

Tips for Climbing Mount Kilimanjaro

Make the ascent in a pace that suits you; do not rush and rest frequently.

Make sure that you drink at least 3 – 4 liters of liquid a day, preferably water. The water on the mountain is safe to drink. Take a sip every now and then. You will lose a large amount of fluid through the lungs and by sweating.

Mount Kilimanjaro climbing checklist

Documents

- Passport
- Yellow fever certificate
- Entrance visa
- Medical insurance

Clothing

- Jersey
- Waterproof jacket
- Water proof pants
- Shorts
- T-shirts
- Jeans
- Warm jacket
- Thermal underwear
- Balaclava
- Gloves
- Sunglasses
- Woolen socks
- Hiking boots
- Light shoes
- Cap/hat
- Towel
- Underwear
- Socks

Equipment

- Sleeping bag
- Sleeping Mat for extra comfort.
- Day pack
- Water bottle
- Toilet paper
- Torch and batteries
- Pocket knife

Food (optional for snacking on the trail)

- Energy drinks
- Chocolate
- Sweets
- Fruit
- Nuts
- Energy snacks
- Water

Photography

- Camera
- Spare batteries
- Film
- Different lenses
- Video camera
- Binoculars
- Video tapes

First aid/medical

- Aspirin
- Assorted plasters
- Sun protection cream
- Anti malaria tablets
- Insect repellent
- Lip salve
- Water purification tablets
- Antiseptic cream
- Bandages
- Adhesive tape
- Throat lozenges

Personal items

- Toothbrush & paste
- Matches
- Candles
- Soap
- Address book
- Travelers checks
- Travel insurance

Miscellaneous

- Walking stick
- Notebook
- Pens
- Plastic bags
- Pencils
- Cash dollars (smaller bills)
- Alcohol

Tipping Guidelines

FOR CHIEF GUIDE: US\$15 - US\$20 PER DAY x number of days on Mountain,
Assistant Guide: US\$10 - US\$12 PER DAY x number of days on Mountain,
COOK: US\$ 5 - US\$8 PER DAY x number of days on Mountain,
PORTERS: 6 - 10 PER DAY x number of days on Mountain.

ANOTHER OPTION EACH PERSON CAN GIVE 15% OF THE PRICE HE OR SHE PAID FOR THE TOUR BOOKED.

Please note that these guidelines are only a suggestion; base your tip on the quality of service provided by tour staff. "Tips are highly appreciated at the end of the trip!"

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