

TRAVELS TOGETHER - 10-DAY TANZANIA COMBINATION SAFARI/KILIMANJARO CLIMBING VIA LEMOSHO ROUTE 7 DAYS/3 DAYS SAFARI



HIGHLIGHTS - This 10-day Tanzania combination safari and Kilimanjaro climbing via the Lemosho Route will give you the best adventure ever climbing the highest mountain in Africa stands which at 5895mt above the sea level. After 7 days of climbing you will take the leisure jeep safari to visit the famous northern parks Tarangire, Ngorongoro crater and Lake Manyara.

Itinerary- Lemosho Route

Day 0 - You will be picked up at the Kilimanjaro International Airport and transferred to your hotel in Arusha town, you will meet your guide who will brief you on your upcoming trek and do an equipment check to make sure you have all the necessary mountain gear. Gear which is missing can be rented on this day.

Accommodation name: Arusha Planet Lodge – https://planet-lodges.com/arusha_planet_lodge/

Meals plan- bed and breakfast

Day 1 - Arusha (1400m) – Londorossi Gate (2100m) – Mti Mkubwa Camp (2750m)

Hiking time: 3 hours

Habitat: Montane forest

After breakfast at your hotel, your guide will brief you on the day. You will drive two hours from Arusha (1400m) to Londorossi Park Gate (2100m). In the village near Londorossi Gate, you will receive a packed lunch and can buy mineral water for the hike. Then the final 45 minutes of the drive leading up to the gate will be on a bumpy forest track requiring 4WD vehicles. At the entrance gate, the guides and porters distribute the supplies and register with the Tanzania National Parks Authority (TANAPA). You are now ready to begin your 3-hour hike into the rainforest. Be on the lookout for Colobus monkeys! Along the way, you will stop for an afternoon lunch break and arrive at Mti Mkubwa (“Big Tree”) Campsite (2750m) in the early evening. The porters, who arrive at the campsite before the clients, will set up your tent and boil water for drinking and washing. The chef will prepare a snack then dinner for the clients. At nighttime, mountain temperatures may drop to freezing so be prepared!

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Day 2 - Mti Mkubwa Camp (2750m) – Shira 2 Camp (3840m)

Hiking time: 6.5 hours

Habitat: Moorland

After an early morning breakfast, you will begin your ascent out of the rainforest and into the heather moorland zone. You will cross many streams and walk over a plateau that leads to Shira 2 Camp (3840m). At this campsite, you will be next to a stream and have a spectacular view of the Western Breach and its glaciers in the East. Similar to the first night, your tents will be set up prior to arriving at camp and the porters will prepare drinking and washing water for you. You will enjoy evening snacks then dinner prepared by our chef. Be prepared for a cold night as temperatures drop below freezing at this exposed camp.

Day 3 - Shira (3840m) – Lava Tower (4630m) – Barranco Camp (3950m)

Hiking time: 7 hours

Distance: Approximately 15 kilometers

Habitat: Semi desert

Following an early morning breakfast, you will leave the moorland environment and enter the semi desert and rocky landscape. After 5 hours of walking east, you will be come face to face with the Lava Tower (4630m). Packed lunches are served at the Tower and hikers have the option of climbing the massive Lava Tower weather permitting. At this point of the hike, it is normal for hikers to start feeling the effects from the altitude including headaches and shortness of breath. After lunch, you will descend from Lava Tower (4630m) to the Barranco Campsite (3950m). The 6800m descent gives hikers a huge advantage to allow their bodies to adjust to the conditions of high altitude. The descent to camp takes around 2 hours to reach. It is located in a valley below the Breach and Great Barranco Wall ("Breakfast Wall"). Drinking and washing water and dinner will be served as hikers view the sun setting.

Day 4 - Barranco Camp (3950m) – Karanga Camp (3950m)

Hiking time: 4-5 hours

Distance: Approximately 5 kilometers

Habitat: Alpine desert

This is a short hiking day meant for acclimatization. After an early morning breakfast, it is now time to conquer the Great Barranco Wall! Although it may look intimidating at first glance, hikers state that this Class 2 hike is usually much easier than they anticipated. At the top of the Wall, you will have a view of Heim Glacier and will be above the clouds. The trail then winds up and down in the Karanga Valley. You will spend the night at Karanga Camp (3950m) and enjoy dinner and washing at the site.

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Day 5 - Karanga Camp (3959m) – Barafu Hut (4600)

Hiking time: 2-3 hours

Distance: Approximately 4 kilometers

Habitat: Alpine desert

After breakfast, you will begin your ascent. The trail intersects with the Mweka Route, which is the trail used to descend on the final two days. As you continue hiking for an hour, you will reach Barafu Hut. This is the last water stop for the porters because there is no accessible water at Barafu Camp (4550m). The word “barafu” in Swahili means “ice” and this camp is located on a rocky, exposed ridge. Tents will be exposed to wind and rocks so it is important for hikers to familiarize themselves with the campsite before dark. An early dinner will be served so hikers can rest before attempting the summit the same night. Your guide will brief you in detail on how to prepare for summit night. You should get to sleep by 19:00.

Day 6 - Summit attempt Barafu Camp (4600m) – Uhuru Peak (5895m) – Mweka (3100m)

Hiking time: 8 hours to reach Uhuru Peak, 7-8 hours to descend to Mweka

Distance: Approximately 7 kilometers ascent and 23 kilometers descent

Habitat: Stone scree and ice-capped summit

Your guide will wake you around 23:30 for tea and biscuits. You will then begin your summit attempt. The route heads northwest and you will ascend over stone scree. During the ascent, many hikers feel that this is the most mentally and physically challenging part of the climb. In about 6 hours, you will reach Stella Point (5685m), located on the crater rim. After enjoying the magnificent sunrise, you will continue ascending for about 2 hours on a snow-covered trail to Uhuru Peak (5895m). Reaching the summit of Mt. Kilimanjaro is a lifetime accomplishment! You will be able to spend a short time on the summit taking photographs and drinking tea before the descent to Barafu begins. The hike down to Barafu Camp takes about 3 hours. At camp, you will rest and enjoy a hot lunch in the sun. After eating, you will continue descending down to Mweka Hut (3100m). The Mweka Trail will lead you through the scree and rocks to the moorland and eventually into the rainforest. Mweka Camp (3100m) is located in the upper rainforest, so fog and rain should be expected. You will have dinner, wash, and rest soundly at camp.

Day 7 - Mweka Camp (3100m) – Mweka Gate (1980m)

Hiking time: 3 hours

Distance: Approximately 15 kilometers

Habitat: Forest

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Following a well-deserved breakfast, your staff will have a big celebration full of dancing and singing. It is here on the mountain that you will present your tips to the guide, assistant guides, chef(s), and porters. After celebrating, you will descend for three hours back to Mweka Gate. The National Park requires all hikers to sign their names to receive certificates of completion. Hikers who reached Stella Point (5685m) receive green certificates and hikers who reached Uhuru Peak (5895m) receive gold certificates. After receiving certificates, hikers will descend into the Mweka village for 1 hour (3 kilometers). You will be served a hot lunch then you will drive back to Arusha for long overdue showers and more celebrations at Arusha Planet Lodge

Day 8 - Arusha Tarangire

Distance- 120 km

Travel time 2.5 hrs-game viewing at glance- 6-8hrs

After breakfast the safari tour departs. First stop is Arusha Town for any last-minute purchases before we head off on safari. Afterwards we head towards the Tarangire National Park for a game drive with picnic lunch at the park. Tarangire is well known for its huge elephant population and baobab trees. It forms the centre of an annual migratory cycle that includes up to 3,000 elephants, 25,000 wildebeest and 30,000 zebras. Late afternoon drive to Ngorongoro Farm House for relaxation and overnight.

Meals plan: breakfast /lunch/dinner

Accommodation name - Ngorongoro Farm House <http://twctanzania.com/en/accommodation/ngorongoro-farm-house/>

Day 9 - Ngorongoro Crater Game Drives

Distance- 80 km

Travel time 1.5hrs

After breakfast head to Ngorongoro and descend 600 meters into the Ngorongoro floor exploring over 2500 species of fauna and flora found in the crater. Black rhinos, hippos, prides of lions and much more can be seen in the crater. Later enjoy your packed lunch in the crater possibly over a view of the hippo pool. After lunch continue with the game drives and later afternoon drive out of the crater and head back to the same lodge for relaxation dinner and overnight.

Meals plan: breakfast /lunch/dinner

Accommodation name- Ngorongoro Farm House <http://twctanzania.com/en/accommodation/ngorongoro-farm-house/>

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Day 10 – LAKE MANYARA GAME DRIVES –ARUSHA/JRO

After breakfast drive to nearby Lake Manyara National Park. Established in 1960, the small Lake Manyara National Park is home to tree climbing lions, elephants and large troops of baboons and monkeys. The park is dominated by the shallow, alkaline lake and boasts with diverse habitats like grassy plains, escarpment and forest. Here hundreds of bird species gather most notable, thousands of pink flamingos. In addition to the striking scenery you have the chance to see giraffes, buffaloes, hippos, wildebeests and the comical warthog. The safari vehicle has an open roof and is the ideal viewing platform to appreciate the nature and animals of this park. In the late afternoon you will leave the park and travel to Arusha and overnight at your own choice of accommodation or transferred to Kilimanjaro airport on board to your next destination.

TOTAL PRICE TABLE KILIMANJARO & SAFARI FROM JUNE TO MARCH (2019-20)

1pax	2 pax	3pax	4pax	5pax	6pax
Single room	1 double/ twin room	1 triple room	2 double room/twin	1 triple room+ 2 Double/twin room	3 double room
Quote on request	pp \$ 4,377	pp \$ 3,699	Pp \$ 3,536	pp \$ 3,473	pp \$ 3,275

INCLUDES

All parks entry fees, conservations fees, all transits, all accommodations, 4wd top up roof land cruiser (charging system installed & Fridge), unlimited game drives, driver guides allowances, government taxes, Kilimanjaro climbing fees, porters, guides, mountain cook, Kilimanjaro camping gears ,summit oxygen, pulse ox meter, private chemical toilet, 1.5lt bottled pure drinking water pp per a day, wipes/binocular, first night accommodation in Arusha,

Complimentary 1 bottle of red/white wine to be saved during sundowner at the picnic site

Pick up and drop off at airport

EXCLUDES

All visas, items of personal nature, health requirements, optional travel insurance, tipping- Tipping suggestions \$25 to 30 a day per vehicle. The tip should be handed to the driver/guide at the end of the trip

-Christmas & new year supplement pp \$ 50-

*Please note that all itineraries are subject to change.

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OPTIONAL ACTIVITIES PRICING

Balloon ride in the Serengeti pp \$ 559

Olduvai gorge pp \$ 35

What you are paying for:

Private Vehicles: No mixed groups, no competing for views with strangers and no conflicting interests. You will enjoy the exclusive use of a private vehicle providing for maximum flexibility, comfort and wildlife viewing.

Sunrise Safaris: If you don't mind getting up early, we offer early morning (before sunrise) game drives to witness the predators in action and also the herbivores in more active states. We'll pack a picnic breakfast to enjoy in the pristine ambience of the bush while the package tours are having their 'buffet' meals back at the lodge or campsites.

Unlimited Game Drives: Each safari offers unlimited game drives with no mileage restrictions and exclusive access to the most secluded and wildlife abundant areas in Tanzania. Most other companies operate shorter, limited game drives and never end up making it far from the lodge – or the other tourists.

Personalized Experience: You are in complete control of when, where and how long you game drive, what animals you look for, how long you stay at each sighting and when you return – it's all up to you. Professional Driver Guides: On safari you will receive complete and focused attention by your professional driver-guide, with the expert knowledge and skill required to make sure you have the trip of a lifetime.

Flexible Travel: You have the luxury of setting your own agenda (with our help) and you won't be shuffled through the rigid itineraries and fixed timetables that other companies often require you to adhere to.

Wildlife Viewing Maximized: All our itineraries are strategically designed on a monthly basis to take advantage of seasonal wildlife concentrations, and all safaris incorporate specific game drives to witness all big five.

Variety of Activities: Choose from unique optional activities including authentic cultural tours, scenic flights, field talks, balloon safaris, bush picnics and walking safaris.

Safety: Your safety is of ultimate importance, as well as your comfort and peace of mind. We have an office in Tanzania to support all segments of your trip, and all safaris are 100% escorted and chauffeured from arrival to departure.

The Ultimate Safari Destination: Tanzania boasts unparalleled concentrations of wildlife – there is no country that can compete with the sheer number and density of wild animals. Tanzania is home to the great migration

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and more national parks than any other African country – including two of the most renowned wildlife parks in the entire world. It is also a politically stable and safe country with gracious people and little crime.

Unsurpassed Service: We are committed to provide you with an unsurpassed level of service. Our passion, commitment, and expertise are what set us apart.

Trekking preparation

Mt Kilimanjaro is the highest mountain in Africa and does not require any technical climbing! All you need is walk slow but steady. For the summit to be reached, your body must sufficiently acclimatize itself. It is important to be physically, emotional and spiritual prepared for the Kilimanjaro Expedition. Another important part of the preparation is having the proper equipment before you depart to Tanzania.

Kilimanjaro Climb Gear List

Top quality mountaineering clothing and equipment is an investment that will see you through years of adventures. It is wise to choose carefully, and not to skimp on quality. The companies and products you see listed below can serve as starting points of reference for you. Take this list to your local outdoor specialty shop. Feel free to use this list as a reference as you prepare for your trip, but note that not all brands and models are current.

Footwear

Running shoes or lightweight trail shoes: For travel and easy walking. Some days on the mountain you will hike in these shoes. It is important to be able to change footwear to aid in prevention of blisters and other foot discomforts.

Hiking boots: Leather with sturdy mid-sole and a Vibram sole. $\frac{1}{2}$ or $\frac{3}{4}$ shank, boots should be warm and fit well over light and heavy sock combination. Combination fabric and leather trail shoes that come over the ankle for support might also be acceptable. Fit is much more important than brand. Take time to select a pair that fits and *break them in well*.

Gaiters: For mud in the forest and screen on summit day. Short, simple gaiters are best, such as Outdoor Research's Rocky Mountain Low Gaiters.

Sport sandals: Excellent in camp during evenings and on Safari, open toe model that can be worn with socks (Teva).

Camp booties: Down or synthetic, optional luxury, any brand with thick foam soles. Mountain Hardwear Chugach Booties are excellent.

Lightweight socks: Three pairs Synthetic/Wool Blend (Bridgedale, Patagonia, Smartwool).

Heavy socks: Three pairs Synthetic/Wool Blend (Smartwool, Bridgedale).

Clothing

It is very important that your clothing fits loosely and comfortably so you can layer your clothes appropriately. This is key for maintaining a comfortable body temperature.

Lightweight pants: One pair (any brand Supplex or "stretch woven" pant).

Hiking shorts –One pair (any brand of Supplex short). Will often be worn over lightweight long underwear bottoms.

Lightweight long underwear top: (Patagonia-Capilene, REI, Mountain Equipment Co-op)

Mid-weight long underwear top: Zip T-neck design is good. Light colors are better for tops because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers. (Patagonia , North Face, Mountain Hardwear)

Lightweight long underwear bottom: Dark colors are preferable. (Patagonia-Capilene, REI, Mountain Equipment Co-op)

Mid-weight underwear bottom: Dark colors are preferable because they do not show dirt. (Patagonia, REI, Mountain Equipment Co-op)

Briefs: Four pairs synthetic or cotton. Running shorts also work well for underwear.

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Short-sleeved shirts: Two synthetic; most nylon running shirts or athletic shirts work well. Shirt material should have vapor wicking capabilities. (North Face, Patagonia-Capilene)

Fleece or synthetic jacket: Polartec 100 or 200 is good. An even better alternative is a synthetic fill jacket made of Primaloft or Polarguard (Wild Things, Patagonia)

Synthetic-fill pants: such as Mountain Hardwear Chugach 3D Pant. Full side zips are recommended. Fleece pants are an acceptable alternative, but they will be heavier, bulkier and not as versatile.

Down insulated jacket: Medium weight, hood is preferred, but not required. North Face Lhotse Jacket or Summit Jacket.

Waterproof breathable jacket & pants: Such as Gore-Tex. Jacket must have hood. It is recommended that pants have full-length side zips. These garments should be large to fit over your other layers.

Head & Hand Gear

Liner gloves: They should be lightweight and synthetic. (Patagonia Capilene)

Windstopper fleece gloves: (Any brand of Windstopper fleece)

Mittens w/ pile liners: (Outdoor Research)

Bandana: Two to three traditional cotton styles. This is an important item with many uses, large sizes are best.

Sun hat: Any lightweight hat with a good brim or visor.

Wool or fleece hat: Any brand of warm hat that can go over ears.

Balaclava: Should fit underneath your wool or fleece hat or be thick enough to be worn alone.

Accessories

Sunglasses #1: For high altitude. One pair of high quality 100%UV and 100%IR with a minimum of 80% light reduction, side shields such as those found on "glacier glasses" are not recommended, but size and shape of lens should offer maximum protection from bright light on snow.

Sunglasses #2: One pair high quality 100%UV and 100%IR, for lower elevations, also as a backup. It is important to have a spare pair of sunglasses.

Headlamp w/ spare bulb: AA or AAA battery powered (Petzl or Black Diamond)

Spare Batteries: Bring plenty for reading in tents at night.

Camping Gear

Backpack: 3000 cubic inches or more, internal frame. Top opening mountaineer's rucksack style is best. Avoid large zipper openings and excessive outside pockets. Larger packs are better than smaller, because they are easier to pack with cold hands and they distribute loads more effectively.

Pack cover: A big enough size to fit over your backpack to protect from rain and dust.

Sleeping bag: Minus 10F to 0F Down 700 fill minimum (Marmot, Mountain Hardwear, The North Face).

Sleeping pad: Inflating, full-length (Thermo-a-rest).

Foam pad: (Ridgerest).

Water bottles: Two 1-liter, leak-proof wide-mouth (Nalgene Poly or Lexan bottles).

Lightweight steel thermal bottle: One-liter size. Optional but very nice on the long summit day. Water in Nalgene bottles will freeze unless kept next to the body; it is easier to stay hydrated with warm drinks at 19,000 ft. (Zojirushi "Dura Bottle", Nissan, Outdoor Research).

Pee bottle: Optional. One 1-quart, leak-proof wide-mouth (Nalgene Poly or Lexan bottles).

Pee funnel for women: Optional but highly recommended (Freshets).

Pack towel: Small or medium size pack towel. Do not bring 'terrycloth' they are too bulky and difficult to dry. Bandanas work in a pinch. (Pack owl)

Trekking poles: Useful for going up and down steep, muddy trails in the forest, and general trekking in the higher elevations. Adjustable poles are best so that you can strap them on your pack when not in use. Remove the ski baskets; you will use them for walking. (Leki 3-section, Black Diamond).

Swiss army knife: Remember not to leave in carry-on bags for any international or domestic flight. Scissors are probably the most useful features; you will seldom need the knife blade.

Medical & Personal

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Sunscreen: SPF 30 or higher, non-oily (Dermatome or Terrapin)

Lip screen: SPF 30 or higher (any brand)

Toiletry kit: Toothbrush, toothpaste, skin lotion, alcohol-based hand sanitizer, soap, comb/brush, shave kit, (bring travel size bottles to keep your kit small).

First-aid kit: Ibuprofen/Aspirin, assorted band-aids, moleskin, Neosporin-type suave, small gauze pad, roll of adhesive tape, tweezers, safety pins. Include any prescription travel meds that might be prescribed by your doctor (antibiotics, Diamox, sleep aids).

Large trash compactor bags: For waterproofing some items inside your duffel.

Zip-loc bags: These are always useful.

Baby wipes

Earplugs: Very useful for sleeping in tents and lodges. Available in most hardware stores.

Water purification tablets: Such as Potable Aqua brand iodine tablets. You will be given plenty of purified water during your trek, but one bottle of backup purification tablets is always a good idea for your travels.

Travel Items

River Dry Bag: 1, 15-liter size. This will be the bag carried by porters on the mountain. (Cascades Design Boundary Bag, Cabela's, REI, Mountain Equipment Co-op).

Large expedition duffel bag: For flying to Africa with your dry bag and other belongings. Will be stored at your hotel in Arusha while you are on the Mountain and again while you are on safari. (Eagle Creek, Wild Things "Burro Bag" North Face Expedition Duffel, XL). Hockey bags also work.

Small travel bag: Important. Your duffel bag will stay in Arusha while you are on safari. You will take this small bag in the Land Cruiser for nights while you are away on safari. (Wild Things "Carry On", North Face, Eagle Creek).

Nylon stuff sacks: Two or three, for organizing, light colors preferable for labeling.

Clothes for safari: Two or three changes depending on the length of safari. Comfortable travel clothes. Days are dusty, cool in the mornings, warm in the middle of the day. At the end of the day we return to our lodge where you will shower and change for a nice dinner.

Lightweight travel jacket: Simple wind-shirt or light fleece. Average evening temperatures in Arusha, Tanzania and Nairobi is in the 40's F (5 – 8 C) in July and August. December and February are warmer, but evenings and mornings at higher altitudes on safari are always a little cool.

Work-out clothes and/or bathing suit: Simple and versatile, for hotels.

Passport belt/pouch

Book(s)

Journal

Binoculars: Optional. High-quality, 8x32 or 10x42. Great for safari

Camera, lenses, video camera: Bigger lenses and cameras for safari can be stored in Arusha if you prefer.

Film and/or memory cards for digital cameras: Bring plenty, as well as plenty of camera batteries. Film is expensive in East Africa, and memory cards are generally not available. Be sure to keep film in your carry-on luggage, in clear zip-loc bags so that it can be inspected.

Physical preparation

It is very important that your body is properly prepared for the physical challenge of the Kilimanjaro. The better prepared you are, the better you plan to conquer the highest point of Africa. Good preparation will make a significant contribution to your own confidence and your mental strength.

Mental preparation

Mt Kilimanjaro is an amazing experience, and anyone is able to reach its summit (Uhuru peak). Think about this when you prepare yourself for the expedition. You will not be alone as WILD ROOT SAFARIS Kilimanjaro Team will make you feel welcome and will be there with you all the way. Always think positively and you WILL enjoy the climb! Remember to make it a journey and not a destination.

How will I get fit?

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The type of condition is more important than the degree of fitness. Kilimanjaro is a walk and the interesting part of it is you take your time, no rush, so the best preparation you can have is to walk, preferably under simulated conditions. Although to some extent it helps to go running/jogging, your muscles are still not preparing for seven days of quiet but heavy walking. I suggest that you will regularly walk long distances. Ignore the elevator and take the stairs or even take your dog for a walk,

Go walk, for example, in addition to regular fitness to let your muscles develop more. And try to opt for regular walks with altitude, so you can practice walking up and down at different incline levels.

If you can walk 80 kilometres (50 miles) in one week, you have done the Kilimanjaro Machame Route. Train your body for extra resistance for your muscles, because on the mountain the inclination varies.

In a period of eight weeks, using the gym and the many hikes, you can become fit enough for Mt Kilimanjaro climb.

Medical check-up

Before starting a physical training program, it's always wise to get the approval of a doctor. Also knowing your health conditions from the doctor is a very essential key as you will be hiking at a high altitude and its very risky if by a mistake you didn't consult a doctor and found out you have heart or lung problems and you need evacuation from Kilimanjaro.

What to know about Altitude Sickness while climbing Kilimanjaro

If you are planning to climb Kilimanjaro we highly recommend reading our [altitude sickness \(Acute mountain sickness\) guide](#) to be familiar what it is, its cause and prevention.

The definition of altitude Sickness (Acute mountain sickness)

Is an illness that ranges from a mild headache and weariness to a life-threatening build-up of fluid in the lungs or brain at high altitudes. Acute altitude sickness is the mildest and most common form. Because more people are traveling to areas of high elevation like climbing Kilimanjaro.

- High Altitude: 1500 – 3500 m (5000 – 11500 ft)
- Very High Altitude: 3500 – 5500 m (11500 – 18000 ft)
- Extreme Altitude: above 5500 m (18000 ft)

Altitude Sickness Causes

Altitude sickness symptoms occur when the rate of ascent into higher altitudes is too quickly that the body doesn't get time to acclimatize. Altitude sickness generally develops at elevations higher than 8,000 feet (about 2,400 meters) above sea level and when the rate of ascent exceeds 1,000 feet (300 meters) per day.

The following actions can trigger altitude sickness:

- Ascending too quickly (rapidly)
- Overexertion within 24 hours of ascent
- Inadequate fluid intake
- Hypothermia
- Consumption of alcohol or other sedatives

One way to avoid altitude sickness is allowing the body to get used to the altitude slowly (Acclimatization)

- Acclimatization is the process by which the body adjusts to high altitudes.
- The goal of acclimatization is to increase ventilation (breathing) to compensate for lower oxygen content in the air.
- To compensate for this extra ventilation, blood needs to have a lower pH. In response, the kidneys excrete bicarbonate into the urine, which in turn lowers the body's pH to accommodate for this extra respiratory effort.

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Altitude Sickness Symptoms

Acute altitude sickness may be associated with any combination of the following symptoms:

- Fatigue
- Headache
- Dizziness
- Insomnia
- Shortness of breath during exertion
- Nausea
- Decreased appetite
- Swelling of extremities
- Social withdrawal

People with acute altitude sickness often attribute their symptoms to other causes such as an uncomfortable bed, bad food, or a hangover. However, it is important to recognize that these symptoms may indicate a high-altitude illness which are High altitude pulmonary edema (HAPE) and High-altitude cerebral edema (HACE).

High altitude pulmonary edema (HAPE) fluid buildup in the lungs, an advanced form of acute altitude sickness, causes the following progression of symptoms:

- Shortness of breath at rest
- Gurgling respirations
- Wet cough with frothy sputum
- Possible fever
- Respiratory failure

Onset of HAPE can be gradual or sudden. HAPE typically occurs after more than one day spent at high altitude.

High altitude cerebral edema (HACE) is fluid buildup in the brain. It can begin with confusion.

- A person developing HACE begins having trouble keeping up with the group.
- Next, walking and coordination become impaired.
- As the brain continues to swell, lethargy and then coma will develop.
- If left untreated, HACE will ultimately result in death.
-

Both HAPE and HACE are potentially fatal but are thankfully extremely rare during a well-planned Kilimanjaro climb.

Altitude Sickness Treatment

- Delay further ascent until symptoms improve.
- Rest and stay warm.
- Take acetaminophen (Tylenol) for headache. (Ask your doctor for subscription)
- Do not use sleeping pills or other central nervous system depressants to treat insomnia because they can suppress breathing.
- If symptoms continue, do not travel any higher.

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***In cases of HAPE or HACE, immediate descent is a necessary life-saving measure (2,000 – 4,000 feet [610-1,220 meters]). Anyone suffering from HAPE or HACE **must** be evacuated to a medical facility for proper follow-up treatment.

What is Acclimatization?

Acclimatization is the process in which an individual organism adjusts to a gradual change in its environment. So, while your climbing Kilimanjaro your body undergoes a process of trying to adapt the altitude transformation.

So, physiologically, what happens during acclimatization is, as you ascend higher into the atmosphere, there is less atmospheric pressure pushing all the air molecules together, so oxygen molecules become few and far between.

What to do to Acclimatize and prevent altitude sickness while climbing Kilimanjaro

Walk Slowly (pole pole)

When you climb Kilimanjaro, you will hear the phrase 'Pole, pole'. This means 'slowly, slowly' in Swahili. The best way for your body to adapt to altitude is to move really slowly. This allows the intelligent body to adapt to the effects of altitude on Kilimanjaro. The higher you climb the higher the altitude and the harder it takes your body to cope up with its environment.

Hydration

Drinking a lot helps and its renown to be one of the **BEST** method while dealing with acclimatization. We recommend at least drinking 4-5 Liters of water a day while climbing Kilimanjaro. It is usually good to keep an eye on your urine; if it gets too dark, you need to drink more.

Climb high sleep low

Another practice is "Climb high; sleep low." What this means is that you should do day hikes that gain significant altitude, and then return to sleep and recuperate at lower altitudes.

Avoid tobacco and alcohol and other depressant drugs including, barbiturates, tranquilizers, and sleeping pills. These depressants further decrease the respiratory drive during sleep resulting in a worsening of the symptoms.

Eat nutritious rich food

Eat a high carbohydrate diet (more than 70% of your calories from carbohydrates) while at altitude.

In case you notice altitude symptoms

If you begin to show symptoms of moderate altitude illness, don't go higher until symptoms decrease. (In fact, you should go to a lower elevation until you feel better)

Preventive Medications

Diamox (Acetazolamide) allows you to breathe faster so that you metabolize more oxygen, thereby minimizing the symptoms caused by poor oxygenation. This is especially helpful at night when respiratory drive is decreased. Since it takes a while for Diamox to have an effect, it is advisable to start taking it at least 24 hours before you go to altitude and continue for at least five days at higher altitude. While taking Diamox Possible side effects may occur and they include tingling of the lips and finger tips, blurring of vision, and alteration of taste. The side effects subside when the drug is stopped.

WE HIGHLY RECOMMEND Contacting your physician for a prescription. Since Diamox is a sulfonamide drug, people who are allergic to sulfa drugs should not take Diamox. Diamox has also been known to cause severe allergic reactions to people with no previous history of Diamox or sulfa allergies.

Dexamethasone (a steroid) is a prescription drug that decreases brain and other swelling reversing the effects of AMS. Dosage is typically 4 mg twice a day for a few days starting with the ascent. This prevents most symptoms of altitude illness.

**TRAVELS TOGETHER - 10-DAY TANZANIA COMBINATION SAFARI/KILIMANJARO CLIMBING
VIA LEMOSHO ROUTE 7 DAYS/3 DAYS SAFARI**

WE HIGHLY RECOMMEND Contacting physician for prescription because of possible serious side effects. It may be combined with Diamox. No other medications have been proven valuable for preventing AMS.