



KILIMANJARO TRIP DETAILS

Everything you need to know to get
ready for the adventure

GETTING READY

01 KIT LIST AND PACKING

Training, gear shopping, etc

TRAINING

02 The full day-to-day details of our trip

03

MONEY STUFF - WHAT TO EXPECT

Changing money and tips

04

HEALTH

COVID, /ALTITUDE
SICKNESS AND health



The background features a stylized landscape with dark, angular mountains and silhouettes of evergreen trees. A bright sun is partially obscured by a mountain peak, creating a warm, orange and red glow across the sky. The overall aesthetic is modern and geometric.

01

**PREP AND
PLANNING**



KIT LIST

Kilimanjaro Kit List

MINIMIZE!



WEIGHT LIMIT + EXTRA PORTER

- DUFFLE BAG FOR PORTERS **14kg** (- sleeping bag)
- Carry in n BACKPACK **5 KG** (max!)

As an **additional perk**, we include 1 extra porter for the group to take one bag with **ONLY** the sleeping bags and mattresses.

This means you actually get 16.5 KG as your weight limit including your sleeping bag.

Packing Cubes - help a lot

Compression bags - for your summit gear only



PACKING-GET ORGANIZED

Use compression bags and packing cubes to save on weight and space


- Base Layers/ Top Bottoms
- Underwear/bras/socks
- Midlayer jackets
- Sleeping Outfit (top of your bag, change into this as soon as you come into camp to stay dry and warm)
- You **will** struggle to pack everything in your duffle bag. The extra porter will be well appreciated!



CHECKLIST OF DOCUMENTS

- All documents can be a photo on your phone for travel purposes
- Passport and Travel insurance Policy **In your pack at all times**
- Vaccination proof
- Flight Reference numbers
- Don't take more than 25 dollars with you on the mountain and a credit card in case of an extreme emergency

ROOMMATES IN HOTEL/ TENTS

- Kilimanjaro Wonders Hotel Rooms; **550 Dh** additional for single rooms for 3 nights
 - Tents: Sharing a tent is one of the biggest requests that clients have had so we have made this option **standard**.
 - You **don't** have to worry about waking anyone up in the middle of the night, or being woken up by someone else.
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02

DETAILED ITINERARY -

The details of everyday of your
adventure.

KILIMANJARO TREK OVERVIEW ITINERARY

	Starting Point / Finish Point	Sleeping altitude/Camp	Altitude Gain
Day 1	Arrival Day: sleep in hotel	1900 M	
Day 2	Hotel to Machame Camp	Machame Camp 2900	800
Day 3	Machame Camp to Shira Camp	Shira Camp 3840 M	900
Day 4	Shira - Lava Tower - Barranco	Barranco Camp 3950	+818/-700
Day 5	Barranco to Karanga	Karanga Camp 3995	+300
Day 6	Karanga to Barafu	Overnight at Barafu Camp 4650	+905
Day 7	Barafu to Kosovo	Half Night at Kosovo Camp 5000 - Summit attempt	+200
Day 8	Kosovo - Summit - Mweke	Mweke Camp 3600	+985
Day 9	Mweke Camp - Hotel	Descend to Hotel 1900	1200
Day 10	Hotel and Departure	Fly Home	

DAY 1: ARRIVAL TO KILIMANJARO

Leave Dubai on early morning flight, Kilimanjaro airport

DRIVING TIME

2.5 hours drive from
airport to Hotel i

HOTEL

Hotel Kilimanjaro
Wonders

DINNER ON YOUR OWN

You'll be eating dinner on your own you can go outside the hotel if you prefer! the guides will come in the evening to meet to do Gear Checks



ADDITIONAL - NOT * STANDARD COMFORTS ON THE MOUNTAIN

***PORTABLE TOILETS

At each camp, the porters will set up a portable toilet tent close to your tents so you don't have to go very far to wee and it will be much cleaner.

**SINGLE TENTS

This is the most requested perk from clients. They did not like having to share a tent, worrying about waking someone up, or getting woken up in the middle of the night. So, we have made this a STANDARD inclusion in our package

PORTERS

You have your own porter. You can ask them to put your bag outside your tent, inside, wherever you want. You can add more things to your bag after the first day if you are at the weight limit on first day.

SAFETY AND HEALTHY ROUTINES ON THE MOUNTAIN

WATER/HYDRATION

Keep a 1 liter water bottle with you all the time,

Fill every afternoon when you arrive to camp.

Drink 1 liter between arrival to camp/dinner

EASY WATER COUNTING

- .5 water before breakfast
- Tea
- 1-2 liters while hiking
- Tea at lunch/dinner
- .5-1 before dinner

Goal: **4 liters a day**

HOT WATER BOTTLE IN SLEEPING BAG

At dinner, fill your nalgene bottle with hot water, seal it up tight and keep it in your sleeping bag. It will put you to sleep, and when you wake up in the morning, drink this before breakfast while you are packing



DAY 2: START THE CLIMB

Today we will start our climb up through the rainforest to reach Machame Camp. It will be a 4-5 hour hike and we will reach around sunset. The morning will be a drive to reach the gate, around 2 hours, before we actually begin. We will leave after everything is organized, starting the climb after lunch. The climb is steep! We will go really slow!

TIMINGS

Start Trek: 12:00 PM

Arrive: 5:30 pm

DESTINATION/ALT

Machame Camp

2900 M

HOURS /KM/TREKKING

5-6 hours

11 Km

DAY 3: MACHAME CAMP TO SHIRA CAMP

Today will be a steep, but slow hike in the morning Shira Camp, for around 5 hours trek through the rocky and steep hills. We will eat our lunch along the way as we continue slowly to reach the camp. This is a gorgeous day!

TIMINGS

Start hike: 9:00

Finish Hike: 2:00

Lunch on the mountain

DESTINATION/ALT

High Camp

3900 M

HOURS /KMTREKKING

4-5 hours

8Km

Gain 900 M



DAY 4: SHIRA CAMP TO BARRANCO CAMP

Passing Lava Tower at 4600 m!

Today is a walk-high sleep-low day. You ascend into alpine desert towards the main peak of Kibo, where the western glaciers become clearly visible. We will reach Lava Tower, have lunch before descending to Barranco Camp in the afternoon, passing through the strange yet beautiful 'Garden of the Senecios' which also features many giant lobelias. The Barranco Valley is one of the prettiest areas of the entire trail. This is long day but the next time you head to this altitude is in two days' time, making this a great acclimatization day! Overnight at Barranco Camp. Barranco camp - you will also be above the clouds for the most amazing pictures!

TIMINGS

Start out: 8:00

Finish Hike: 3:00

DESTINATION/ALT

Barranco Camp

3867m M

HOURS /KMTREKKING

6-7 hours

8 Km

Gain: 200 m

DAY 5: BARRANCO TO KARANGA CAMP

Its a relatively short day to reach Karanga Camp, after you conquer the intimidating Barranco Wall. Here is the scrambling part we talked about! Be prepared to use all four limbs as you traverse the wall to the top of the Karanga Valley. From here, follow a path that heads through many inclines and declines to Karanga Camp, arriving in the late afternoon. Our selection of Karanga Camp is strategic – significant time at altitude is essential for safe acclimatization. Sunsets here are particularly spectacular with views of the southern glacial valleys and ice fields towering over 3000 feet above you.

TIMINGS

Start out: 8:00

Finish Hike: 2:00

DESTINATION/ALT

Karanga Camp

HOURS /KM TREKKING

4 hours

6 Km



DAY 6: KARANGO TO BARAFU CAMP

Today is a short walk to Barafu Camp where we will spend the night. BUT we will acclimatize to Kosovo Camp in the afternoon!

TIMINGS

Leave Camp 8:00

Arrive 3:00

Kosovo camp is an exclusive and infrequently used campsite that is at a higher altitude, meaning that you begin your summit attempt higher than 99% of the other climbers! It makes a HUGE difference.



DAY 7: KOSOVO (THE DAY STARTS AT MIDNIGHT!)

This morning we climb up to Kosovo just 2 hours and then relax. You should feel good enough to acclimatize in the afternoon to go up to 5300 m.

Sleeping by 6 pm.

Start Summit at 12 pm.



DAY 8: KOSOVO- UHURU - MWEKE CAMP

MIDNIGHT: Begin the summit push GOAL: Stella Point by 6 am

Uhuru Peak by 9:00 am

Back to Kosovo 2:00 pm. (rest and pack)

Walk back to Mweke or Millenium Camp (3 hours) 2800 M

You have to walk back and you will feel great upon reaching here. (lower altitude)



DAY 9: MWEKE CAMP - HOTEL

We will walk back the final 4 hours to the gate = and then a short drive to the hotel. We will be showering by 4:00 pm!

Very steep descent! Rocky, slippery.

Then a celebration party, the first in 2 years that we will be allowed to have!



DAY 10: FLY HOME

- **Add on Safari:**
- Drive to Tarangire National Park for Game Drives
- Overnight in Ngorogoro National Park
- Day 11: Full Game Drive in Ngorogoro
- Day 12: Morning Game Drive in Lake Manyara, drive to airport





03

MONEY STUFF

What you need money for and
how to get it ?

MONEY IN MOSHI

- ATM not easy to find in Moshi - take cash with you no bills less than 2008 (year)

Credit cards accepted

- Dinner at the hotel or extra charges
- Shops for souvenirs
- Take a minimum of cash
- Do NOT take any cash or your passport with you on mountain, nothing valuable.

TOTAL COSTS + ADDITIONAL EXPENSES

We have now included many of these extras as standard in our trek for **13,500 Dh**

These are all of the **additional** optional expenses that you may have so are able to plan for it.

Extra Porter for Group	INCLUDED 1 porter for sleeping bag and mattress
Single Tents	INCLUDED
Portable Toilet for the Group	INCLUDED
EXTRA Night at Kosovo Camp	INCLUDED
Single Hotel Rooms x 2 nights	(\$150) 600 DH ADDITIONAL
Travel and Evacuation Insurance	Many options.
Tips for Guides and Porters	Additional 250 USD

TIPS FOR GUIDES/PORTERS

- We will prepare the tips in advance, keep them sorted in envelopes with each job on it so that it is easy for you to manage at the end.
- Expect that whatever you give them, they will expect more
- Whatever you give them, they will be grateful for in their hearts, but will show you on their face they are not happy to make you feel a bit guilty.
- Do **not** tip your porter or guide individually or everyone will be forced to do the same. If you feel at the end of the tour you want to increase the overall amount, add what you want and divide it equally among them by adding to each envelope.



04

HEALTH: ALTITUDE SICKNESS

What happens if..

BUT- THE MOST COMMON REASON

Altitude Sickness Symptoms:

[ALTITUDE SICKNESS VIDEO](#)

This is super clear and easy to understand. Please watch this video!

Our altitude sickness prevention strategies are

- Checking your own Fitness Monitor
- Diamox 250 MG Daily
- Daily Health Checks
- Attentive Guides
- Going SLOW!!!


STAYING HEALTHY ON THE MOUNTAIN - AVOIDING BOTH

- Wash your hands fastidiously
- Stay hydrated - remind each other
- Keep eating! The food is great, with lots of choices and variety
- Go slow !
- Keeping social distance from others
- Test at ANY SYMPTOM to reassure yourself and the group



GET A GOOD SLEEP

Some people find it difficult to sleep once they get to altitude - to help make sure you get a good sleep - consider bringing with you:

- Melatonin
 - Ambien (prescription)
 - Magnesium and Vit B supplements
 - Chamomile Tea
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- A decorative graphic at the bottom of the slide consisting of several dark purple and maroon mountain peaks of varying heights and widths, creating a silhouette effect against the light pink background.

IF YOU GET THESE SYMPTOMS...

++ You have symptoms at some point in the trek which are causing you difficulty. Symptoms which will cause guides to cause us to give you more attention OR consider evacuation would be a combination of these symptoms. You would also take a covid rapid test to rule this out.

- A loose chesty cough (this is the HAPE warning not a covid one)
- Nausea
- Serious headache not relieved with medicine
- Loss of Appetite
- If your O2 does not bounce back in the morning after a good sleep
- IF YOU DO NOT FEEL 80% do not attempt the summit!

You will be either walked back down if you are healthy enough to walk, OR evacuated by helicopter. You may have the option, if you want it. This will have to be determined by your situation. Symptoms are resolved by going down to lower altitude but they need not end the trek.

WHAT DOES EVAC MEAN?

There is no easy way to get off Machame.

If you are not well you will be evacuated by helicopter to the nearest hospital in Moshi. The first option will be to take you down in the **stretcher** quickly, but the point is to get you down quickly so whatever option there is, you take it.

This depends on your symptoms, and this is why you have

1) expert guides and 2) Insurance which covers helicopter evacuation.

There is a phone number on your insurance policy with your policy number. **Keep this in your backpack at all times with a paper copy of your passport**





05

HEALTHY ROUTINES

Ways to keep yourself healthy
on the mountain

GREAT VIDEOS TO WATCH

Best Sleeping Pad: Big Agnes!

How to get a good nights sleep in a tent

Altitude Sickness Symtpoms How to Make Smart Decisions

