



Your Guideline to Mount Kilimanjaro

Safety for our clients is very important, so we advise that your travel insurance be medically covered. This will enable you to be evacuated if you need assistance with a helicopter, as your insurance will medically cover you. This will allow the helicopter to be taken from the mountain to a high-altitude clinic for further checks.

- We provide a first aid kit full of medication against acute mountain sickness, which are HAPE and HACE.
- We also provide an oxygen tank with a pulse oximeter so you can understand how safe you will be if you book your trip with us, and I want to assure you that you will both enjoy and reach the top safely.

While on the mountain, **eating a good diet** is essential for a successful climb.

Food must be high-energy, plentiful, appealing, and easy to digest. These are important components since a great amount of energy is required. Food that will not disturb the stomach further is essential since climbers sometimes have to force themselves to eat.

A typical breakfast may have combinations of the following:

- Cooking oats, porridge, bread, plantains, pancakes, eggs, sausages, bacon, tea/coffee/hot chocolate fruit and juice.

Lunches and dinners:

- Pasta, rice, potatoes, fish from freshwater and saltwater, meat, vegetables, fresh soup/stew, popcorn, and peanuts.
- You can consider bringing energy bars and electrolytes
- Our cooks can accommodate special diets such as vegetarian/vegan, food allergies, and gluten-free. We welcome special requests (before we are on the mountain).
- We also have a system of bringing up on-the-mountain resupply of fresh food that enables clients to get a good taste of food as they keep going high.

Climbing gear packing list:

Equipment

- 1-sleeping bag we suggest a comfort rating of 0 C (32 F) plus a liner
- 1-Trekking poles
- 1-Duffel bag waterproof, 90L-100L for porters to carry their equipment.
- 1-Daypack, 40L capacity to carry gear, including daily medication.
- 1-head lamp with extra batteries.

Accessories

- 1-Backpack cover waterproof
- 2-3 Water bottle(s) Nalgene as clients need to carry 3L of water with you each day.
- 1 Water bladder (camelback 3 liters as well)
- 1 pair of sunglasses or Goggles
- 1-Towel lightweight, baby wipes

Technical Clothing

- 2: Long-sleeve shirt, lightweight
- 1-Short sleeve, lightweight
- 1-Soft jacket fleece or soft shell
- 1-Waterproof jacket/Poncho
- 1-Waterproof pants breathable (side zipper is recommended)
- 2-Hiking pants
- 1-Fleece pants
- 2-Shorts
- 1-Long underwear with moisture-wicking fabric is recommended
- 2: Sport Bra (Women)

Footwear

- 1-Hiking boots, warm, waterproof
- 1-Comfort shoes to wear at the camp
- 5-Socks, wool, because cotton does not dry quickly
- 5-Liner socks
- 1-Gaiters, waterproof.

Tipping Guideline

The following tipping amount is the guideline for the crew:

- The main guide per day is \$15 up to \$20
- The assistant's guide per day is \$15
- The Chef per day is \$15
- The waiter's pay per day is \$10
- Each porter per day is \$7 up to \$10

Please note this is the recommended amount, but you can tip below the recommended amount or above the recommended amount; all this depends on your budget or outstanding service.