



KILIMANJARO- FAQ'S

You want to summit the highest mountain in Africa? On the mountain, your biggest physical obstacle at such a high altitude is the lack of oxygen, and possibly the cold. Prior to your ascent of Kilimanjaro, there are choices to make based on your own understanding of your physical condition, your ability to listen, and the level of determination within yourself.

There is no best route up the mountain and there is no best time of year. We recommend making informed decisions based on your own needs and those of your hiking group to give everyone the best chance of summit success. Regardless of your decision before attempting Mount Kilimanjaro, it still comes down to you and the mountain on the day.

<p>What is the best trek length for Mount Kilimanjaro?</p>	<ul style="list-style-type: none"> • The shortest duration available on the market is 5 days. We don't recommend that to most of our clients as it is dangerous, risky and hardly ever remembered let alone enjoyed unless you are very experienced hiker at altitude! • If you are fairly fit with some altitude experience 6 days is a viable option. • We usually suggest at least 7 days to give you the best chance of summit success with that extra day to acclimatize. 7 days improves your chances and the expedition is a lot more fun. • There are 8-day options for all routes. The Lemosho route, is a bit longer and often done as an 8-day. • There is even the big 9-day traverse!
<p>When is the best time of year to climb Mount Kilimanjaro?</p>	<ul style="list-style-type: none"> • It's possible to climb Kilimanjaro all year round. It is a high-altitude peak with localized weather conditions – so any weather can happen, any time of year. Every season has pros & cons. • Jan-Feb: Dry months of the year, popular time to climb as clear skies common. • March: Usually dry and before the long rains. Colder with a chance of rain/snow • April-May: Long rains, often bring snow. Trails can be wet/muddy. Summit scenes can be snowy beauty • June: The transition to dry season. Can have dramatic clouds, cold temperatures, snow can persist. • July-Aug-Sept: Low, infrequent rainfall so considered the best time to climb Kilimanjaro as clear skies. Temperatures can still be cold. Trails and camps can be busy as it is peak season and coincides with northern hemisphere summer holidays. • October: The good conditions last into about mid-October when the buildup for the short rains begins. • November: Tanzania's short rainy season starts & continues until the beginning of December. Afternoon rains are common. Be prepared for a shower. Uncrowded. Clear skies in the mornings and evenings. • December: Rains can extend. Kili is popular over the Festive Season & New Year period.
<p>What is the temperature on Mount Kilimanjaro?</p>	<ul style="list-style-type: none"> • Temperatures vary from top to bottom of the mountain. At the base, it can be 30°C & at the top -20°C • Day and night temperatures vary vastly. • Summit Night- average is -6°C . It can be as low as -20°C, with a real-feel of -40°C (windchill factor)
<p>Weather notes:</p>	<ul style="list-style-type: none"> • Mount Kilimanjaro is such a large geographic structure it essentially creates its own weather, so be prepared for all weather, no matter what time of year you choose to trek. • Wind: South-East trade winds from the Indian Ocean arrive around mid-March bringing the long rains. • Wind: The North-East trade winds arrive between May and November. They don't carry much rain, but they can blow quite strongly forcing their way through the Saddle (the valley between Kilimanjaro's two peaks – Kibo and Mawenzi).





<p>General Health</p>	<p>General health and wellbeing are your personal responsibility. East Africa is considered a generally healthy place to travel. A different climate, different food & water, altitude or unusual physical activities can however impact on your health.</p> <ul style="list-style-type: none"> • Dehydration is common and from the day you set foot in Africa we would suggest that you drink more water than usual. Filtered water is provided on the mountains, if you are sensitive, please bring your own water purification • Bring any medications you may need with you, along with a doctor's letter outlining what they are for in the unfortunate event of a medical emergency. Let us know if there are any pre-existing medical conditions that could impact on the expedition or our mountain team. • We recommend carrying a small travel first aid kit which contains basic supplies that can start to treat any potential health issue before seeking medical assistance. • The sun close to the equator is strong so please wear a hat & apply sunscreen frequently if applicable for your skin tone. UV exposure increases about 4% for every 300 m (1000 ft) gain in elevation, so it is easy to get sunburned at higher altitudes, because there is less of the earth's atmosphere to block the sunlight. • Bring polarized sunglasses for snow. Don't forget spare contact lenses or glasses.
<p>Mountain Safety</p>	<ul style="list-style-type: none"> • Safety is not negotiable in our opinion & is always taken into consideration for all our trips. • Each mountain team should have a trained first responder and experienced mountaineers who are able to make medical decisions on the mountain (based on informed data). • Daily medical checks on each climber, taking a pulse oximeter reading at each (assists decision making for further ascent on a client's health and fitness). • Notify the head guide of any medication you take on the mountain, & communicate your symptoms. • A Tanzanian medical doctor is available on request.
<p>Diet and Hydration on the mountain</p>	<ul style="list-style-type: none"> • It is so important to keep eating and drinking to keep energy levels up when hiking, especially at high altitude – the most common observation at altitude is the initial loss of body weight as energy and protein intake levels continuously decrease due to a loss of appetite. • Keeping both energy & hydration levels high will help make the strenuous portions of the climb easier on the your body. • It is advisable to eat sufficient quantities even if you do not feel particularly hungry as stamina depletes quickly during the climb. It is also recommended to consume ample amounts of carbohydrates, proteins, vitamins and mineral nutrients before the climb starts. • During physical exertion, it is crucial to replenish fluids for optimal hydration and energy essential for the brain and muscles to continue their work. Sports drinks containing electrolytes and vitamins are significantly better absorbed and help to replace energy, electrolytes, vitamins and other nutrients essential for performance. • The importance of drinking water cannot be over emphasized. Being thirsty and having a dry mouth are signs of dehydration. Other signs of dehydration are: dizziness, headache, mental irritation or depression, fatigue, water retention, lower back pain, recurring or chronic pain, decreased urine output and colour, heartburn, stomach ache and sunken eyes.
<p>Documenting your trip – high-altitude filming</p>	<ul style="list-style-type: none"> • There will always be conflict between the need to travel light and the need for tech and gadgets to shoot quality material- the latter obviously requires more kit. • Any gear you decide to bring should really fit in your backpack or be worn on you. • If you can afford it & want to decrease your personal risk of exhaustion or illness, it is possible to employ local porters who are used to the regional conditions & carrying heavy gear. • Keep it simple, we suggest one device – a good quality phone works surprisingly well. • Your SLR body with one lens (2 at the most).





CONSERVATION THROUGH TOURISM LTD

+255 768 917 889 | +255 759 756 814
info@conservationthroughtourism.com
www.conservationthroughtourism.com

	<ul style="list-style-type: none"> ● Drones are not permitted.
Batteries and Charging	<ul style="list-style-type: none"> ● Cameras and electronic equipment can be adversely affected by high altitude. In the extreme cold lenses can freeze over, cables can become brittle and any extreme temperatures (be they hot or cold) can cause batteries to drain much faster than in normal conditions. ● Keep your batteries as warm as possible, keep them in your sleeping bags at night. ● Charging your gear on the mountain can be challenging: don't count on power supply or generators ● Power banks (fully charged) are your best friend for charging
Documents	<ul style="list-style-type: none"> ● Passport (with 6 months) ● Visa (if applicable) ● Air Travel Documents ● Travel Insurance ● Vaccination Certificates ● Covid-19 related policies as required at time of travel



Conservation Through Tourism Ltd
Directors: JD Swai, CP Verhoef, SL Grierson
TALA License No: 009525 | TIN No 154-026-231

