

Kilimanjaro Climb & Safari

© 2021 International Mountain Guides

Kilimanjaro: One of the Seven Summits of the world and highest mountain in Africa! Since organizing our first Kilimanjaro expedition in 1989, every one of our Kilimanjaro teams has had a high percentage tag the summit of this majestic peak.



We know that many companies offer Kilimanjaro Treks. As you investigate the different options on the market, here are some things to consider:

- Kilimanjaro, while non-technical, is a high-altitude summit and must be taken seriously. Climbers are at health risk from the altitude. Our guides always carry a Gamow (hyperbaric) Bag, pulse oximeter, and supplemental oxygen in case of Altitude Sickness. A couple hours in the bag can turn around Acute Mountain Sickness (AMS) before it forces you down or becomes life threatening.
- Every one of our climbs is led by a top-notch IMG high-altitude mountain guide, well-trained in all elements of climbing as well as wilderness medical procedure. IMG Senior Guides have climbed and trekked all over the world and are always excited to visit Tanzania.
- We have a first-class staff of African Chagga guides and porters, all local people from the Chagga tribe who live right at the base of Kilimanjaro. Many of them have been on dozens of IMG trips over the years. They know we'll be coming back, they like working with us, and they deliver high quality service.
- We don't rush our ascent! Our program gives you a seven-day climb. We have learned that the extra time is well worth it for a successful and fun trek, giving climbers a far greater chance of standing on top and far less chance of altitude sickness.
- Our program includes four days/three nights on safari, where you'll enjoy animal viewing in the classic Serengeti and Ngorongoro Game Parks. Our safari drivers are familiar with the game habits and where to find them. You'll enjoy the private safari camps each evening (February – September). The December trip offers classic safari lodges (early registration is advised as demand is high and space is quite limited!)

Kilimanjaro: Just The Facts

Summit:
19,340' • 5896m

Set Your GPS:
3° 04' S • 37° 21' E

Size Does Matter:
Kilimanjaro is the highest mountain in Africa, and is composed of three dormant volcanoes: Kibo (the highest), Mawenzi and Shira. It rises 4800m above a plain that is 1000m above sea level. After reaching a height thought to be 5900m during its last major eruption 360,000 years ago, Kibo has been eroded by glaciers, rivers and landslides to its present height.

Mount Kilimanjaro is the highest freestanding mountain as well as the world's 4th most prominent mountain, rising 19,298' from the base.

First Boot-Prints on Top:
In 1889 by Hans Meyer and L. Purtscheller

Like Nowhere Else:
The climb begins in pastures, plantations, and grasslands with plentiful wildflowers and small wild animals like galagos, genet, tree hyrax. Higher up in the rainforest are orchids and butterflies. Giant heathers grow up to 10m in the upper forest. Though buffalo, elephants and big cats have been seen, bird life is especially prolific on the Shira Plateau, and you may see buzzards, eagles, alpine swift, and the striking scarlet-tufted malachite sunbird.

Just You and the Lichen:
Only lichens survive on the upper mountain. Wild animals are rare, but in the 60's a leopard was found frozen in the snow, and three climbers were accompanied to the summit by five African Hunting Dogs who disappeared as the climbers began their descent.

- We add the benefit of a beautiful one-way Serengeti flight over Africa (easier, faster, more time to see animals, less time spent driving). Our groups usually fly out to Serengeti and drive back to Arusha with stops at Olduvai and Ngorongoro along the way, depending on the season (safari plans are subject to change).

We are proud of the track record we have established over nearly 30 years with our Kilimanjaro trips and we know that we offer a fantastic trip for the money. We hope you can join us!

Eric Simonson and Phil Ershler
IMG Kilimanjaro Program Directors

Expedition Summary

Kilimanjaro Landcost:

| | |
|---------------------------|---|
| Climb & Safari | \$6,850 |
| Single Supplement | \$300 (Moshi hotel & climb) +\$300 (Safari) |
| Climb Only | \$4,800 |
| <i>Safari Only</i> | <i>Contact our office for details and pricing</i> |

Program Dates: Please see dates and itinerary on our website mountainguides.com/kilimanjaro.shtml

Costs included in trip fee: Guides, porters, group equipment (kitchen, tents, etc.), Kilimanjaro National Park entrance/use fees, Game Parks entrance/use fees, all meals except personal snack food and beverages, Serengeti charter flight, double accommodation in hotels and tents, toilet tent, all ground transportation when traveling with the group on the group itinerary.

Costs not included in trip fee: International airfare, airport taxes & travel expenses to/from JRO, Visa fees for Tanzania (about \$100), single accommodations in lodges and/or tents, group tip pool, alcoholic and bottled beverages during the trip, required travel insurance, personal shopping and snacks, items of a personal nature, lodging/meals & airport transfers outside of scheduled itinerary.

REQUIRED Travel Insurance: IMG requires that all Kilimanjaro trip participants purchase [Travel Insurance](#) that includes coverage for medical evacuation, repatriation and medical expenses (inclusive of 6000 meters in elevation) for the duration of their IMG program. Trip Cancellation Insurance is strongly recommended, as our fees are non-refundable and non-transferable. Several options are offered on our website: mountainguides.com/travel-insurance.shtml

REGISTRATION

IMG FORMS: mountainguides.com/pdf/IMG-Forms.pdf

- Forward IMG Forms 1, 2, 3 and 4 along with a good quality color copy of your passport to office@mountainguides.com. Note that Form 5 Physician's Certificate is due 60 days prior to the trip date.
- Payment of non-refundable application fee, \$1,000 USD (payable by Visa/MC, check (if in the US) or bank wire.
- Balance of fees due 90* days before departure. **Due to high demand of lodging during holiday season in December, final payment for December trip is due 130 days prior to departure.*

The People of Tanzania

Tanzania has a population of over 26 million with 120 African ethnic groups, none of which represent more than 10 per cent of the population though virtually everyone speaks Swahili in addition to their native tongue.

The Sukuma are the largest group and live in the north-western part of the country, south of Lake Victoria. They prospered with a mix of cotton farming and cattle herding.

The Hadzapi of northern Tanzania have built a society based on hunting and gathering food.

The Iraqw live in the central highlands of Mbulu and are known for their statuesque, immobile posture and sharply delineated features. They grow their own food and tend cattle.

The Maasai are perhaps the most well known of East Africa's ethnic groups and are pastoralists whose livelihood and culture is based on the rearing of cattle which are used to determine social status and wealth. They dominate northern Tanzania but only occupy a fraction of their former grazing grounds in the north, much of which they now share with national parks and other protected areas. They are easily recognized by their single red or blue garments and their ochre covered bodies.

The Wachagga (or Chagga) live north of the Maasai steppe, on the slopes of Kilimanjaro, where they farm.

The Makonde are internationally famous for their intricate wood (ebony) carvings (sold over much of East Africa). They live along the coast on the Makonde plateau and their relative isolation has resulted in a high degree of ethnic self-awareness.

The Nyamwezi whose name translates into "People of the Moon", were once great traders. The 19th century European explorers regarded them the most powerful group in the interior.

The Haya located along the shores of Lake Victoria, grew and traded coffee long before the arrival of the Europeans and today have established tea and coffee processing plants. Haya women are famed for excellent handicrafts.

The Ha live in an area of forest and bush, and retain a deep belief in the mystical. They live in relative solitude with their long-horned cattle, and dress in hides or fibers of bark. They are well known for their artistic expression, especially their dances and celebrations.

Program Details

This information should answer many of your initial questions and also guide you through the next stages of preparing for the climb. If you have any questions, please feel free to contact us. Please also review the [Kili FAQs](#).

EXPEDITION LEADERSHIP AND STAFFING

Your climb will be led by an IMG Senior Guide, assisted by a registered African Guide and 3-5 additional assistant African guides. We also employ a chief cook, several assistant cooks, tent porters (responsible for pitching the tents), servers (responsible for meal service), and many porters to carry it all.

CLIMB DESCRIPTION

We climb the Machame Route. The Kilimanjaro National Park staff has done a lot of work in recent years on this trail (it is now much better drained, so less muddy than in the past). The camps have also been improved, and there are Park rangers stationed at the camps to ensure that porters are not overloaded and that rubbish is removed. There is also emergency rescue available (by jeep) from the second camp (Shira Plateau). We have also led climbs via the Umbwe, Lemosho, and Western Breach Routes for special groups. If you have a private group, please contact us for a custom quote. Please keep in mind that Kilimanjaro is very physically demanding. The group equipment and most of our personal equipment will be carried by our Chagga porters. Our Chagga staff will also take care of the cooking chores. The Machame Route takes us past some of Kilimanjaro's most spectacular scenery and keeps us away from the crowds on the normal route. Since we have a large difference in altitude between the start of the climb and the summit, we get the opportunity to go through many vegetation zones. We will descend via the Mweka Route. This is the descent route required by Kilimanjaro National Park.

CLIMBING SKILLS

No previous climbing experience or technical climbing skills are required. The hiking is on rough trail. A small amount of snow may be encountered below the summit but it does not necessitate the use of crampons or an ice ax. Trekking or ski poles can be very useful. Some very short and relatively easy sections of rock scrambling are also encountered, requiring "using of your hands" in a couple places.

CONDITIONING

Good conditioning is the primary requirement for the climb of Kilimanjaro. This is a strenuous trip. Participants must be in sound "hiking shape" and capable of traveling for a full day with a modest pack (clothing, lunch, water, camera, etc). Don't underestimate this mountain. We're going high and the summit day is long. Follow a conditioning program that will strengthen your lungs, legs and heart. Any hiking you can do before the trip will be of the most value. At home, we recommend stair climbing, bike riding and running hills. Conditioning is a process that should continue throughout the year.

EQUIPMENT

The equipment list is meant to help you compile your personal gear for a high-altitude trekking trip. You'll notice that the gear is essentially the same as that required for a summer ascent of Rainier without the inclusion of any technical climbing gear. The [Mt. Rainier gear list](#) may be a helpful cross-reference tool as you pack. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by Phil Ershler and Eric Simonson, the expedition organizers. Don't cut corners on the quality of your gear.

FOOD

All meals on the climb and during our safari are included. You will be responsible for your bottled drinks and alcoholic beverages. You may want to bring powdered drink mixes for flavor in your water bottles. We recommend you bring a modest personal stash of your favorite trail and snack foods (nuts, candy bars, granola bars, salami, etc.) primarily for summit day and also to supplement the lunches provided by our African staff on the climb. The Chagga cooks prepare meals using local food and the quantity and quality are excellent.

WEATHER

January and February and mid-June through mid of October are normally very stable weather periods. December can get a bit wetter, but is still a good time to climb. That said, it is always difficult to predict the exact weather conditions we will encounter during our ascent. Warm rain can occur down low and we can experience cold and windy conditions higher on the mountain **any time** of the year. It is not unusual for the temperatures to be well below freezing on summit day before the sun comes up. **A down jacket (or equivalent) is required.** For example the Outdoor Research Chaos or Virtuoso jackets work perfectly as the required parka. We expect that the weather

will be perfectly reasonable but it is important to prepare for all possibilities. Safari and travel days should be comfortably warm and the evenings may require a light sweater or jacket. Please see our [Kilimanjaro FAQ page \(mountainguides.com/kilimanjaro-faq.shtml\)](http://mountainguides.com/kilimanjaro-faq.shtml) for details on weather and climate.

IMMUNIZATIONS

Start preparations early so you can complete before your departure. For more info, consult your physician, travel clinic or the Centers for Disease Control at <https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>

- Yellow Fever: Currently not required if you are traveling directly to Tanzania from a non-endemic area (like the USA or Europe), but it IS required by Tanzania IF you are coming via an endemic area (including China). In this case bring your shot record. Recommended if you are traveling to some other parts of Tanzania with more risk (like Zanzibar).
- Tetanus-Diphtheria, Polio, MMR: You should already have these. Do you need a booster?
- Meningitis: Ask your physician/travel clinic for advice.
- Hepatitis A and B: Recommended. Ask your physician/travel clinic for advice.
- Rabies and Typhoid: Good to be on the safe side, the new vaccines are easy.
- Malaria: Bring insect repellent. We suggest you bring Malarone for chemoprophylaxis (see your doctor)

ADDITIONAL MEDICAL INFORMATION

While it's always nice to have a doctor as a participant on our trips, we cannot guarantee a doctor's presence. We ask that you carefully complete the Medical Information form included in the registration materials. We need to be informed of any allergies you may have, medicines you are currently taking and any medical conditions that could possibly affect your ability to safely participate on a climbing expedition. In addition to the first aid items listed on the equipment list, there are a few additional medications that you should consider. These should be discussed with your personal physician and some will require a prescription. We want everyone to bring one regimen of the antibiotic azithromycin and some Imodium in case of bad traveler's diarrhea. Please consider both of these medications as part of your REQUIRED equipment list. A sleeping medication can be useful for napping on the international flights and for the first few days in Africa (due to the big time change). We do not recommend the automatic use of Diamox while climbing but you might find a small dose (125mg) useful if altitude sickness symptoms appear. Discuss this and your other medication requirements with your physician. Any medication should be used only if necessary and use should be discussed thoroughly with your physician and with your guide before you take the medication. Water purification is also very important. An effective and inexpensive method is the use of iodine crystals or tablets. These are available commercially at mountaineering stores as a product called 'Polar Pure' or 'Potable Agua'. Filters, such as the ones made by MSR, are also good. Either can be used or both can be used in combination. Bottled water is also readily available while on safari. We also recommend that each participant bring a small bottle of a hand disinfectant such as Purell. Finally, don't forget to take care of any lurking dental problems. Nothing wrecks a trip faster than a toothache! Anything that we can do to stay healthy is worthwhile. Health issues will be discussed during the expedition and we encourage you to contact us if you have any questions before or during the trip.

PACKING AND TRAVELING SUGGESTIONS

We usually carry a small daypack/rucksack as carry-on luggage and check two lockable bags. One of those bags can stay at the hotel while climbing for storage of your travel clothes. The other bag will be used by the porters to carry your gear on the climb (NO wheels for this one). We limit this to 30 pounds maximum per climber. Most climbers find the 30 lb. allowance to be quite reasonable for a climb of Kilimanjaro. The welfare of IMG porter team is of prime importance and your bag will be weighed prior to the beginning of the climb to be in compliance with Kilimanjaro National Park porter regulations. Climbers who feel they absolutely need more than the 30 lb. allowance will be charged an additional fee to cover the increased porter requirements. Additionally, we suggest that you use a travel wallet that you can hang around your neck and place inside your shirt. This is a safer way to carry your money and travel documents. Leave expensive jewelry and watches at home. Experienced travelers will also carry a couple of extra passport photos with them as well as a photocopy of the first pages of your passport. These should be carried in a place separate from your passport. Having these available will greatly facilitate the replacement of your passport if you lose it. Carry a pen with you for completing travel forms. Get to the airport early and make sure your luggage gets checked through to the correct destination.

EVACUATIONS

As part of our efforts to set up the best possible evacuation services in the event of illness or accident, we want to make sure you clearly understand what is (and is not) available in Tanzania.

For rescue during the CLIMB, there are wheeled litters on the mountain available for evacuations of people who cannot walk, and the Kilimanjaro Park Rangers will assist with an emergency evacuation using the wheeled litter. Helicopter evacuation service is generally NOT available on Kilimanjaro. For altitude sickness, descent is normally the best option. From Machame Camp, people will hike back down to Machame Gate. From Shira Camp, we can usually get a jeep to drive people down via the jeep road to the west, across Shira Plateau (this is where people often bail out if they are having altitude problems). If people need to descend from Barranco Camp, they will descend the Umbwe Route to the Umbwe Gate. If people get sick at Karanga Camp (or higher) they will descend Mweka Route to Mweka Gate. Persons going down will be assisted by our Chagga staff. When people get down to the base of the mountain, we will arrange for transport to our Hotel in Moshi, where normally they hang out and recover and wait for the team to come down. The Hotel in Moshi has a physician on call, so if people need to go to the doctor (or hospital) it is possible to make this arrangement (the KCMC hospital is just a few minutes away from the Hotel).

For emergencies that occur during the SAFARI portion of the program, you (or your guide) will contact your Travel Insurance carrier to request assistance.

VISA

Your passport must be valid for 6 months after the trip and have empty pages available for stamps from the local authorities. Advanced visas are not required for entry into Tanzania. We take care of all the necessary paperwork upon our arrival at the JRO airport in Tanzania. You will be charged \$100 USD (cash) for the Tanzanian visa upon arrival.

FLIGHTS

Our Kilimanjaro program itineraries take advantage of the daily direct flights between Amsterdam and Kilimanjaro International Airport (JRO) via Delta/KLM. The KLM flights arriving to JRO on Day 1 of the scheduled itinerary and departing JRO on Day 13 of the scheduled itinerary are the *GROUP FLIGHTS*. Those arriving/departing on KLM Group Flights will be transferred between JRO and lodge (included in the cost of your program fees). If you are on a different flight, please be advised that there may be additional cost to you for airport transfers and any additional lodging required - please contact our office for details. CLIMB ONLY or SAFARI ONLY participants, please contact our office for details on your itinerary.

MONEY, TIPS, & GIFTS TO BRING

We recommend \$1,000 USD cash with \$250 of this allotted for the group tip pool. Nice shops will accept credit cards but normally charge a service fee of 3-5%. Be sure to notify your credit card company that you are traveling internationally before you leave home so it is less likely that your card will be "flagged and frozen". We suggest carrying at least half your money in \$20s, \$10s, \$5s, and perhaps twenty \$1s (new condition bills). The rest can be larger denominations. You'll spend \$100 on the Tanzania visa, put \$250 into the African staff tip pool, and change another \$50 or so in town into Tanzanian Shillings for miscellaneous (drinks, etc.). Keep the rest in reserve, just in case. Better to have it and not need it than the opposite. It is difficult and costly to get US dollars in Africa. The Chagga porters always gladly accept good condition used shoes, clothes, gear, etc. that you might want to bring. They are great guys and you'll really enjoy their help and friendship. You can also throw some pencils or pens into your luggage, the kids we meet love them.

CAMERAS

A small camera is perfect for the climb. While on safari, the longer the lens the better. A pair of binoculars is great for the safari, too. Sometimes it's more fun to just watch the animals. On safari you will be standing up in the back of the "pop top" vehicles, leaning against the roof. Serious photographers will find that a sandbag type stabilizer is much more useful than a tripod. Bring a small USB to share photos with teammates, 8-16gigs. For more information on cameras, check out IMG guide Adam Angel's recommendations:

mountainguides.com/cameras.shtml

TRAVEL NOTICE FOR EAST COAST TRAVELERS

We all know how air travel on the East Coast can be shut down in the winter time due to heavy storms, and we have a few thoughts for our customers traveling from the East to join our December-February trips. You may want to consider departing a day earlier than necessary in order to hopefully mitigate the effects of a bad storm that

International Mountain Guides ♦ www.mountainguides.com ♦ email: office@mountainguides.com

prevents your trip from departing on time. If you choose to depart a day earlier, you may consider spending your extra day in Amsterdam seeing the sights (assuming that is your connecting flight), or you may arrive JRO early and we'll be happy to assist you with your early arrival. Regardless of whether or not you choose to leave your home city early, we always recommend the purchase of adequate travel insurance. Please review our travel insurance suggestions online here: mountainguides.com/travel-insurance.shtml

LOCAL CONCERNS AND RESPONSIBILITIES

We take great pride in the long-term relationships we have built with our local staff. They do a great job, we pay and tip them well, and they enjoy working for IMG. IMG supports the Recommended Guidelines for Proper Porter Treatment. We make sure that the IMG porters have adequate clothing, equipment, shelter, sleeping arrangements, food, cooking equipment and water. Sick or injured porters are properly cared for. All loads are weighed to ensure that porters are carrying loads that don't exceed their physical ability or legal limits. Porters are paid a fair wage for their work and are paid tip money directly from the tip pool at the end of the climb (no middleman taking a cut). We encourage our team members to observe and participate in the staff tipping session at the end of the climb.

LEAVE NO TRACE

IMG is committed to Leave No Trace. On Kilimanjaro, this means working with the Kilimanjaro National Park staff to ensure that the Park regulations are followed. Garbage is carried down from the climb and turned into the Park Rangers, per the regulations. Pit toilets are used at the camps to ensure that human waste is disposed of correctly. We will have our own private toilet, in addition to the Park toilets at the camps.

SAFARI ITINERARIES

Depending on the time of the year, we will visit different areas of northern Tanzania to take advantage of the seasonal differences. The December trip will continue to use the safari lodges and fixed camps in the Serengeti, Ndotu and Ngorongoro areas since there is a greater chance of rain at this time of the year (still is OK to climb). For the drier season trips we offer a "Hybrid" style safari. Please visit the [Tanzanian Safari](#) page for more details.

- **Hybrid Tent Camps (February through September departures)** Our teams will stay two nights in a traditional "bush" safari with deluxe tents. Following our evenings under the stars, we stay a final evening at one of Tanzania's premium lodges. With this "hybrid" camp/lodge tour, you'll enjoy restful evenings in the heart of the bush around the campfire as well as fine African hospitality and dining in a hotel setting. Our clients have found that staying in the tented camps is very comfortable, with the added benefit of the real sights and sounds of nature all around. At the lodge, we'll spend our final night of safari celebrating, sharing photos and maybe even sending a quick email to friends back home before we depart. The tent camps and lodge complement the Tanzanian experience as a whole, providing the best authentic and natural safari offered in conjunction with a climb of Kilimanjaro.
- **Lodges (December departure)** Our December trip utilizes the safari lodges located in the Serengeti, Ndotu and Ngorongoro areas as we enter the rainy season (still is OK to climb). This places us in the area of where the giant herds of wildebeest and zebra start to gather at this time of the year. The same attention to detail and quality that clients experience on earlier trips is extended to the December Lodge Safari. Early confirmation is necessary during this very popular and festive time in Tanzania.

GENERAL SAFARI NOTES

Casual, loose, cool and comfortable clothes are perfect, as you will get hot and dusty. Cotton is OK. Our private safari camps are deluxe, so leave your "mountain" clothes behind. We don't have much time to do laundry between the climb and safari so bring enough clothes for both. You'll be able to leave a duffel at the hotel with your extra climbing gear. A light jacket or sweater can come in handy during the evenings. Our longtime African outfitters use 4WD Land Rovers or Land Cruisers for the safari, with "pop top" roofs that allow participants to stand up for viewing and photography. The drivers do a great job of finding the critters for some world-class game viewing. For the airport transfers, our local operators often use a Coaster type bus. Seat belt use is uncommon in Africa, and they may not be available on these vehicles.

Kilimanjaro Climb & Safari Itinerary

Trip Dates are based on flights to/from JRO airport. For complete itineraries by DATE, please visit our website at: mountainguides.com/kilimanjaro-itin.shtml

- Day 0** Depart USA on Delta/KLM to Amsterdam. Arrive in Amsterdam early on the next morning in Amsterdam.
- Day 1** The trip begins when we meet the arriving KLM flight at Kilimanjaro Int'l Airport (JRO). Vehicle transfer to group hotel in Moshi. Goal for today: Get some shut eye.
- Day 2** Team meeting in the morning, followed by a visit to Moshi for sightseeing. Lunch at Hotel. After lunch finish gear checks and packing personal gear into duffel bag for porters (up to 30 pounds or so). Leave one bag with travel and safari clothes at the hotel in storage. Dinner at hotel.
- Day 3** After breakfast, we'll drive by 4WD vehicles to the Machame Gate, where the climb begins. The first day is a nice hike through the rain forest to Machame Hut (10,000').
- Day 4** We climb out of the forest to the Shira Plateau (12,000') in the zone of "weird plants" native to high mountains of Africa, i.e. Lobelia and Groundsel. Wild!
- Day 5** We climb to over 14,500' and then drop back to 13,000' on the Machame route. We'll camp at Barranco Hut (13,000'). This is really neat hiking and great acclimatization.
- Day 6** Cross the Barranco Wall (a bit of scrambling in places) and traverse below the Southern Glaciers. This is our favorite day on the approach, with great scenery and hiking en route to Karanga (13,000').
- Day 7** We're well acclimatized by now for our up to the Barafu High Camp (15,000').
- Day 8** Summit Day! Start climbing around Midnight with about 8 hours to the true summit (Uhuru Peak at 19,340'). Descend to Mweka Hut in the forest. A long and rewarding day. (*Safari Only participants arrive evening KLM flight*)
- Day 9** Continue descent via the Mweka route to park gate. 4WD vehicle pickup and transfer to hotel. Shower and celebrate our climb! Overnight at hotel.
- Day 10** Drive to Arusha for lunch. In afternoon, fly to Serengeti, game drive, transfer to deluxe wildlife camp. * Spend the evening discussing the tons of animals spotted (*Climb Only participants depart evening KLM flight*)
- Day 11** Full day Serengeti game drive with a picnic lunch. Overnight at deluxe wildlife camp.* Celebrate a successful day with a campfire under the stars.
- Day 12** Morning Game drive, visit Olduvai Gorge, transfer to Ngorongoro Area. Overnight at premium safari lodge.* Bring a jacket. It can be chilly at night, but you'll rest easy your last night in Tanzania.
- Day 13** Morning at our luxury lodge relaxing, then finish up with the drive back to Arusha for some final shopping, re-packing, and then on to the JRO airport for the evening flights home. End of the program.

*December trip spends all 3 safari nights in lodges

“What stands out about IMG to me is that their owners truly care about their climbers and their experiences above all else, and that attitude trickles down through every one of their guides and staff members. They go the extra mile to make your climb enjoyable, safe and rewarding... We've now climbed with five different IMG guides, and every one of them have been so kind, knowledgeable, helpful and simply lovely people. They are the best at what they do... I will also say that IMG had one of the nicest, if not the best camp set-ups of any other group on Kili... They are wonderful and really do go the extra mile to make sure you have the best possible climb. They take care of and think of everything so you don't have to worry...”

—Steph D. (Read Steph's [IMG Kilimanjaro Trip Report](#))

For more comments from IMG climbers, please see our website at: mountainguides.com/comments.shtml

International Mountain Guides ♦ www.mountainguides.com ♦ email: office@mountainguides.com

PO Box 246 ♦ 31111 SR 706 E ♦ Ashford, WA 98304 ♦ phone: (360) 569-2609 ♦ fax: (866) 279-7455

Kilimanjaro Personal Equipment List

This equipment list is meant to help you compile your personal gear for a high-altitude trekking trip like Kilimanjaro. **Its cold year-round on Kilimanjaro, so this list is applicable during all seasons.** Most items are required, while a few are optional. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by the IMG Kilimanjaro expedition organizers. Don't cut corners on the quality of your gear!

Travel Items

- Duffel Bags:** Two duffel bags with name tags. One of the duffel bags goes on the climb with you and will be carried by the porters (max 30 lbs). Your porter duffel must be big enough to carry all your gear that isn't going into your daypack. We recommend 100-liter capacity. Expect for it to get wet and muddy, so a rugged duffel is best. Pack your gear in plastic bags to protect from leaks. You will store the other bag at the hotel with your clothes for travel and safari so it does not need to be as robust. Bags with wheels are nice for the airport, but its uncomfortable for the porters to carry them, so don't bring wheeled bags. Example of a suitable porter duffel: Jansport Tahoma Duffel (100-liter capacity).
- Daypack:** Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport. It needs to be big enough to hold everything you'll need for an overnight stop.
- Locks:** You'll want padlocks in Africa for your bags. TSA approved combination locks are best so you don't have to worry about losing a key. Zip ties will also work, but bring extras.
- Travel Wallet:** A secure travel wallet is a must for carrying your important documents including passport, extra photos, flight info, and money. Some travelers like the kind you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- Passport.** Carry a photocopy (or 2) of the first two pages and an extra photo in a separate location.

Trekking Gear

- Trekking Backpack:** You need a pack big enough for all your layers, rain gear, hat/gloves, water bottles, food, camera, etc during the day. Do not underestimate how much space you need for your warm clothing and water bottles summit day (which will all go inside your pack). Packs should be in the 50-liter (3000 in³) range. Example: Jansport Guide Series Tahoma 45L Pack.
- Pack Cover:** Waterproof rain cover sized for your pack. Example: Sea to Summit Ultra-Sil Pack Cover
- Trekking Poles:** Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack. If you have never used trekking poles, you will like them. They are very helpful especially for the downhill. Example: Black Diamond Trail Trekking Poles
- Sleeping Bag:** Rated to 10° Fahrenheit. Mummy-style is the warmest. A good quality down (700 'fill-power' or better) or synthetic sleeping bag is what you are looking for. You will be cold at the higher camps with anything less substantial than a 10° Fahrenheit rated bag.
- Sleeping Pad:** Look for a self-inflating or blow-up style sleeping pad, which will be warmer than a traditional closed-cell foam pad. Example: Thermarest NeoAir or Thermarest ProLite
- Tip:** Bring 2 large, durable plastic garbage bags to line the inside of your backpack and duffel bag with to help protect your gear from rain.

Clothing

*The key to staying warm and dry on Kilimanjaro is layering! On Summit day you will be wearing all your base layers and all your mid layers **at the same time**. Make sure they are sized appropriately for this laying system, especially the hooded parka! Please bring all clothing listed and **don't bring cotton** clothing for the climb.*

- Hiking Clothes:** Synthetic, lightweight hiking pants (some prefer the kind with zip-off legs). Synthetic or merino wool short sleeve tee-shirt. Synthetic or merino wool, lightweight long sleeve shirt.
- Base Layer:** Underwear (3 pair or as your comfort dictates). Sport bras for women.
- Base Layer:** One mid-weight set of synthetic or merino wool long john tops and bottoms.
- Base Layer:** One expedition-weight set of synthetic or merino wool long john tops and bottoms.
- Mid Layer:** A mid-weight insulating layer such as a fleece jacket/pullover, wool sweater, or a lightweight down or synthetic insulated jacket (doesn't need to be wind-proof). Example: Outdoor Research Radiant Hybrid Hoody

- Mid Layer:** A second mid-weight insulating layer such as another fleece jacket, wool sweater, or a lightweight down or synthetic insulated jacket which can be worn in conjunction with the other layers (doesn't need to be wind-proof). Example: Outdoor Research Deviator Hoody or Outdoor Research Verismo Hooded Down Jacket
- Mid Layer:** Soft shell jacket, wind shirt, or a wind-blocking fleece jacket. **Needs to be wind-resistant** (or wind-proof). This is NOT your rain shell jacket, but a different, more breathable layer. Example: Outdoor Research Ferrosi Jacket
- Hooded Parka: REQUIRED** — it gets **VERY COLD** on summit morning! A high quality **down or synthetic insulated parka** with a hood is what you are looking for. This should be big enough to go over all the other mid-layers you are wearing. Example: Outdoor Research Floodlight Down Jacket
- Mid Layer:** Soft-Shell Climbing Pants. These are warmer than your nylon hiking pants as they are slightly thicker and more wind resistant. Look for construction that provides freedom of movement and/or stretch materials. Wear these over long johns with rain shell pants on top for cold/windy weather. Example: Outdoor Research Cirque Pants
- Outer Layer:** Shell Jacket. Waterproof/breathable jacket with hood (look for Gore-Tex and taped seams). Example: Outdoor Research Foray Jacket
- Outer Layer:** Shell Pants. Waterproof/breathable pants (full side zips are best, 3/4-zip will work, look for Gore-Tex and taped seams). Example: Outdoor Research Foray Pants
- Casual Clothes:** For travel and safari. A long sleeve shirt, sweatshirt, or light jacket is nice in the evenings and cool mornings. Avoid dark blue or black on safari as tsetse are attracted to these colors. Cotton is fine for your casual clothes.

Optional Clothing:

- Rain Poncho:** Nice for hiking in the forest if it rains; a cheap plastic one is fine.
- Hiking shorts:** Synthetic, lightweight hiking/running shorts
- Bathing Suit:** Some of the hotels have pools.

Clothing Accessories

- Lightweight Gloves:** for hiking and around camp. Example: Outdoor Research Stormtracker Gloves
- Mid-weight Gloves:** Thick ski gloves or similar. Should be wind-proof and water-resistant at least. Example: Outdoor Research Extravert Gloves
- Heavy Gloves or Mittens:** Down or synthetic insulated for summit day. Choose mitts if you tend to have cold fingers. Example: Outdoor Research Luminary Gloves or Alti Mitts
- Hats:** Warm wool or fleece hat/beanie, face and neck protection such as a balaclava or buff, and a sun hat or cap with good brim.

Footwear

- Lightweight Shoes:** Sneakers or running shoes for hiking on approach days, around camp, around town, safari, etc. Optional: bring flip-flops or crocs for around camp.
- Mid-weight Hiking or Backpacking Boots:** You're not carrying heavy loads but you are on the trail several hours each day. Additionally, summit morning is cold so 'wiggle room' for those toes is a good thing. Good ankle support is needed on summit day. Leather and/or synthetic uppers must be well water-proofed and/or Gore-Tex, with a decent lug sole for traction over rough/slippery terrain. Purchase early and make sure they are well broken-in before the trek. Brand new boots will give you blisters and tight boots will give you cold toes on summit morning!
- Gaiters:** Keeps snow, mud, and especially scree out of your hiking boots. Shorter, 'dirt gaiters' are fine, but make sure they fit over your big hiking boots. Example: Outdoor Research Flex-Tex Gaiters
- Socks:** Minimum 3 complete changes of socks, in a combination that you have used and know works for you. Make sure your boots are roomy enough for the socks you intend to use. Tight boots will make your feet cold.

Camp Accessories

- Headlamp:** High quality, reliable headlamp with **3 sets** of fresh batteries. You are looking for 50-lumens of brightness or more. Example: Black Diamond Spot Headlamp
- Water Bottles:** Two (2) 1-liter, wide-mouth water bottles. Nalgene wide-mouth bottles are the standard because they are the best. **Bring 3 if you know you drink a lot.** Some people find they want more than 2 liters. Camelbacks or other hydration bladders work well on the approach days, but they will freeze on summit

day, even if they are insulated. If you are going to bring a Camelback, you must also bring the two 1-liter bottles for summit day. Write your name (or put a sticker) on all bottles for easy recognition. **You'll be treating 4-5 liters of water per day for 6 days!**

- Water Treatment:** Choose between a Steripen (UV sterilization), a water purifier, or chemical water treatment. Chemical treatment options include iodine tablets (Potable Aqua or similar), iodine crystals (Polar Pure), or Chlorine Dioxide (Aquamira). Water *filters* won't remove viruses so if you choose a mechanical means make sure it's a water *purifier*. If you choose a Steripen, bring extra batteries for it or a battery pack if its rechargeable.
- Camera:** With spare batteries and memory cards. Newer smart phone cameras work great, but make sure you bring an external battery pack to charge it up for summit day.

Optional Camp Accessories:

- External Battery Pack:** for recharging phone, camera or other devices
- Pocket Knife:** nothing big or fancy, a simply swiss-army type knife will be fine

Personal Accessories

- Personal Snack Food:** Bring some extra snacks for the climb, especially for summit day, and some drink mixes if you like these to add to your water. See the [Kilimanjaro FAQs](#) page for inspiration and guidance on snacks.
- Wrist Watch:** With alarm. Altimeter watches are nice if you already own one.
- Eyewear:** Bring good quality sunglasses. Full on 'glacier glasses' are not necessary, but make sure your sunglasses are sufficiently dark as the sun's rays are intense up at high altitude (especially at the equator)
- Vision correction:** Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Africa.
- Skin Care:** 50+ SPF and sweat-proof sunscreen (at least 3oz/person) and lip balm – you are on the Equator!
- Personal Hygiene:** Hand sanitizer (1-2 oz bottle), small face towel, 1-2 rolls of toilet paper, extra Ziplock bags, earplugs, and insect repellent (for safari).
- First Aid:** A small first aid kit with items that you are **likely** to use. Moleskin, duct tape, medical tape, Band-Aids, Imodium, antacid, and aspirin, ibuprofen, acetaminophen, or naproxen. That's about it.
- Prescription Medications:** 1) One regimen of antibiotic such as azithromycin for Traveler's Diarrhea; 2) Diamox for acclimatization (125mg tabs recommended, enough for one week); 3) Sleeping pills for jet lag (one week); 4) Malaria Chemoprophylaxis (we suggest Malarone, one tablet a day starting two days before the trip and going until one week after the trip); 5) Asthma medication, if any history.

Optional Camp Accessories:

- Pee bottle:** Bring an additional 1-liter wide-mouth water bottle. A disposable Gatorade bottle works great for this. This keeps you from having to get out of the tent in the cold at night. Ladies - this is optional, but if you will use a pee bottle you **MUST** be well practiced at using a female funnel (Go-girl or similar) **PRIOR** to arrival.
- Chemical hand and toe warmers.** A good idea if you tend to have cold extremities, but you'll need a thin liner sock to put between your feet and the chemical warmers. (2-4 pairs each)
- Travel pillow:** inflatable backpacking pillow, although your clothes inside of a stuff sack will suffice
- Thermos:** nice for hot drinks at camp and on summit day. 18-24 oz is a good size for this.
- Handkerchiefs:** to keep the sun off your neck, wipe sweat off your face, or clean sunglasses
- Insulated Water Bottle Parkas:** to keep your water bottles from freezing on summit morning
- Ski goggles:** nice for contact lens wearers with sensitive eyes. Choose clear or light colored lenses for use at night. Might be useful in windy conditions that cause blowing dust (rare).

"I'm writing on behalf of my entire family to thank IMG for our fantastic trip to Kilimanjaro. My wife, two teenage children, and I all had an incredibly great time, both on the mountain and on safari. I'd recommend a trip to Kilimanjaro with IMG to any family seeking a challenging and fulfilling adventure..."

—PD and Family

For more comments from IMG climbers, please see our website at: mountainguides.com/comments.shtml