetic for bulk & weight. If well-cared-for a down bag will last much longer than a synthetic bag. Your bag needs to be long enough that your feet are not pressing out the foot box which will make you colder. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- Floor mat/inflatable mattress/pillow - Optional
- Compression Stuff Sacks for reducing volume. For sleeping bags and down clothing – Optional
- Sunscreen SPF 70 or better - 2 small tubes. Note: Sunscreen older than 6 months loses half of its SPF rating, make sure that you have new sunscreen.
- Lipscreen SPF 30 - 1 stick. Again make sure your lipscreen is new. Ordinary Lipscreens without SPF would also do.
- 1 Litre Water Bottles - 3 total. Three bottles with 1 litre capacity. Bottles should be wide mouth and of hard, transparent BPA free plastic. No water bag or bladder systems for the mountain, they freeze or are hard to fill but you can use them on the approach trek. 1 lit NALGENE bottles work best and are available in Delhi for Rs 475/- No metal bottles for the climb as lips have a tendency to stick in cold conditions.
- Water Bottle Insulation Cover – 1 (Nalgene Bottle Cover can be ordered in Delhi for Rs 450/-)
- 1 Liter Steel Thermos Flask - 1
- Trekking Poles (spring loaded) with Snow Basket – 1 pair
- Headlamp with Spare batteries – 1 pair
- Toiletry Bag. Nothing but the basics: Toothpaste, Toothbrush, Soap Strips, Baby Wipes. Include two rolls of toilet paper & Hand Towel
- Hand Sanitizer or Other Alcohol based hand cleaners. 1 small bottle.
- Mosquito Repellant Ointment
- Anti-histamine skin lotion / cream
- Water Purification Tablets
- Pen Knife
- Whistle
- Plastic bags (large number in assorted sizes) – for waterproof packing and rubbish.
- Personal Recreation: Camera (you would need to carry it, small digital ones are good), books, music, cards, etc *(Important for those long boring times when the weather turns bad)*
- Security Belt – for money & documents
- Passport / visas / air tickets / hotel vouchers
- Insurance / medical documents / key contact info
- Money / TCs / Credit Cards
- Note Book & Ball Pen

Personal First Aid

Sl	Item Description	Comment
1	Antiseptic ointment / cream	eg Betadine, Iodine
2	Electral powder / Rasna Orange / ORS	To add to water
3	Anti-inflammatory ointment	eg Moov, Volini
4	Anti-inflammatory tablets	eg Combiflam, Voveran
5	Antacid tablets	Eg Gelusil
6	Antibiotic (for severe infections)	eg Augmentin Duo, Oflox
7	Anti-allergy tablets	eg Allegra
8	Anti-pyretic tablets	eg Crocin
9	Anti-headache tablets	eg Dispirin, Codeine
10	Anti-nausea tablets	eg Stemetil, Perinorm
11	Anti-AMS tablets	eg Diamox
12	Anti-malaria tablets	eg Chloroquine
13	Anti-cold tablets	eg Coldact
14	Anti-diarrhoea tablets	Eg Immodium, Lomotil
15	Wash Proof Band-aid, crepe bandage, ankle/knee support	
16	Personal medicines as prescribed by your doctor	

We will have an exhaustive group first aid kit with us.

TANZANIA SAFARI



- Packing List

Essential Personal Items for Tanzania Safari

- Suitcase or duffle bag (with heavy duty zippers) - Main luggage
- Day pack (small backpack) upto 30 Lit
- Camera and accessories, batteries etc
- Sunglasses (with UV protection)
- Alcoholic beverages
- Flashlight (with spare batteries) - Optional - candle/lighter also
- Cap/Hat
- Trainers
- Skin moisturiser, Sunscreen
- Insect repellent
- Personal toiletries
- Personal medical kit
- Bottled drinking water - To be bought at Moshi
- Notebook and ball pen
- Security belt - For money, documents
- Plastic bags (assorted sizes) - For packing/holding rubbish

We look forward to seeing you in Moshi!

Team Aquaterra

Please email us if you have any questions or need any further information or advice!



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