

AM I OK TO ATTEMPT TO CLIMB KILIMANJARO?

If you want to do it, and plan well ahead, then the summit of Kilimanjaro can be reached by virtually anyone. However, if you are 'starting from scratch', then you will have to put a lot of training in early.

The walking is not difficult (except on the Barranco Wall where some easy scrambling is required), but it is (until you reach the top!) all pretty much uphill. The pace is slow, sometimes frustratingly slow for fitter walkers, but a slow pace is the route to success. Why rush to get to camp when you have all day to get there?

TRAINING

A programme of walking, cycling and running/jogging is the best way to prepare yourself for the climb. You CAN improve your fitness and stamina through an intensifying programme of exercise over a period of time. You CANNOT, however, train for altitude other than by going to altitude!

ALTITUDE

This can affect anyone, anytime! People who have previously been to altitude will know how to cope with it, but if it is your first time just:

- **Go slowly** – don't get out of breath.
- **Drink lots and lots of liquid** (clear, colourless urine is a sign you are drinking enough).
- **Keep eating** – you need the energy!

ON THE MOUNTAIN

It is the same for everyone. We camp each night in mountain tents; 2 people to a 3-person tent. Comfortable mattresses are supplied but you will need a good sleeping bag (available for hire). We eat meals in a dining tent, sitting at a table. Food is varied and plentiful and most special diets can be catered for. Porters carry all of your main equipment – you just carry a light daypack.

WHAT YOU NEED

- **Determination**
- **Dedication** – put the training in well before you go.
- **Health** – if you are not well when you start the ascent, you are unlikely to get better as you ascend.

It is an amazing, achievable goal to reach the top of Africa. Even if you do not make it to the summit, it is a great trek in a fascinating country.