

KILI CLIMB FAQ'S

1. What type of physical condition should I be in?

The climb does require neither technical skills nor climbing experience; anybody in a good health and in a good physical shape can climb Mount Kilimanjaro. If you have a heart or lung condition it is best to check with your doctor.

2. Is there any pre conditioning you can recommend?

Run AND do some upper body work out as well, for at least a month or more. Running in a gym is NOT the same, though the stairmasters and elliptical machines seem to work well for climbing. Anything that gets you used to hills is great.

3. What about altitude sickness?

Mark has summited the mountain 14 times and is experienced in identifying altitude sickness and responding to the problems it can cause climbers. He will constantly monitor your well being on the climb by watching you and speaking with you. It is important you be open, active and honest with your guide. If you do not feel well, do not try and pretend.

IF WE FEEL WE HAVE TO SEND YOU DOWN, YOU JUST MUST GO, SADLY, DO AS WE SAY. THERE CAN'T BE ANY ARGUMENT ABOUT IT. WE HAVE TO RESERVE THE RIGHT TO SEND ANYONE DOWN AT ANY POINT. Nobody wants a death, right.

4. How much gear will I need to carry?

You'll only need to carry water, snack food and warm clothes, NOTHING ELSE.

5. What is provided, and is there any special gear I should bring?

We provide tents, food, utensils and leadership. You should bring your own sleeping bag rated to 10 degrees F at the least., NO water system needed, personal clothing, sleeping pad, light duffle bag and day pack, and BROKEN IN BOOTS. A packing list is provided to all climbers, along with our pre-departure packet,

6. Are there any vaccinations I should have before departing?

Only Yellow Fever is needed. Bring anti-malarial tablets and diamox tablets as well if you wish. We recommend both!

For medical advise it is always best to consult with your doctor, a travel nurse or Center for Disease Control at [.http://www.cdc.gov](http://www.cdc.gov) for current recommendations. If you are arriving from a yellow fever epidemic area such as Kenya, proof of vaccination is required. A yellow fever vaccination and anti-malarial medicine at minimum are suggested.

7. What is the food like?

Expect to eat well, amply, and on time. Your cook works with a variety of fresh, canned, freeze dried and mix ingredients to produce multi-course meals. We emphasize drinking plenty of fluids and you will have choice of beverages including tea, coffee, cocoa, milk, lemonade and water. The evening meal will include meat, soup, salad, a vegetable course and dessert. Carbohydrates come from cereals, breads, rice and pasta.

Vegetarians are catered for. You may wish to bring trail snacks and protein bars, but they are not necessary.

8. Drinking water—is it safe and is there enough for all climbers?

There is always plenty of water in each campsite. It is boiled before distribution to climbers. While you will not need to bring additional bottled water, you may wish to bring flavoring.

9. What kind of help is available in case of an emergency?

We always have a first aid kit close at hand. More serious injuries are

cont. next page



KILI FAQ'S PAGE 2

rare. Porters will assist injured climbers to the base of the mountain and onward to a clinic or hospital. Kilimanjaro International Airport is very near Marangu Gate if evacuation to The US or Europe is advisable. There is a very highly trained rescue team on the mountain at all times.

10. What does the trip cost me include?

This price includes all transfers, first night accommodation in country, all regular meals, all park fees, transfers to and from the trail head for you and your staff, airport transfers, and group equipment (not including sleeping bag and pad). Expenses you may incur that are not included in your trip cost are tips for your porters and guides. Also, you may want to buy souvenirs. At Lamu Island you are on Bed and Breakfast only, other meals are NOT INCLUDED AT LAMU. Airfare to and from Africa is not included. You may wish to consult a travel agent or the web. I would recommend speaking with Becky at Table Mountain Travel, 800 999-1580, should you wish to book your air with a live person.

11. What is appropriate for staff tips?

Typically its \$10 per day for the porters that goes to a group kitty that they split. Also \$10 per person goes to the climbing guide's kitty as well. But its up to you.

12. What about the weather?

Due to its proximity to the equator, Mount Kilimanjaro does not experience wide temperature changes from season to season. Instead, the temperatures on Mount Kilimanjaro are determined more so by the altitude and time of day. At the beginning of the climb, at the base of the mountain, the average temperature is around 70 to 80 degrees Fahrenheit (21 to 27 degrees Celsius). From there, the temperatures will decrease as you move through Mount Kilimanjaro's ecological zones. At the summit, the night time temperatures can range between 0 and -15 degrees Fahrenheit (-18 to -26 degrees Celsius). Due to Mount Kilimanjaro's great height, the mountain creates its own weather. It is extremely variable and impossible to predict. Therefore, regardless of when you climb, you should always be prepared for wet days and cold nights.

Last year's trip we had very mild conditions, luckily. It was overcast at first, followed by high stratus, temperature on the summit was 12 degrees and winds were about 15 mph.

13. Can I add a safari extension before or after the trip?

Yes, we can easily arrange safari trips for you, either before or after the climb and Lamu portion of your time in Kenya. Logistically, it is easier to arrange extensions after the climb and Lamu, but it can be done before as well; certainly (and its worth it).

14. Will there be an opportunity to visit Kolunga Village?

Yes, absolutely. We love to share the Kolunga experience with all our visitors. If you'd like there are many ways that you can volunteer while in the village too. It can easily be added as an extension to the climb.

