

DISMASS KILIMANJARO EXPERIENCE

PREPARATION, GEAR & TRAVEL GUIDE

Thoughtfully Prepared. Privately Guided. Exceptionally Experienced.

A Kilimanjaro expedition of the highest standard begins long before you set foot on the mountain.

At **Dismass Kilimanjaro Experience™**, every element of your journey is carefully considered—from your arrival in Tanzania and personal equipment to altitude preparation, mountain logistics, nutrition, and emergency preparedness.

This guide has been designed exclusively to help you prepare for your expedition with **confidence, comfort, and complete peace of mind.**

We encourage you to review the information carefully and prepare well in advance of your arrival.

01 | YOUR PERSONAL EXPEDITION GEAR

- Thermal hat.
- Scarf.
- Sun glasses.
- Balaclava.
- Wide brimmed hat is essential as it covers your neck and ears.
- Ski goggles.
- Waterproof Jacket (Gore-Tex) with hood.
- Thermal Jacket – down or synthetic down with hood
- Lightweight Fleece one Not cotton.
- Heavyweight Fleece one. Not cotton.
- T-Shirts x 3 (With sleeves are best – to protect against sun and insects) Not cotton.
- Thermal long sleeve x 3: 1 light, 1 medium and one thick. Not cotton.
- Thermal Gloves: one pair of lightweight gloves (glove liner) that can fit inside waterproof outer glove.
- Medium waterproof glove that fits on top of your glove liner.

- Waterproof outer ski mitten (Gore-Tex material highly recommended).
- Three thermal long underwear 1 light, 1 medium and 1 thick Not cotton.
- Lightweight trousers x2 (NOT JEANS or any other cotton material).
- Rain trouser (Gore-Tex).
- Ski trouser (Gore-Tex).
- Five to seven pairs of Socks with sock liner (1 pair per day trekking).
- Small towel (camping towel).
- Gaiters.
- Waterproof hiking boots (worn in if possible).
- Sandals/ tevas/flip flops or sport shoes.
- Headlamp +2 sets of spare batteries.
- Sunscreen (SPF 25 or higher).
- Day pack: around 35 to 40 liters for waterproofs gears, your drinking water and any other essentials when walking day by day)
- Walking Poles (very useful on descents and helps reduce stress on knees. Can be rented on climbs and trek) x2
- Medication, dietary restrictions & allergies (list the medication you take or intend to take. Bring a prescription with you)

Insurance Reference & emergency telephone number, *these details should be provided to Dismiss Kili Experience before the arrival Date,*

Getting Ready to Conquer the climb

Getting ready for a Kilimanjaro climb requires physical and mental preparation. We recommend a minimum of four months of regular exercise, including cardio and strength training, to improve your lung capacity. We advise all our guests to consult with their doctors before embarking on any physical activity to find out what is best for them.

Month 1

Begin with light exercise such as walking, jogging, or cycling for 30 minutes a day. Include strength training exercises like lunges, squats, and calf raises to build endurance. Stretching

and yoga can improve flexibility and reduce the risk of injury. Consult your physician and maintain a balanced diet with plenty of protein, whole grains, fruits, and vegetables.

Month 2

Increase exercise to one hour per day, three to four times a week. Boost the intensity of your workouts with hill climbs or stair sprints. Continue with strength training and add Standard exercises like planks or sit-ups. Monitor nutrition, ensure proper nutrient intake and hydration as advised by your physician.

Month 3

Gradually increase the distance and elevation gain of your hikes. Practice with a loaded backpack to simulate the weight you will carry. Consider adding interval training to build cardiovascular endurance. Follow a balanced diet and maintain hydration as advised by your physician.

Month 4

Maintain your fitness level with regular exercise, including strength training, stretching, and cardiovascular exercise. Allow time for rest and recovery between workouts to prevent overexertion or injury. Practice with all equipment you will be taking on the climb.

The final week before the climb:

Focus on rest and recovery, with good nutrition and hydration. Avoid any intense workouts that could cause injury or exhaustion. Make sure all equipment is packed and ready, including well-worn boots. Acclimate to the altitude and relax before the climb.

It's important to note that everyone's training program will vary based on their fitness level and goals. However, a gradual increase in intensity, focusing on endurance, strength, and flexibility, while allowing adequate time for rest and recovery, can help prepare you for the DKE Kilimanjaro Climb.

Kit bag. (duffle) 55 to 70 liters is what we do recommend for your convenience, please pack your gear in a kit bag that fits easily in our custom – designed porter bags for porters carry you see that most of them carrying on their head, so we strongly recommend that you place all items in a large plastic liner or separate them into a few plastic bags to ensure they remain completely dry. Please note that porters will not carry framed bags or suitcases, but also soft packs are required for internal flights in East Africa as they can easily get staffed in

Visa application

we have 2 options for Visa application, first you can opt to apply upon arrival this process can take 1 hour less or more depending on the queue of the day and you will be required to pay in cash. For US citizen you will be required to pay US\$100.

Second option you can do an online Visa application in advance. Please see the inserted hyperlink for you to follow to complete this application: <https://visa.immigration.go.tz/start>

Health Requirements

It is strongly advised that anyone attempting to climb Kilimanjaro undergoes a medical checkup beforehand, especially those who are 40 or older or have past medical conditions that may impact their ability to trek. Kilimanjaro is a challenging climb that takes a minimum of 6 days and up to 8 or 9 days depending on the route, placing significant stress and strain on the body. Diamox, a prescription drug used to prevent altitude sickness, may be recommended by a doctor

Additionally, climbers should have comprehensive travel insurance that covers high-altitude climbing, including hospitalization and evacuation from Tanzania in case of emergencies. While the cost of flying doctors for evacuation is covered, inpatient costs are not included, so proper travel insurance is crucial.

Please complete the following form and send it back to DKE before departure.

For vaccination:

Yellow Fever Vaccine -Upon arrival you will be required to provide a certificate of yellow fever vaccine if your flight will be transiting in yellow fever affected countries for more than 12 hours.

Malaria – Tanzania is located at the tropical area whereby you will also be required to take anti Malaria medication as prescribed by your doctor. If you will be doing trekking only, I would like to let you know that in the mountain there is a lesser chance of insect survival due to the altitude.

However, if you will add the safari part in your itinerary then you will be required to carry insect repellent applicable during the evening and day time while doing game drives, as for the safari accommodation each evening while you are enjoying your dinner the room attendant will be doing a turn down system in your rooms and spraying the rooms with mosquito repellent.

Luggage Tips

Carry-On Luggage: We recommend that you pack your walking boots in your carry-on luggage when flying to Kilimanjaro. This is to ensure that you have them in case any luggage is left behind by the airline. We also suggest that you pack only the necessary equipment and items required for the climb, avoiding anything that is heavy and redundant. In case of excess luggage, you may store it in Arusha, at Gran Melia Hotel and retrieve it after the climb. The Gran Melia Hotel is where our offices are based and your best accommodation before and after the climb.

Duffle Bags: During the climb, porters are available to carry your duffle bag, but framed backpacks or suitcases are not advisable. You will only carry a daypack to carry your essential daily base items like sunglasses, sun hats, sunscreen, rain jacket, rain trousers, water, camera and extra clothes for additional layering. Always keep your essential documents like your passport, and money, together with your wallet in your backpack. Remember that the luggage carried by porters is only accessible at the campsite and not during the day.

Meals and Hydration

Our team of skilled cooks will provide you with nutritious and filling meals to energize your ascent. The food served will consist of carbohydrates and protein, with soups served during lunches and dinners, along with other hot drinks. Also making sure your provided with enough drinking water which will be from the mountain streams and get treated with iodine pills then filtered with katadyn water filter.

Tipping Guidelines

Tipping is not compulsory, but we suggest a total bonus amount of USD \$480-\$550 per person for the entire trek. \$160 for the expedition leader and \$320-390 for the envelopes that will be provided for you to separate tips between your expedition leader and the rest of the team like the assistant expedition leader, camp cook, camp crew and the porters. Hand all envelopes to the Expedition Leader on the last day of the climb for distribution, and he will announce to them on the last morning when you are meeting to say goodbye to them.

PS: Take note that in Tanzania we do accept Dollar bills from US\$2 and above printed from 2006 onwards.

PLEASE NOTE THAT MEDICAL INSURANCE IS MANDATORY.

Comprehensive medical insurance that covers you up to 5000 altitude meters (16000 altitude feet) in case of helicopter requirements for evacuation,