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## PARAKUYO TOURS & SAFARIS KILIMANJARO CLIMBS & OTHER CLIMBING PREPARATION PACKAGE

The **very best** way to prepare for climbing to high altitude is to climb to high altitude, remember that the higher the altitude you can reach and the longer the hikes you do for training, the better and maximize the chance for great success on your climb.

To sufficiently prepare for climbing Kilimanjaro, the best exercise you need to do is to **hike** - Just being out hiking up hill is the best, after all this is what you will be doing on the mountain. You should be hiking with everything (personal gear and drinking water 3-4 liters,) in your day pack that you intend carrying when climbing Kilimanjaro. This also allows you to get used to your backpack weight and hiking boots. Remember, it is important you climb Kilimanjaro with the boots you are used to! Wearing a different pair you are not used of boots on your climb will likely cause blistering.

Practice as well drinking enough water 3-4 liters per day, as it's important you drink enough water during your trek.

Running and biking are also very good and at least take you outdoors so you can test your equipment. In case work outdoors or hiking is not an option for you, then stair masters and climbing machines at the gym will work.

Do not do short hard blasts of hike/exercises, instead go for long sustained hike/workouts try exercising three to four days a week, at least three months prior your climb.

Remember high altitude mountain climbing requires acclimatization and that, a **strong mind** is as important as a strong body. If you are fairly fit and choose a climbing itinerary that allows plenty of time to acclimatize you have the formula for success.

Practice to build your mind to be strong/tough, build your stamina/endurance and build your emotional stability – these are the factors important to have for you to climb successfully!

## **GUIDES.**

Our top priority is your safety while on the mountain, our chief guide and leader of expeditions on Kilimanjaro and Mount Meru, Anderson Mbise, along with other guides are experienced, skilled, knowledgeable and attentive, their passion is to help and assist you achieve your goal to climb Kilimanjaro.

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## **PACKING MISTAKES CLIMBERS DO**

One of the common mistakes climbers do is they over pack, bring too much and disorganized! Be selective of what you are bringing for the climb, bring the necessary gear (see guideline for the personal gear)

In case you are going for safari after climb, leave the safari stuff you do not need on the climb at the lodge or hotel, carry only the necessary stuffs for the climb.

**Note** and **remember** that, porters are limited to carry 15 kg (33 lbs) of your personal belongings from camp to camp, so pack wisely, organized and smart. You will be required to hire extra porter if you have excess weight of your belongings and it is rare cases this happens with our clients.

You should pack your personal belongings to a duffel bag, except the ones you will need during the day trek which will go with you in the day pack.

## **DAY TO DAY SCHEDULE ON THE MOUNTAIN**

You will be woken between 6:00 AM – 6.30 AM, by your waiter or porter who will bring you warm water to wash your face and hands; thereafter, you will take your breakfast, the meals are taken in a mess tent, outdoors if the weather is good complete with chairs, tables etc. You will pack your duffel and your day pack, you will start trekking around 8.00 AM, the porters will stay behind cleaning the camp, pack the tents and other stuffs plus your duffel and head to the next camp, and start setting up the camp for you again.

The walking time is 4-6 hours per day and varies day to day. Depending on group performance and assessment of the guide, he will decide the pace and breaks during the walk

**Slow Pace Concern:** We had incidences from previously clients expressing their concern before arriving for the climb, that they are afraid they might be “too slow” during the trek and that they might not be able to catch up with the pace of other climbers or the guide and hence lower their success rate. You should not be worried with this concern, in fact slow pace is recommended. The guide will set a slow pace to give everyone in the group the best chance to acclimatize well with increasing altitude and hence a successful climb.

After arriving to the next camp, you will be served with warm water, to clean off, dinner is served 6.00 – 6.30 PM, after dinner, the guide will brief you about the following day schedule or any events.

Water is collected from mountain streams and treated with water purification tablets and provided at the camps only, therefore you should be able to carry 3-4 liters, so you stay hydrated during the climb.

The guides will be monitoring all the climbers for any concern, don't hesitate to raise any problem/doubt/concern you might have to the guide or other members in your team.

**What to pack in your Day Pak:** Pack the items from your gear list, the specific items generally depends the time you will use to get to the next camp, weather conditions, trail condition. In your day pack generally pack, drinking water, snacks, gloves, camera, sunglasses, extra clothing, waterproof gears, sunscreen, lip balm, hand sanitizer, your first aid kit, a pocket knife, wet wipes. If you're unsure what to pack for the following day please ask your guide. Other stuffs, you should pack in your duffel bag which the porter will carry for you.

Use the dry bags to separate and water proof your gears in duffel and in your day pack. Remember, your camera, batteries, smartphone absolutely need water proof material to cover.

**At the camp:** After arrival to the camp, you're not expected to do camp chores i.e. setting up tents, fetching water or cooking, these chores will be done by your crew. The mess tent will be ready and there would be hot drinks, tea, cocoa, coffee popcorn, etc. waiting for you.

Get in your tent, change the wet clothes in case you have any, take off your boots to make blood circulate much better to your feet, if you have brought camping shoes/walking shoes you can put those on (keep in mind weather permitting) and make sure you are warm all the time at the camp, this will help your body acclimatize better.

Most of the people like to socialize at the camps, some hangout at the mess tent, talking to the guides, other members on the team or other crews, it's time a lot of stories come up and you will get to know more of your crew, country culture etc., so there would be laughter and joy! Some want to have a look around taking pictures, others stay in their tents reading books, listening to music from their headphones.

**Summit day:** the trek will begin very early, the guide will try timing the group to reach the summit (Uhuru point) at sunrise. You will go to sleep after early dinner the night before and awoken around midnight to prepare for the summit attempt

after a light snack. The walk will be long today 10-16 hours, from your camp to the summit and descending to your overnight camp.

The guides, assistant guides and summit porters will be with you every step of the way to assist you on your ascend. The guide will be checking everyone progress regularly, to see how everyone is doing and offer assistance/help to those who might need.

Once you reach the summit, you will spend some time celebrating, taking photos, then return to Barafu or Kibo Hut or according to guide's plan, for lunch, thereafter, you will descend to lower camp for dinner and overnight.

At the summit, don't forget to have a good look of the lower land, the great view around and as far as your eyes can see, let that great experience and achievement absorbed in your mind and soul! – Some forget this!

### **Gears you need to bring for your climb**

You will be responsible to bring your personal gears for the climb. We recommend you bring the gears, some are available for rent, but we can not guarantee its quality, functionality, availability and pricing.

Below is the list of gear items required, recommended and optional for your climb.

### **For Carrying Your Gears**

**Frameless Day Pack** medium size (frameless pack which can carry between 8 to 10 Kg - 15 to 20 Pounds) with support is recommended and should fit properly on your back, with waist belt, side pockets to carry your personal gear.

**Pack Cover:** Something waterproof to cover your pack with when hiking in the rain. Otherwise, bring a large dry bag to line inside the backpack before you put your gears.

**Duffle/zip Bag:** Medium size for mountain gear. This is the one that the porters will carry, containing your other mountain gears.

**Duffle/zip Bag:** to hold your non-mountain gear in case you have any and is important for you to bring or if you're going on safari after climb (otherwise not necessary) leave this at the lodge/Hotel in case you have brought.

**Padlock:** Two pieces to lock your duffel which the porters will carry and the one you will leave at the Lodge/Hotel, in case you have.

**Dry Bags or Other Materials** which are **water proof**, various sizes, helpful for you to get organized, use to double bag your sleeping bag and clothes on the mountain. It can rain, or for your camera, passport, documents, smartphone etc. or use to separate dirty and clean clothes,

### **Personal Health, Comfort Recommended list**

- Toiletries - Bring enough for entire trip for all your needs, keep light, simple and pack smart. Remember a baggie to put toilet papers you have used on the trail
- Headlamp - Useful and handy in camp Important on summit day, bring enough spare batteries as cold weather shorten their life
- Power bank – For your smartphone, this run out of power quickly, you may need to recharge from time to time, smartphone useful in this modern technology, you may need to record short clips, take pictures with it and share with your loved ones
- Pocket Knife – Bring simple one, Swiss army type with scissors is just fine
- Snacks, light-weight, high calorie, high energy (optional)
- Towel - For wash up in camp, a small one is good, or you can use a bandana.

- Towelettes/Wet wipes - For general hygiene, keep in mind you may not be able to take shower on the hike, so bring enough for duration of your hike on the mountain.
- Hand Sanitizer
- If you wear contact lenses, be sure to bring extra contact lenses, contact lens solution and a pair of glasses in case of eye irritation from the dust.
- Insect Repellent, containing DEET,
- Pee Bottle, to avoid leaving tent at night (recommended)
- Journal/Note book – To record your daily events, pencils, pens
- Snacks, light-weight, high calorie, high energy (optional)
- **Patience and a Sense of humor - Essential for Africa!**
- Personal First Aid Kit - Please see below for recommended list

### **Recommendations for your First Aid Kit:**

The guide will have a first aid kit (for the group, including the crew) with, gauze, tape, medicated soap, antibiotic ointment, antacid tablets, some antibiotics, pain killers, eye treatments, Imodium, Compazine and Diamox. Because of liability problems, prescription drugs will **only** be dispensed in emergencies.

We suggest you bring the following medical items. **Please discuss** this with your **Doctor** about the below list and prescriptions;

- Intestinal disorders: Compazine, 25mg rectal suppositories; for severe nausea, vomiting. Imodium, to decrease diarrhea and cramping. Tetracycline, Cipro or Bactrim antibiotics: for initial treatment of severe diarrhea. Activated charcoal has proven to be an effective first stage treatment.
- Cuts and scrapes: It's wise to bring a supply of "Band-aids" to treat those abrasions that sometimes occur.



- Infections: Antibiotic ointment for cuts and abrasions. Erythromycin or Amoxicillin tablets for skin or soft tissue infections.
- Blisters: It is wise to bring your own small supply of blister treatment items to insure that you avoid letting any blister get out of hand. "Second Skin" and moleskin are recommended
- Headaches: Tylenol and Tylenol with codeine\*\* to help relieve possible altitude headaches. Nothing stronger than codeine should be taken for fear of masking potential severe altitude problems while on the mountain.
- Eye drops medication for allergies and dry eyes.
- Insomnia: Halcion\*\* 15mg tablets. In high altitude mountaineering restlessness is not uncommon and sleep is very important. Halcion is a light sleeping pill, we do not recommend using any sleeping pills above 15,000 feet (4,572M). We have also found Melatonin to be very helpful for jet lag.
- High Altitude Sickness: Diamox\*\* (acetazolamide) 250mg tablets to be taken twice a day from 13,000 feet (4,000M) to the top. This drug is widely used in high altitude mountaineering and is recommended.
- \*\*Do some research on - "Mountain Sickness Prevention, Recognition and Treatment."

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## **RECOMMENDED GEAR LIST.**

### **For the Head and Face:**

**Pile or Wool hat:** Bring one that covers ears, a balaclava type is excellent.



**Knit Hat:** for warmth

**Shade Hat:** Visor hat with good brim is essential for protection from the equatorial sun.

**Sunglasses:** Essential for eye protection in the tropics and at altitude. Bring a good quality pair. Attachable side shields are recommended, or bring glacier glasses. Recommended you bring extra spare pair, in case one pair get damaged

**Sunscreen:** Bring plenty of complete sun block with a protection factor of 15 or more, you will need also if you will go to safari or Zanzibar after climb

**Lip Balm:** With SPF rating of 15 or more.

**Bandanas:** Tied around neck they give good sun protection and other various uses, i.e. Cleaning your sunglasses, as wash clothes, etc. They dry very quickly, so it's useful

**For the Upper Body:**

**Upper Body Layers:** For climbing, we recommend you have three warm layers for the upper body. I.e. 1 - Waterproof Jacket, breathable with hood

1 - Insulated Jacket, synthetic or down

1 - Soft Jacket, fleece or soft-shell, or wool sweater

Items must be made of wool, synthetic or pile. Make sure all layers fit comfortably over each other and supply good insulation. A good combination is a long underwear top, a sweater, and a pile jacket or heavy wool shirt. Cotton items do not provide adequate insulation and are completely useless when damp, so don't bother to bring on the climb. No cotton, even for inner layer.

**T-Shirts:** Two T-shirts that you don't mind getting dirty while on the mountain. Synthetic is best.

**Rain Parka:** There might be afternoon showers on the mountain. Bring a good parka of Gortex or waterproof nylon that has been "seam sealed".

**Wind Shirt:** (optional if you have Gortex rain gear) A nylon wind shell (not waterproof), roomy enough to fit comfortably over all upper body layers. Gortex is good for both this wind shirt and for the rain coat.

**Poncho:** (Optional) Quick and handy protection for body and rucksack.

**Gloves or Mittens:** Wool or pile. One pair of heavy mittens and a light pair of gloves work well.

**Mitten Shells:** One pair to go over your mittens. These are for use against the winds sometimes encountered on the way to the summit.

**Sports Bra:** For the women, recommended two

**For the Lower Body:**

**Quick Dry Hiking Shorts:** 1 pair. Good for hiking at lower elevations on the mountain.

**Long Underwear Bottoms:** One pair. Wool or synthetic

**Wool, Bunting or Pile Pants:** One pair that fit loosely and are comfortable. These are essential to be worn over the long john bottoms. – long john is long underwear or thermal underwear

**Rain Pants:** Bring a good pair of rain pants of Gortex or waterproof nylon that has been “seam sealed”.

**Wind Pants:** (optional if you have Gortex rain pants.) One pair. These are used often on the mountain for protection against wind. They should be breathable nylon and roomy enough to fit comfortably over wool or pile pants.

**Tights:** Lycra or polypropylene type are comfortable to hike in, provide good warmth on cool misty days, dry fast and prevent sunburn.

**Undergarments:** Enough for the duration of the trek.

### **For the Feet:**

**Thin Socks:** Two pair of synthetic socks. These you will wear under heavy wool socks. These help to prevent blisters and keep feet dry.

**Thick Socks:** Three pair of heavy wool or synthetic socks to wear for warmth with hiking boots.

**Hiking Boots:** One pair hiking boots large enough to be comfortable with one liner sock and one heavy wool or synthetic sock. When fitting boots be sure they are long enough that your toe will not strike the end of the boot when walking down hill for hours. Make sure they have good ankle support and you have break in the hiking boots before you come for the climb with it, - hike, walk with it during your preparation at home for the climb, so you will be sure the pair is comfortably fit for the climb, try the layers we have suggested as well, to make sure is the right hiking boots you will need.

**Gaiters:** Water proof, one pair high made of breath-able material to keep dirt and snow out of your boots.

**Tennis Shoes:** These are to wear in camp after a day of hiking.

**Walking Poles:** Two pieces collapsible (Recommended)

### **For Sleeping:**

**Sleeping Bag and Stuff Sac:** On the mountain temperatures can get down to -12 Celsius at night so bring a warm bag. Sleeping bag rated -10Celsius to -25Celsius degrees is recommended

**Camp Pillow,** inflatable (optional)

### **For Drinking:**

**Water Bottle:** 1-2 Nalgene bottle.

**Camelback** 3-litres capacity recommended Remember you need to carry your drinking water 3-4 liters a day, to stay well hydrated.

**Water Treatment:** Iodine purification tablets or as suggested by your doctor. Water flavoring (optional) for the taste you like or as recommended by your doctor.

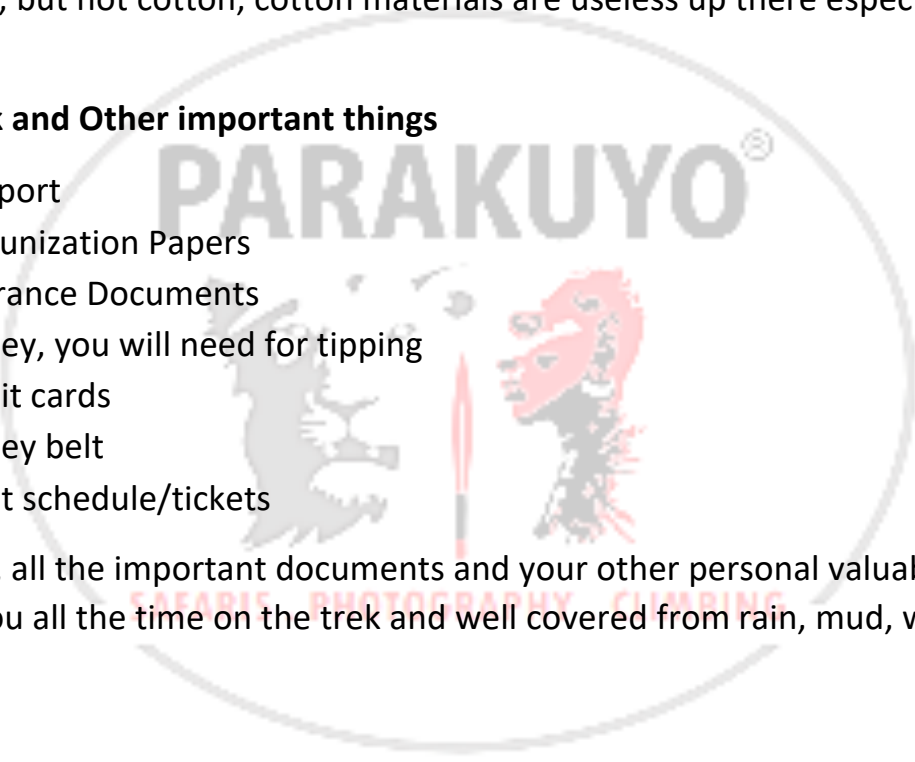
**It is really important** that you stay hydrated while at altitude for better acclimatization.

\*Clothing, not necessary to be “Exactly” you can substitute with things which works best, but not cotton, cotton materials are useless up there especially when get wet

#### **Paperwork and Other important things**

- Passport
- Immunization Papers
- Insurance Documents
- Money, you will need for tipping
- Credit cards
- Money belt
- Flight schedule/tickets

Make sure, all the important documents and your other personal valuable things are with you all the time on the trek and well covered from rain, mud, water, moisture.



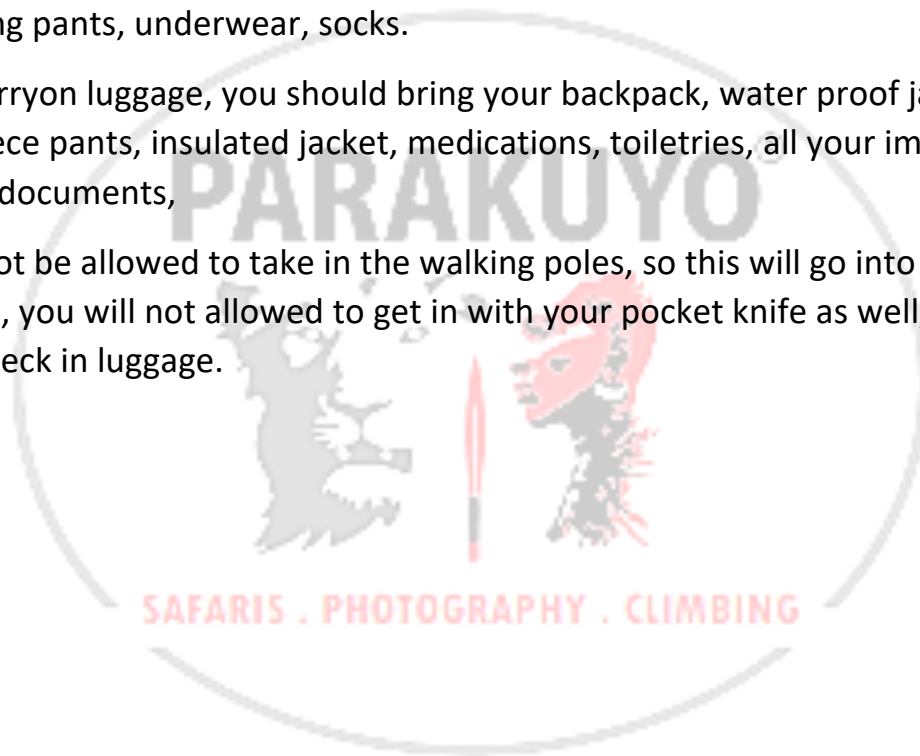
## **MAKE SMART PREPARATION FOR YOUR TRAVEL/FLIGHT TO TANZANIA.**

There are rare cases whereby checked in luggage in planes can be delayed or lost, you should prepare yourself for this. Below are some recommendation/guideline to help you prepare for this.

We recommend, you should wear the complete essential hiking gears while bordering your flight, hiking boots, *(remember to were them or carry)* long sleeve shirt, hiking pants, underwear, socks.

In your carryon luggage, you should bring your backpack, water proof jacket and pants, fleece pants, insulated jacket, medications, toiletries, all your important travelling documents,

You will not be allowed to take in the walking poles, so this will go into your check in luggage, you will not allowed to get in with your pocket knife as well, so put this to your check in luggage.



**NOTE:**

- There would be charges if you fail to continue with the hike for any reason, charges for transfer from Kilimanjaro, accommodation and meals, until the day you were expected to finish the hike – Something I don't expect if you follow this preparation guidelines and follow your guide's instructions during the trek.
- Make sure you obtain all the necessary gears for your hike at home, here they available for rent and they may be expensive to rent than purchasing price at home, its availability, quality and functionality cannot be guaranteed as well. This includes your Personal Health, Comfort Recommended list and First Aid list.  
The lists are recommendations, it's not necessary to be exactly, you may bring similar items, which are useful for trek on mountains, cold and high altitudes.
- Recycle water bottles are not allowed in the park, so don't bring along on the climb.
- Drones are not allowed to fly in Tanzania and are strictly prohibited to use in all National Parks, so don't bother bringing those.
- Avoid packing/carrying your things in plastic bags, from 1<sup>st</sup> June 2019, the Government has ban plastic bags in the country. We would like you to be aware of this, so you don't encounter any unpleasant situation at the airport or while in country.

**KILIMANJARO CLIMB & OTHER CLIMBS PREPARATION PACKAGE.**

As a guide to help you in preparation for your mountain climbing, I want you to be aware of several things while on your preparations for the Kilimanjaro trek, I believe, following this guideline will help you maximize your success rate, climb Kilimanjaro successfully and achieve your goal reaching the summit.

Remember you will be accompanied with the guide and feel free to ask him anything you think you will need to know and he will be of help for you.

I wish you good preparation for your travel to Tanzania and on Kilimanjaro trek.

In case you have any query please feel free to reach me anytime, I'm here to help you achieve your goal.

**MELECK JOHN.**

**Team Leader,  
Parakuyo Tours & Safaris.**

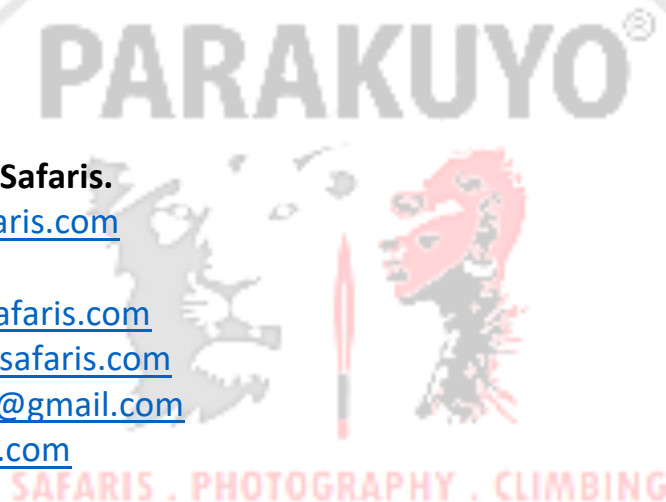
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