

MT. KILIMANJARO

Trek to the Roof of Africa



Preparation Guide

MT. KILIMANJARO

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How many bags can I bring on the trek?

During your trek, you are allowed to bring two bags. One bag will be a large, soft-sided duffel bag (no wheels, no hard frames), which will be carried by a camp porter. This bag cannot exceed 33 lbs; if your duffel exceeds the weight limit, park regulations require you to hire an additional personal porter to carry the overage. Your second bag will be your day pack, which you will carry with you during each day's hike. This day pack will contain your water and trail essentials, and typically weighs 15-20lbs.

Does the weight of my rental gear count towards the 33-lb allowance?

Yes. Any gear carried by the camp porter will count towards the weight limit for your duffel bag.

When do I receive my rental gear? What if it doesn't fit?

Prearranged rental gear will be distributed at the trek briefing in Tanzania. It is imperative that you try on and test each rented item to ensure proper fit and good condition. A small supply of extras will be on hand, should you need a different size or want to rent any additional items. The trek briefing will be your last opportunity to exchange or add rental gear.

Will I be able to store bags while on my trek?

Yes. As a courtesy you can leave an additional duffel at the Arusha office while climbing. Before continuing on your safari you will also have the opportunity to reorganize your bags and leave your trekking gear at the Arusha office. Remember to keep money, electronics, and valuables with you at all times.

What is the difference between a camp porter and a personal porter?

Camp porters carry the entire camp! Once camp porter per trekker is already included in your trek package to carry your duffel bag with gear that you will not have access to on the trail (sleeping bag, camp shoes, toiletries, etc.)

A personal porter is intended to carry your day pack (up to 33lbs) allowing you to carry nothing at all while on the trail. Your personal porter will trek with you at your pace, providing the items you need from your day pack throughout the day.

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Do I really need four one-liter water bottles on my trek?

Yes, water is not accessible while you are out on the trail. Each day the camp porters will trek to the nearest water source to retrieve enough water for the needs of your trekking group. Four liters of purified water is the recommended amount to keep you properly hydrated each day.

Am I responsible for keeping my gear dry?

Yes. While the camp porters carry guest duffels inside a water-resistant bag, heavy rain can still be a concern. You should ensure all of your gear is properly waterproofed to remain dry in any weather. We recommend using dry bags to store gear inside your duffel, as plastic bags have been banned in Tanzania.

Will I be have access to email and phones?

Some cell phones work in Tanzania and on Kilimanjaro. Check with your cell provider and also consider renting a satellite phone, as it is the most reliable means of communication. Before and after the climb, most hotels have internet access and phones, but usage is expensive and limited. The climb is a great time to go off-grid too!

How do I charge my camera batteries on the trek?

There is no electricity on Kilimanjaro, so make sure to bring a few extra batteries and keep them and your phone in your sleeping bag at night to conserve energy.

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The deposit for this trip is \$800 for the trek and \$500 for the safari, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (Photo Page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) 90 days prior to the trip. A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates and a minimum of two blank facing pages. If you do not have a passport, apply now!

You need a visa to enter Tanzania, which you will obtain **upon arrival**. Detailed instructions will be provided before your trip. The visa fee is USD \$100 cash (bills must be less than 10 years old with no marks or tears).

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Money:

The currency of Tanzania is the Shilling, but you can use US dollars throughout your trip.

Credit cards are not universally accepted, and they may incur surcharges as high as 6-15%. Please do not plan on using ATMs in Tanzania. You should bring cash in US dollars for your trip. Low denominations (\$1s, \$5s, \$10s) are best for some tips, beverages, and small souvenirs. Bring higher denominations for large souvenirs and tipping your guides. Make sure the bills are no more than five years old and that they are not torn, ripped, or marked in any way.

Tipping Considerations and Guidelines:

- ▶ Tips for lodge staff are included in the cost of your trek. If you feel that you have received exceptional service, feel free to tip more at your discretion.
- ▶ A finalized trek and safari tipping guideline will be sent to you in your Final Packet approximately one month prior to your departure. You will receive a convenient, easy-to-use suggested tipping breakdown. Guidelines will vary based on group size. You should plan to budget \$500-600 for your trekking tips, and \$150-175 for your safari tips.
- ▶ We recommend filling tipping envelopes before departure. Then you don't need to think about it during your trip, and you can always add or remove money as you see fit.

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Travel Medicine

Make an appointment with a travel clinic. There are no immunization requirements for travel to Tanzania, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history. You may want to discuss altitude illness medications with your travel doctor.

For more health information, go to www.cdc.gov/travel and navigate to the page about Tanzania.

Altitude Symptoms

At high altitude, it is typical for trekkers to feel some physical effects such as loss of appetite, fatigue, or headache. Symptoms become more severe if you experience acute altitude sickness. Symptoms of acute altitude sickness can include troubled breathing while resting, severe coughing, confusion, impairment of motor skills, and irrational behavior.

Notify your guide immediately if you believe you are experiencing any of these symptoms. As a highly-trained professional, your guide makes your safety his top priority. If he determines that you are suffering from an acute form of altitude sickness, you will need to descend immediately to a lower altitude with a support guide.

First Aid

All of your Kilimanjaro guides are trained and certified Wilderness First Responders (SOI). They have extensive training in evacuation procedures, altitude sickness, and trekking leadership skills. Your safety is their number one priority; each trek includes first aid equipment that meets internationally recognized guidelines.

Equipment on Your Trek

- ▶ Oxygen (for emergencies only)
- ▶ Hyperbaric chamber (Gamow bag)
- ▶ Automated External Defibrillator (A.E.D.; for heart emergencies)
- ▶ Diagnostic acclimatization pulse-oximeter
- ▶ Mobile phones, VHF 2-way radios, and satellite phones
- ▶ Stretcher
- ▶ Comprehensive medical/first aid kits

You should pack your own first aid kit for minor pains, cuts, bruises, blisters, altitude sickness, etc.

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These are our suggestions for training. If you'd like to work with someone directly, we recommend contacting Fit For Trips for a customized training program designed with you in mind. Before starting any training program, please discuss it with your physician.

Planning Ahead

- ▶ Develop a three-month training plan that can be incorporated into your current exercise regimen. This information is from our personal experience and guest feedback, but this is all intended as suggestion. Make sure your training works for you.
- ▶ You cannot train for altitude. Training at high altitude is not needed or recommended. There is no target distance, no magical heart rate, and no definitive factor to indicate how your body will perform at high altitude.
- ▶ It is typical for trekkers to feel some physical effects of high altitude. Loss of appetite, fatigue, and headache are common effects. Discuss altitude sickness medication with your doctor, but keep your focus on physical and mental preparation.
- ▶ Consider working with a personal trainer, which can help you learn proper form to avoid injury and maximize workouts.

Your Training Plan - Aerobic Exercise

- ▶ Strive for 40-60 minute aerobic workouts four or five times per week. Begin at 70-90 days before departure and gradually increase intensity at 60 days.
- ▶ Stretch after **every** workout. It is critical to stay flexible for your adventure, as it reduces soreness and chance of injury.
- ▶ Hiking is the best form of training. It is important that you walk on uneven footing, building your leg muscles and becoming one with your hiking boots.
- ▶ Train with your day pack! It will help you prepare to carry your water and your spare layers on your trip.
- ▶ Use alternatives to hills and hiking as necessary. Climbing stairs and walking hills on the treadmill (in your hiking boots!) are great alternatives if you just can't get to the trails.
- ▶ Choose aerobic exercises that work for you - running, swimming, biking, rowing, stair climbing, or the elliptical machine all elevate your heart rate. Just focus building your endurance.
- ▶ From 15-60 days before departure, try to go on one 3-6 hour hike every two weeks. This will simulate long trekking days and will prepare you mentally for your trip.
- ▶ Taper down aerobic workouts in the final two weeks before your departure. Focus on lower-intensity shorter workouts and stretching.

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Your Training Plan - Strength Training

- ▶ Strength train for 15-40 minutes, two to three times per week. This can be incorporated into your aerobic workouts as necessary. If done on its own, strength training should also be followed by 15-20 minutes of stretching.
- ▶ Seek professional instruction for strength training. Incorrect form can cause injury.
- ▶ Use low weights and high repetitions to focus on muscle efficiency. At high altitude, bulky muscle will feel heavier. It's best to use high repetitions with low weights and full movement. You should be able to effectively perform a particular repetition 10-20 times with a chosen weight for three sets. If you can't, the weight is too heavy.
- ▶ Aim to train specific muscles you'll be using on the trail. These include your quadriceps, hamstrings, calves, and glutes.
- ▶ Use alternatives to weights to vary resistance training. Consider trying walking lunges, weighted lunges, squats, single-leg squats, calf raises, abdominal crunches, push-ups, and balance work.
- ▶ Taper down strength training in the final two weeks before departure. Focus on form and high reps, using 25% of the weight you normally would use. One week before your trip, continue to move and break a sweat, but focus more on eating well and resting your body so you can arrive for your trip rested, refreshed, healthy, and ready to go!

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Your Training Plan - Mental Training

- ▶ Do not underestimate the importance of mental preparation. Days can be long, weather can change instantly, you will get dirty, and you will get tired. It is important to know this while you train for your adventure.
- ▶ Consistency is key. Even if you miss a workout, keep at it. If it's a struggle at first, gradually work up to five days a week.
- ▶ Vary your training schedule and mix up your workout routine. This will help strengthen your body while not overworking muscles, and will keep you interested in your training.
- ▶ Do not over-train. You might feel anxious as the trek approaches, but don't make the mistake of intensifying your workouts too close to departure. This can lead to injury and exhaustion, which will not help you enjoy this adventure.
- ▶ Do not give in to negative thoughts or fears. You can absolutely do this, and you'll be so proud when you complete your trek! We are with you and rooting for you every step of the way.

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The Kilimanjaro Camping Experience

AdventureWomen uses four-season dome tents which accommodate single or double occupancy. If you are a single traveler willing to share accommodations, bear in mind that sharing a tent can be close quarters, especially given different personal hygiene and sleeping habits. Sharing lodge rooms is a different experience with considerably more personal space. Please contact us about single accommodation and sharing options on the mountain.

Tents are customized with a rain fly and fitted ground sheets, as well as closed-cell foam mats for added dryness and warmth. Solar-lit dining tents are custom-designed to withstand intense weather conditions, keep you warm during meals, and provide your group with a sheltered and inviting place to eat. The toilet tent is also custom-designed for privacy and comfort.

Showers are not available on your trek; for most people it is far too cold to shower at higher elevations, and high quantities of waste and runoff can negatively affect the environment.

There is no heating, air conditioning, electricity, or running water on Kilimanjaro, but we will make sure you are as comfortable as possible. Prepare to do without some of the conveniences of home, set realistic expectations, and enjoy your time in the wild!

Weather

Prepare for all weather conditions. (Really.) It may be rainy, muddy, snowy, cold, damp, warm, sunny, steamy - you name it and it happens. By following our packing guidelines exactly, and by remembering that you are undertaking a true mountain adventure, you will have all you need for any situation.

It will be freezing at the summit. You will not spend a very long time at the summit, as it is cold and windy.

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During Your Trek

Keep your eyes on the prize! As with every challenge, a reward awaits at the end of the trail. The sense of achievement at the Roof of Africa is intensely satisfying. Remember that every step of your trek.

The destination is just the beginning. You'll find motivation and camaraderie with your group and your guides. The bonds you create will stay with you for a very long time, and will keep your spirits up during the trek. Laugh, sing, and dance, even when it feels hard. Together, you can reach the top.

Listen to and trust in your guides. Having summited Kilimanjaro hundreds of times, your guides are fully prepared for any scenario. Additionally, it is essential for you to know that they are 100% committed to making sure you are safe every step of the way.

Communicate openly with your guide and Ambassador about everything. It is absolutely essential that you tell your guide if you are not feeling well, if you have a problem with your tent or rental gear, if you need special assistance, or if you have any questions or concerns at all. His job and first priority is to make sure you are safe and comfortable. He often has the skills and tools to fix whatever might be troubling you. If for some reason you are uncomfortable approaching your guide, make sure you speak with your Ambassador - she is there to help you.

Aim for the top, but you have to be prepared to turn back. You must understand that your highly skilled, professional Wilderness First Responder guides have the authority to send you back down the mountain (with a support guide) if they deem it unsafe for you to continue. They are trained to make such decisions and do so with significant professional consideration. Ultimately, they will do everything in their power to see you safely reach the summit.

Don't forget to pack your spirit of adventure! Tanzania is a magnificent land rich in culture, wildlife, natural habitats, and potential. It is also one of the world's least developed countries, and even seasoned travelers are met with a few surprises. Things do not always happen as they do at home. Thus, staying flexible and keeping an open mind from the moment you land will make your trek all the more rewarding.

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The Basics

Personal hygiene is critical for your comfort, health, and overall performance on the mountain. Following Leave No Trace principles will help preserve Kilimanjaro's environment.

Washing your hands before every meal and using hand sanitizer while trekking are the absolute best ways to avoid transferring germs that could make you ill on the mountain.

Showers are not provided on Kilimanjaro. You will be provided with a basin of warm water at your tent in the mornings and afternoons, as well as upon request.

Use moist towelettes and hand sanitizer while trekking as alternatives to water, but make sure you pack out all trash in a self-provided bag. **Plastic bags are illegal in Tanzania, so we recommend small paper bags which you can insert into a reusable dry bag.** You can throw out the inner paper bag at camp for proper disposal.

Human Waste

AdventureWomen uses custom-designed toilet tents which house eco-friendly, portable, pump-flush toilets. These are available at designated campsites and are for the exclusive use of AdventureWomen guests. Toilet paper and hand sanitizer is provided.

There is a growing problem associated with the disposal of human waste on Kilimanjaro's climbing routes. Your mountain staff does its best to remove waste and trash on the mountain. All trash and solid waste is transported from campsites and disposed of properly. Porters are even paid bonuses to remove trash left by negligent companies.

Here are a few simple Leave No Trace rules you can follow to help preserve Kilimanjaro's environment and set a good example:

- ▶ Use the toilet tents at camp as much as possible, including at night and just before leaving camp in the morning.
- ▶ When you need to go while on the trail, please make sure that you are 200 feet away from all water sources, campsites, and trails. All toilet paper must be packed out. Bring it with you to camp and dispose of it in the provided receptacles. For solid waste, you must dig a hole at least 6 inches deep, and make sure you cover it up completely and pack it down tightly.

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Staying Hydrated

Drink at least four liters of water per day to keep yourself hydrated. Staying hydrated at high altitudes is one of the most important factors for a successful trek. This is especially critical on the first few days of the climb, while your body is adjusting to altitude.

The air will be extremely dry above 12,000 feet. Breathe through your nose to avoid panting, and minimize sweating by removing layers of clothing when it gets warmer.

Sip fluids frequently and monitor your urine, which should be copious and clear in color. Consider bringing decaffeinated coffee, your favorite herbal tea, or powdered drink mix to flavor purified water. (Caffeinated coffee/tea is provided)

Drinking Water

Bottled water will be available from your driver upon arrival in Tanzania. Please take as much bottled water as you require for the evening and following morning, as hotels will charge you for bottled water.

Use only purified water to brush your teeth. If you have trouble remembering, place something in the sink that will surprise you, like a bottle of water, or a shoe! It will cause you think before you use the water from the tap.

Purified drinking water will be provided for you during your trek. Boiled water for hot beverages during mealtimes and before bed will also be provided.

Your mountain crew will purify and filter water that is collected from various sources on the mountain. The purified water will be available to you in the dining tent at the beginning of each day, at which point you will be able to fill your personal water containers.

Nalgens, Siggs, or bladder systems like CamelBak are all appropriate but we prefer the wide-mouth Nalgene.

Please note that especially with bladder systems, you will need to take precautions against freezing, such as fully clearing the tube before bed.

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Gourmet Mountain Food

All meals are devised by a professional nutritionist, and prepared by specially-trained chefs to be nutritious, calorific, and delicious. Custom-designed food transport methods and mountain resupplies keep food perfectly fresh and allow us to change the menu each day.

Vegetarian, vegan, dairy-free, gluten-free, and other special dietary needs can be accommodated with advance notice. Please notify AdventureWomen if you have any special dietary needs.

Sample Menu

Breakfast: eggs to order, sausages, toast, hash browns, banana bread/muffins, oatmeal, fresh fruit, hot coffee, tea, cocoa

Lunch: hearty leek & potato soup, homemade falafel, pasta salad, crudites, salami, fresh fruit

Afternoon tea: cookies, popcorn, roasted nuts, hot coffee, tea, cocoa

Dinner: savory pumpkin soup, Italian-style lasagna, green bean salad, pineapple cake

Trail Snacks: mixed nuts, mixed dried organic fruits, local fruit, homemade cookies, candy bars, popcorn

Eating at Altitude

Keep your body fueled and hydrated at all times. Loss of appetite often occurs at altitude, which is a function of decreased oxygen and the body's overall resistance to undertaking the task of digestion. It is crucial to continue to eat and drink, even when you don't feel like it.

You must increase your daily caloric intake while trekking. The menu is designed to be calorific in order to give your body the fuel it needs.

Dieting is NOT an option on Kilimanjaro. If you are pursuing any weight loss regimens before your trek, speak to your doctor, as you will need to break and return to your regimen after the trek. It is crucial to eat and drink as much as possible on the mountain. Your metabolism speeds up at high elevations, and often causes you to lose weight even if you consume much more food than you do normally.

Make sure to stay fueled during your climb with the snacks we provide (trail mix, dried fruit, nuts, cookies, etc.); if you have a high metabolism or enjoy specific snacks, bring one additional snack per day to enjoy on the trail.

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Luggage Limitations: Only soft-sided duffel bags are acceptable for your trek and safari. Bags with hard frames or wheels are not allowed. There is a **33-lb total weight limit for your soft-sided duffel bag**, which will be carried by your camp porters. You will be required to hire an extra porter or carry the extra weight in your day pack if your trekking duffel bag weighs more than 33 lbs.

Bring a day pack that you will carry during the trek to serve as your carry-on bag. Pack your essentials inside. Wear some of your Kilimanjaro clothing on the plane - if your bag is delayed, you will still be able to start the trek!

If you are traveling on any internal flights (including the safari extension), your checked luggage may not exceed 33lbs. As a courtesy, you may store excess baggage for your safari at the Arusha office at your own risk. It will be returned to you when you come back down the mountain. Similarly, you can store Kilimanjaro gear while on safari. Remember to keep money, electronics, and valuables with you at all times.

Luggage:

- Soft-sided duffel bag - 140-155 liters in size, typically L-XXL, no wheels and no hard frames permitted. A camp porter will carry this bag, so the **33-lb weight allowance** will be strictly enforced. Add a second soft-sided duffel bag if you will trek with a personal porter or would like to leave a bag at the Arusha office. Medium or Large size bags are appropriate for personal porters.
- Day pack - approximately 30-40 liters will accommodate all the essentials you will need while on the trail. Packs with hip straps are recommended; external frame packs are not appropriate.

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Layering:

Each layer has a specific function. The base layer (against your skin) manages moisture; the middle layer (insulation layer) protects you from the cold; the outer layer (shell layer) shields you from the wind and rain. You simply add or subtract layers based on your needs on the mountain.

Base Layers: Moisture management fabrics such as quick-dry wicking synthetics and merino wool help regulate body temperature by moving perspiration away from skin. **Cotton is NOT acceptable for trekking.**

- Underwear (1 per day)
- Sports bras (your preference - we recommend one for every two-three days)
- Long underwear tops (1 medium weight, 1 heavy/expedition weight)
- Long underwear bottoms (1 medium weight, 1 heavy/expedition weight)
- Lightweight synthetic short-sleeve shirt (2)
- Lightweight synthetic long-sleeve shirt (2)
- Loose-fitting hiking pants, convertible/zip-off recommended (2)
- Hiking shorts (1)

Middle Layers: Insulating fabrics like fleece and synthetic down help to maintain an optimal core temperature by trapping air close to your body.

- Fleece sweater, lightweight*, e.g. Thinsulate or Thermal Pro Polyester (1)
- Climbing jacket, heavyweight*, e.g. wind-resistant fleece or synthetic jacket (1)
- Climbing pant, heavyweight*, e.g. wind-resistant fleece or down pants (1)
- Gloves* and/or mittens, heavyweight (1 pair)
- Fleece or wool hat*, heavyweight, must cover ears (1)
- Balaclava* or neck gaiter/Buff (1)

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Outer Layers: Waterproof, breathable membrane technology - such as Gore Tex and eVent - are appropriate options for shell layers, and are intended to protect you from wind, rain, and snow. Durable Water Resistant (DWR) technology is NOT sufficient for heavy rain.

- Down parka*, 550 fill or higher recommended for use in camps (1)
- Shell jacket with hood, Gore-Tex or equivalent technology (1)
- Shell pants*, Gore-Tex or equivalent technology (1)
- Rain poncho (1)
- Shell mittens*, Gore-Tex or equivalent technology (1)

Footwear:

- Hiking boots, waterproof with ankle support (1 pair)
- Camp shoes, such as sneakers with a tread (1 pair)
- Hiking/trekking socks (1 pair per day, at least two of which are heavyweight)
- Gaiters*, for keeping mud, dirt, and snow out of boots (1 pair)
- YakTrax, for added traction on snow/ice (1 pair)

Mountain Essentials:

- Sleeping bag*, rated 0° or colder, synthetic down, mummy-style (1)
- Synthetic sleeping bag liner (1)
- Inflatable sleeping pad*, R-value 3.0 or higher (1)
- Telescopic trekking poles* (1 pair)
- Headlamp with extra batteries (1)
- Stuff sacks (various sizes, sealable, waterproof) - **disposable plastic bags have been banned in Tanzania. Do not plan on using ziploc bags.**
- Waterproof day pack cover - even a garbage bag (2)
- One-liter plastic water bottles, Nalgene preferred (4)
- Polarized sunglasses, 100% UV protection (1)
- Sun hat (1)
- Sunblock (SPF 45+)
- Lip balm (zinc oxide or SPF 45+)
- Insect repellent with DEET (30% DEET or less)
- Bandanas (1-3)
- Money belt or neck pouch (1)

Items noted with a * can be rented for your trek. You must arrange rental gear at least 45 days prior to departure.

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Personal Hygiene:

- Toilet paper, for use while on trail (1 roll)
- Moist towelettes (1-3 per day)
- Toiletry kit (toothbrush and paste, moisturizing lotion, nail clippers and brush, facial wipes, feminine products - avoid plastic applicators)
- Dry shampoo
- Camp or pack towel, quick-dry, small size (1)
- Hand sanitizer (2oz bottle)

Recommended Extras:

- Herbal tea or flavored drink mix (caffeinated tea and coffee are provided)
- Favorite nutritional snack (one small portion per day)
- Earplugs - We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Wristwatch or travel alarm clock
- Emergency whistle
- Personal urination receptacle for nighttime use (GoGirl or Nalgene bottle)
- Glove liners (1 pair)
- Inflatable travel pillow, or pillowcase to stuff with clothes
- Kindle/book
- Power bank
- Duct tape
- Safety pins

Technology: There is NO electricity on the mountain and solar panels can be unreliable in mountain weather; please pack extra batteries and memory cards for your trek.

- Camera/video camera
- Memory cards
- Batteries
- International plug adapter/power converter (optional, for use in lodges)
- GPS tracking device

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Trek to the Roof of Africa

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Personal First Aid Kit: While your guides carry emergency first aid kits, trekkers' personal first aid kits should be utilized for minor cuts and ailments.

- Sterile eye drops
- Spare eyeglasses and eyeglasses straps. Contact wearers should bring solution and eyeglasses for use in dusty conditions.
- Personal EpiPen
- Antibiotic ointment
- Hydrocortisone
- Bandages, blister prevention - we recommend Moleskin
- Ace bandage
- Hand and foot warmers
- Antacids
- Ibuprofen, aspirin, acetaminophen
- Mild laxative
- Anti-diarrheal
- Cold remedies
- Safety pins
- Scissors (travel-size)
- Tweezers

Medications: Consult a physician regarding the following drugs and combining them with any personal prescriptions you are currently taking. Please bring an ample supply of any other personal prescription medications in their original containers. **Do NOT take sleeping pills at high elevations.**

- Altitude sickness medication
- Anti-malarial prophylaxis
- Anti-allergy
- Antibiotics
- Anti-emetics
- Anti-motion sickness

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How to Pack Your Carry-On: It is essential to be prepared for your mountain adventure, and that starts with your flights to Tanzania. If your baggage is delayed, it will be crucial that the following items from your packing list are in your carry-on. (You can wear many of these items on the plane.)

- Shell jacket with hood (Gore-Tex)
- Underwear (enough for all trekking days)
- Socks (enough for all trekking days)
- Long underwear top and bottom (one pair)
- Synthetic short sleeve shirt (2)
- Synthetic long sleeve shirt (1)
- Loose-fitting hiking pants (1)
- Hiking boots
- One-liter plastic water bottle (minimum 1, empty)
- Polarized sunglasses
- Toiletry kit
- Headlamp
- Money belt or neck pouch
- Prescription medications
- Camera
- Stuff sacks/dry bags of varying sizes

Safari Extension Packing List: Consider packing the following items for your safari in addition to the essential items on the trek packing list.

- 40-50 liter duffel bag (no hard frames or sides)
- Daypack
- Short-sleeve shirts (5)
- Long-sleeve shirts (2)
- Convertible, zip-off pants (1-2 pairs)
- Khaki pants (1 pair for evenings)
- Shorts and/or skirt (1)
- Fleece sweater
- Water/windproof shell
- Underwear
- Socks
- Sleepwear
- Sun hat or cap
- Running or walking shoes, or light hiking boots
- Sandals

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Buying Hiking Boots

- ▶ Look for “hiking” or “backpacking” boots with either leather or synthetic uppers. Full- or mid-height boots are recommended for ankle support.
- ▶ Boots with a Gore-Tex membrane give added weather protection and breathability. You will be trekking through mud, rain, and snow.
- ▶ New boots should be tested in a store that has a ramp to simulate both uphill and downhill terrain. Your toes should not touch the tips of your boots.
- ▶ When trying on boots, wear the same socks that you intend to wear while trekking.
- ▶ Try on at least three different pairs of boots to find the best fit for your foot. We recommend boots at least one half-size larger than your foot for trekking.

Break in your Boots!

- ▶ It is imperative that new boots are broken in to reduce the risk of blisters.
- ▶ If you are not able to wear them on a hiking trail before your trip, wear them to the gym, walking to work, or even around the house. Wear them on your flight to Tanzania!

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Renting Gear: You must arrange rental gear at least 45 days before departure.

Rental items will be added to your invoice, which must be paid in full before departing for Tanzania. Check your invoice to ensure that all of your requested rental equipment is listed.

All rental equipment is clean and high-quality. Sizes S-XL are typically available. Please see the rental list for the complete list of options available for your trek.

The 33-lb weight limit applies to everything packed in your duffel bag, including rental gear.

No refunds will be given for any pre-arranged rental gear not taken at the trek briefing or used on the mountain. AdventureWomen has the right to charge for any lost or damaged gear.

You MUST test rental equipment once it is received. Pre-arranged rental gear will be distributed at the trek briefing. It is imperative that you try on or test each rented item to ensure that everything fits and is in good working order. If you need a different size or want to rent any additional items, the trek briefing is your last opportunity.

Rental Items

Item	Weight
Medium weight long underwear top	\$16
Light weight fleece sweater	\$25
Climbing jacket (polyester fleece, full front-zip)	\$35
Climbing pants (polyester fleece)	\$27
Heavy-weight fleece gloves	\$25
Heavy-weight fleece hat	\$16
Balaclava	\$16
Down parka (without a hood)	\$42
Shell pants (Gore-Tex)	\$55
Gaiters (pair)	\$25
Telescoping trekking poles (pair)	\$25
Sleeping bag & fleece liner (fits a person 6'2" or shorter)	\$55
Inflatable sleeping pad (full length)	\$27

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Food, Water, & Hygiene

For variety, consider bringing powdered drink mix with electrolytes to stay hydrated, or bouillon cubes or soup mix for a savory fix. (You'll have hot water, tea, and coffee at mealtimes).

In freezing temperatures, turn your tightly sealed water bottle upside down. As the water freezes, you will still be able to drink from the bottle.

Keep a snack by your sleeping bag at night; if you're feeling cold, eating a little chocolate or some nuts will help warm you up.

Be sure that your toenails are cut closely. When you descend the mountain, you'll be very glad you did!

If you need to go to the bathroom at night, don't resist! Holding it will not only distract you from getting black to sleep, it will make you feel colder, as your body works hard to keep your bladder warm. Get up, relieve yourself, and enjoy a quiet moment alone under the blanket of stars.

If you think you might get your period on the mountain, bring small paper bags. Because Tanzania has banned disposable plastic bags, you have to carry any used feminine products off the trail in reusable bags. If you have a stash of reusable small paper bags, you can use them to line your dry bag, and dispose of the paper bag when you get to camp, without worrying about your dry bag.

The Trek

It takes time to get used to breathing efficiently at altitude. Remember to use controlled, steady breaths, and breathe through your nose for as long as possible during the trek.

Measuring out even steps or using the steady beat of your trekking poles can help to create a comfortable rhythm of breath.

The rest step is an extremely important mountaineering technique for conserving energy. It entails straightening your knee with each step in order to place the burden of your weight not on the muscles, but on the skeletal structure. This should be executed in a smooth, slightly robotic motion that you can practice on any incline or stairs. If done properly, it will spare your muscles an extraordinary amount of energy, even though each rest only takes a second.

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The Trek, continued

Pressure breathing is a mountaineering technique that can be used at higher elevations to maximize the efficiency of your oxygen intake. It entails breathing in deeply through the nose and exhaling forcefully through the mouth. When done properly, you'll make a "whoosh" noise as you exhale. Just remember NOT to practice this at sea level as it could cause you to hyperventilate.

Always speak up! Don't be shy about asking your guide or Ambassador for assistance, he is there to help. Whether you don't feel well, you lost something, something is broken, or you just have a question, talk to your guide. Chances are he can fix whatever is bothering you.

Clothing and Gear

Change into the next day's fresh clothes as soon as you get into camp, and sleep in them. You can even wrap boots in plastic bags and store them in your sleeping bag overnight to keep them warm for the morning.

Bring a small pillowcase and stuff it with clothing to make a pillow.

Duct tape is every hiker's best friend for quick fixes that range from blister care, to mending small rips, to fixing gear. It's not feasible to bring a heavy roll, so wrap a few strips of duct tape around your water bottle.

Safety pins are great for small fixes, like sunglasses are clothing, but they're also great for hanging up clothes to dry if you take advantage of a sunny day to wash small items.

Your body will cool down very quickly when at rest so don't hesitate to throw on an additional layer of clothing for warmth during short hiking breaks. When you arrive at camp, change into dry clothes and your down parka.

Use your Nalgene bottle as a hot water bottle at night. Simply request hot water after dinner and place the tightly sealed bottle near your lower thighs to warm you as you fall asleep. (Never place it directly against bare skin!)

Pack small items inside your empty water bottles during international travel to save space and better organize your bags.

Bring a watch with an alarm and a light to tell time at night.

Cold weather diminishes battery life. Keep your camera and batteries in your pockets during the day and in your sleeping bag overnight to extend battery life.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not “tours.” We define “adventure travel” as travel in which one **actively participates**, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

In this spirit, the successful adventure traveler should be a

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!