

## Planning Stage:

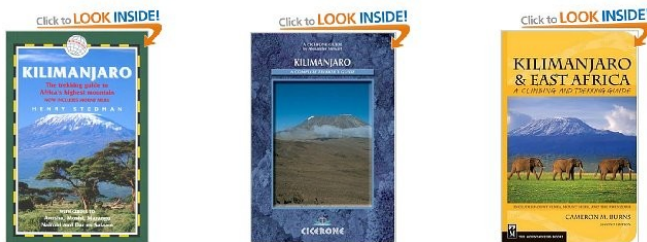
FIND THE RIGHT OPERATOR AND PLAN YOUR TIME OR DATE OF DEPARTURE.

THERE ARE HUNDREDS OF OPERATORS OUT THERE AND MOST ARE GOOD BUT SOME CAN BE VERY BAD WHILE SOME ARE NOT REALLY WHAT YOU EXPECTED.

THE INTERNET IS ANOTHER GOOD SOURCE OF RESOURCE AND WITH CURRENT TECHNOLOGY AND BUSINESS SITUATION EVERYONE IS LISTING THEIR COMPANY ON THE INTERNET.

MY WORD OF ADVICE IS 6 MONTH OR EVEN IF POSSIBLE EARLIER - A YEAR BEFORE YOU WANT TO GO –LOOK AT THE INTERNET FOR LIST OF COMPANY AND ANOTHER SUGGESTION IS BUY OR READ THE GUIDE BOOK TO KILIMANJARO.

CURRENTLY THERE ARE A FEW BOOKS ON KILIMANJARO CLIMB:



Kilimanjaro: The Trekking Guide to Africa's Highest Mountain - 2nd Edition (Trailblazer Guides) (Paperback)

by Henry Stedman (Author)

Kilimanjaro: Preparation, Practicalities and Ascent Routes (Cicerone Mountain Walking) (Paperback)

by Alexander Stewart (Author)

Kilimanjaro & East Africa: A Climbing and Trekking Guide: Includes Mount Kenya, Mount Meru, and the Rwenzoris (Paperback)

by Cameron M. Burns (Author)

THESE BOOKS COVER FROM A-Z OF CLIMBING IN KILIMANJARO FROM HOTEL TO LIST OF GROUND OPERATOR ETC. A VERY GOOD PLANNING GUIDE AND RESOURCE. MY ADVICE IS TO START READING AND THEN AFTER THAT START PLANNING AND HIGHLIGHT THE INFORMATION FROM THE BOOK.

THERE ARE LOW END TO HIGH END TRIP OPERATOR BUT MOST IMPORTANT IS DO YOU TRUST THEM? OR ARE YOU COMFORTABLE WITH THEM? IT IS BEST TO ASK A LOT OF QUESTIONS AND ASK FOR REFERENCE. ALSO THE BEST OF COURSE IS HAVING AN OPERATOR IN MALAYSIA HOWEVER AT THE MOMENT THERE IS NO ONE DOING SO. HOPEFULLY IN THE NEAR FUTURE THERE WILL AN OPERATOR THAT WILL START THIS TOUR OR OPERATING FROM HERE.

MOST WILL RELY ON DIRECT CONTACT OR THRU SINGAPORE. I HAVE ENQUIRED A FEW OPERATORS FROM THE USA AND SOME ARE GOOD BUT COST IS HIGH – SOME ARE MOUNTAINEERING OUTFITTER WHILE OTHERS ARE TREK ORGANIZER. HOWEVER, A WORD OF CAUTION MOST OF THESE OUTFITTER WILL NOT START THE TRIP WITH MINIMUM PAX –THEY HAVE A REQUIREMENT OF CERTAIN PAX –DO

CHECK WITH THEM TO AVOID DISAPPOINTMENT. I WENT THRU THE AUTHOR, MR. HENRY FROM CLIMBMOUNTKILIMANJARO, REFER TO THE BOOK AND WEBSITE FOR INFORMATION.

REFER TO AIRLINE ATTACHMENT. FLIGHT PLANNING IS ALSO ANOTHER IMPORTANT FACTOR. [FINDING THE SHORTEST ROUTE AND MOST CONVENIENT CONNECTION FLIGHT WITH LESS WAIT TIME.](#) PLEASE NOTE IF YOU WANT LUXURY OR COMFORTABLE TRAVEL – YOU MIGHT NEED TO USE THE EUROPEAN CARRIER AS THEY HAVE AIRLINE LOUNGE AND BIGGER SEAT.

FINDING WHICH ROUTE TO TAKE AND GOING AT WHAT TIME OF THE YEAR. AS MENTION REFER TO THE BOOK AS THEY HAVE SUMMIT MANY TIME AND MANY OF THE ROUTE TO LET YOU KNOW WHICH TO TAKE. FOR THOSE OF YOU, WHO WANT A SUMMARY?

BASICALLY THERE ARE A FEW ROUTES AND THE MOST COMMON AND COMMERCIALY DONE IS THE MARANGU ROUTE –ALSO KNOWN AS THE ‘COLA’ ROUTE – BASICALLY THIS ROUTE YOU GET TO SLEEP IN THE HUT OFFERED BY THE PARK AND THERE IS NO HARD CORE CAMPING ON TENT. THE ROUTE IS RATHER STRAIGHT FORWARD AND DAY ARE ALSO SHORTER. WORD OF ADVICE – TAKE LONGER DAY – NORMALLY 4 DAYS TREK IS NOT RECOMMEND AS THE SUCCESS RATE IS LOW. THE OTHER ROUTE, LIKE WHAT I DID WAS RONGAI WHERE WE START FROM THE OTHER SIDE OF THE MOUNTAIN NEARER TO KENYA BORDER. FOR DETAIL OF MY ROUTE – READ MY DAILY LOG. THE ROUTE IS A 7 DAYS CLIMB WHERE ONE WILL BASED ON CLIMB HIGH SLEEP LOW STRATEGY TO BETTER ACCLIMATIZES THE BODY TO THE AMS PROBLEM. WORD OF CAUTION – THIS IS HARD CORE CAMPING – MEANING NO BATH OR SHOWER FOR THE 7 DAYS AND VERY COLD NIGHT AND NOT THE BEST OF TOILET NOR SLEEP. WALKING CAN BE TOUGH AT CERTAIN AREA AND A BIT LONGER TOWARDS THE END BUT IT IS MUCH EASIER THE FIRST FEW DAYS OF HIKE. HOWEVER, BASICALLY THIS ROUTE IS NOT SO CROWDED ONLY UPON REACHING BASE CAMP LIKE HOROMBO AND BARAFU. OTHER THAN THAT OUR GROUPS WERE ON OUR OWN PRETTY MUCH.

FINDING THE RIGHT TIME IS ALSO IMPORTANT AND SEASON TO GO IS IMPORTANT AS SOME MONTH ARE DRY AND SOME MONTH ARE COLD AND WET. THERE WILL BE SOME TRADE OFF AND YOU CANNOT HAVE EVERYTHING BUT HOWEVER THE BEST MONTH TO GO IS SUPPOSED TO BE JULY AND SEPTEMBER. AGAIN, REFER TO BOOK EXPERT ON THIS.

AFTER THE BULK OF PLANNING IS DONE – THE NEXT THING TO DO IS (BASICALLY AFTER YOU HAVE BOOKED YOUR OPERATOR AND AIRLINE) START TRAINING.

### Implement Stage:

ACTION STAGE INVOLVED TRAINING AND TRIP PREPARATION AND ALSO BUDGETING.

TRAINING IS VERY IMPORTANT AND SHOULD START 3 MONTHS BEFORE THE TRIP – NORMALLY FOR THOSE WHO HAVE BEING OUT OF FITNESS FOR A WHILE – A 6 MONTHS START IS ADVISABLE – BELIEVE ME YOU WILL THANK ME FOR THIS.

FOR TRAINING SUGGESTION REFER TO BASIC TRAINING GUIDE. REMEMBER TRAINING IN MALAYSIA DOES NOT GUARANTEE THAT YOU WILL BEAT OR COUNTER THE EFFECT OF AMS. BEST WAY TO ATTEST WHETHER YOU WILL FACE THIS PROBLEM IS TRYING CLIMBING MT.KINABULA AND IF YOU

HAVE NO HEADACHE OR PROBLEM GOING TO THE TOP – THEN YOU WILL BE OKAY BUT NOT GUARANTEE AS MT.KILIMANJARO WILL BE ANOTHER 1,800M MORE. HOWEVER WITH MODERN MEDICINE – LIKE THE INVENTION OF DIAMOX – MOST ARE BEATING THE AMS BUT A WORD OF CAUTION A DRUG IS STILL A DRUG AND THERE WILL BE SOME SIDE-EFFECT WHEN TAKING DIAMOX.

FOR TRIP PREPARATION – THE MOST IMPORTANT ASPECT IS EQUIPMENT. FOR GEAR LIST PLEASE REFER TO ATTACHMENT. FOR GETTING THE RIGHT GEAR AND EQUIPMENT –IT IS IMPORTANT THAT YOU SHOP AROUND AND DO SOME RESEARCH – A GOOD AND BAD GEAR WILL HAVE AN EFFECT ON THE SUCCESS OF YOUR TRIP. SO IT IS IMPORTANT TO GET THE BEST EQUIPMENT FOR THE TRIP ESP THIS IS AFRICA AND NOT SOME HIKE UP GUNUNG WHERE IF YOU GET COLD YOU STILL SURVIVE – IN KILIMANJARO IF YOU GET COLD YOU GET FROST BITE DURING SUMMIT NIGHT.

AS FOR BUDGETING – IT IS RATHER A SMALL PART OF IMPLEMENTATION HOWEVER NEVER THE LESS YOU NEED TO WORK OUT A OUTLINE COST FOR THE WHOLE TRIP FOR THOSE ALREADY DONE, GROUND OPERATOR COST AND AIRLINE COST AND MOST WILL BE FIXED. HOWEVER THERE ARE THE VARIABLE COST LIKE MONEY THAT YOU WILL NEED IN ARUSHA AND SAFARI AND ALSO TIPPING. BY THE WAY – CREDIT CARD IS OF NO USE IN ARUSHA EXCEPT AN ATM CARD WHICH MUST HAVE A INTERNATIONAL CIRUS LOGO ON IT TO WITHDRAWAL AT CERTAIN BANK IN MOSHI AND ARUSHA. AMERICAN DOLLAR IS KING IN TANZANIA AND KENYA. PLEASE TAKE TO BRING SMALL CHANGE AS MOST PEOPLE DO NOT HAVE CHANGE TO BREAK YOUR BIG NOTE ESP THOSE ON THE GROUND LIKE TAXI OR SMALL BUSINESS OPERATOR. DO NOT SHOW YOUR WEALTH IN ARUSHA OR MOSHI OTHERWISE YOU WILL BE A TARGET.

### Execute or Final Stage:

THE FINAL STAGE, BASICALLY GOING THRU ALL YOUR CHECK-LIST BEFORE THE TRIP. ALTHOUGH MANY DO NOT REALIZE THE WAITING PART CAN ALSO BE A SET-BACK – WE THEN BECOME TOO COMPLACENT OR RATHER TOO RELAX. WE MIGHT FORGET CERTAIN THINGS AND IT IS GOING THRU AND ALL OVER AGAIN THAT IS WHAT MAKE YOU OR BREAK YOU ON THE TRIP. IT IS HUMAN NATURE TO FORGET AND THAT IS WHY IT IS IMPORTANT TO HAVE A CHECK-LIST WITH A FOLLOW THRU. AFTER MONTHS OF TRAINING AND PLANNING AND IMPLEMENTING THERE ARE STILL OTHER THING TO DO WHICH MIGHT INDIRECT AFFECT YOU – THINGS LIKE GETTING A HAIRCUT AND GETTING A DENTAL CLEANING TO HAVING A ROUTINE MEDICAL CHECK-UP? TO ARRANGING TRAVEL INSURANCE AND HAVING INFORM PEOPLE YOU KNOW OF THE PLACE YOU WILL BE STAYING AND TO ARRANGE INTERNATIONAL ROAMING AND TO HAVING I-PHONE CONTACT OR HAVING SOLAR CHARGER ETC. ALL OF THESE WILL BE USEFUL ONCE YOU LANDED IN TANZANIA. GOOD TRUMP OF RULE IS AT LEAST FORESEEING WHAT YOU WILL BE EXPECTING AND AT LEAST HAVE A BACK-UP PLAN. LIKE GOING 2 DAYS EARLIER AND HAVING 2 DAYS REST AFTER THE CLIMB.

FINALLY – ENJOY YOUR TRIP AND GO SLOWLY AND FOLLOW THE ADVICE OF YOUR GUIDE AND DON'T WORRY TOO MUCH.