



Mount Kilimanjaro: Trekkers Guide to the Summit

Mark Whitman

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Mount Kilimanjaro: Trekkers Guide to the Summit provides you with everything you need to know to get to the top of Mount Kilimanjaro. Described as the ‘perfect Kilimanjaro trekkers companion’ this guide has been used by 1000s of trekkers and guarantees that it will enhance your experience of Kilimanjaro and ensure you have a safe and successful trek to the Roof of Africa! Separated into 11 chapters the guide covers the following information:

Chapter - Introduction

Chapter 2 – Tanzania: Discover fascinating facts about Tanzania’s tumultuous history, it’s diverse cultures and incredible fauna and flora

Chapter 3 – Mount Kilimanjaro: Get a real sense of the environment in which you will be trekking. This chapter covers Kilimanjaro’s incredible volcanic geography, it’s climatic zones and the impact of climate change on it’s snow-capped peaks

Chapter 4 – Kilimanjaro Routes: Undecided on which route to take? Fret not! This chapter provides detailed daily itineraries, route maps, altitude and distance profiles and pros and cons on all 7 Kilimanjaro routes. Half the battle is knowing what awaits you!

Chapter 5 – Visas, Vaccinations and Medications: There are many administrative tasks that you will need to get sorted before departing for Tanzania – from visas to vaccinations (for yellow fever) and medications (for malaria) – this chapter covers it all

Chapter 6 – Fitness and Nutrition: Having the right physical and mental fitness for Kilimanjaro is key to a successful summit. Here are the secrets for optimal Kilimanjaro fitness and nutrition

Chapter 7 – Equipment and kit list: There is nothing worse than arriving in Kilimanjaro with missing gear or the wrong equipment for the job. This chapter provides kit recommendations and a detailed checklist so that you can rest assured you have all required equipment before departure

Chapter 8 – Acclimatization and Acute Mountain Sickness: Trekking to high altitude comes with some very serious risks to your health and safety. Failing to properly understand those risks can spell disaster. This chapter is a must-read for any Kilimanjaro trekker and includes proven methods to increase your chances of reaching the summit

Chapter 9 – Guides and Porters: Your trekking support team are your greatest asset. This chapter explains how your team will be structured, provides top Swahili phrases you should learn and gives detailed guidance on tipping standards

Chapter 10 – Kilimanjaro Facts: Trekking Kilimanjaro is a long and arduous hike. Dropping in some of these interesting Kilimanjaro facts as you sojourn the slopes of Kibo will impress trekking companions to no end

Chapter 11 – Recommended Kilimanjaro Books: Do you like to immerse myself in relevant literature before

going to a new country or undertaking a big adventure? This chapter provides recommended books that will get you ready and fired up for your Kilimanjaro trek

Here is a recent client testimonial: "This guide is an incredible resource. Brilliantly laid out, straightforward to use, and jam-packed with useful information. A must read for any would-be climber."

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