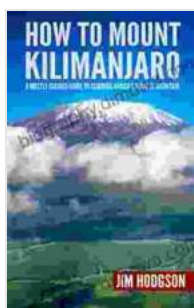


# Mostly Serious Guide To Climbing Africa Highest Mountain Mostly Serious Guides

**By Sara Huddleston and Chris Huddleston**

Kilimanjaro is the highest mountain in Africa and one of the Seven Summits, the highest mountains on each continent. It is a popular destination for climbers from all over the world, but it is important to be prepared for the challenges of climbing at high altitude. This guidebook will provide you with everything you need to know to plan and execute a successful expedition to the summit of Kilimanjaro.

We have climbed Kilimanjaro multiple times, and we have learned a lot about what it takes to reach the summit. We have written this guidebook to share our knowledge and experience with other climbers. We hope that this book will help you to have a safe and successful expedition.



## How To Mount Kilimanjaro: A Mostly Serious Guide to Climbing Africa's Highest Mountain (Mostly Serious Guides) by Jim Hodgson

★★★★☆ 4.7 out of 5

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This guidebook covers everything you need to know about climbing Kilimanjaro, including:

- Choosing the right route
- Packing the right gear
- Dealing with altitude sickness
- Acclimatizing to the altitude
- Summitting the mountain

We have also included a lot of practical advice on how to prepare for your expedition, including:

- Training for the climb
- Getting the necessary permits
- Hiring a guide
- Booking your flights and accommodation

We hope that this guidebook will be a valuable resource for you as you plan your expedition to Kilimanjaro. We wish you a safe and successful climb!

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## **Chapter 1:**

Kilimanjaro is the highest mountain in Africa and one of the Seven Summits, the highest mountains on each continent. It is a popular destination for climbers from all over the world, but it is important to be prepared for the challenges of climbing at high altitude. This guidebook will provide you with everything you need to know to plan and execute a successful expedition to the summit of Kilimanjaro.

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## **Chapter 2: Choosing the Right Route**

There are several different routes to the summit of Kilimanjaro. The most popular route is the Marangu Route, which is also known as the Coca-Cola Route. This route is well-maintained and has plenty of huts and campsites along the way. It is a good choice for first-time climbers.

Other popular routes include the Machame Route, the Lemosho Route, and the Rongai Route. These routes are more challenging than the Marangu Route, but they offer more scenic views. They are also less crowded, which can be a plus for climbers who want to avoid the crowds.

When choosing a route, you should consider your fitness level, your experience, and your budget. You should also consider the time of year that you will be climbing. Some routes are more difficult to climb during the rainy season.

### **Chapter 3: Packing the Right Gear**

Packing for a Kilimanjaro climb is essential. You need to make sure that you have the right gear to keep you warm, dry, and comfortable. You also need to make sure that you have the right gear to deal with altitude sickness.

Here is a list of essential gear for a Kilimanjaro climb:

- Backpack
- Hiking boots
- Hiking poles
- Clothing (warm, moisture-wicking, and breathable)
- Sleeping bag
- Sleeping pad
- Headlamp
- Water bottle or hydration pack

- Food
- First-aid kit
- Altitude sickness medication

You may also want to consider bringing the following items:

- Camera
- Binoculars
- Map and compass
- GPS device
- Satellite phone

#### **Chapter 4: Dealing with Altitude Sickness**

Altitude sickness is a common problem for climbers who ascend to high altitudes. It is caused by the body's inability to adjust to the lower levels of oxygen in the air. Symptoms of altitude sickness can include headache, nausea, vomiting, fatigue, and shortness of breath.

There are several things you can do to prevent and treat altitude sickness. These include:

- Ascending gradually to allow your body to acclimatize
- Drinking plenty of fluids
- Eating a healthy diet
- Getting enough rest

- Taking altitude sickness medication

If you experience symptoms of altitude sickness, it is important to descend to a lower altitude immediately. You should also seek medical attention if your symptoms are severe.

## **Chapter 5: Acclimatizing to the Altitude**

Acclimatizing to the altitude is essential for preventing and treating altitude sickness. Acclimatization involves gradually ascending to higher altitudes over a period of several days. This allows your body to adjust to the lower levels of oxygen in the air.

There are several different ways to acclimatize to the altitude. One common method is to climb high and sleep low. This involves climbing to a higher altitude during the day and then descending to a lower altitude to sleep. This allows your body to adjust to the higher altitude without having to spend the night at a higher altitude.

Another method of acclimatization is to take rest days at higher altitudes. This allows your body to rest and recover from the effects of the altitude.

## **Chapter 6: Summitting the Mountain**

Summitting Kilimanjaro is a challenging but rewarding experience. The climb to the summit is long and strenuous, but the views from the top are incredible. Here are a few tips for summiting Kilimanjaro:

- Start early on summit day.
- Take your time and pace yourself.

- Stay hydrated.
- Eat small snacks throughout the climb.
- Listen to your body and take breaks when needed.

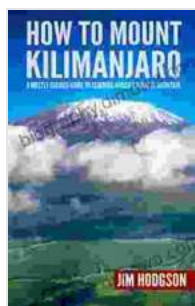
Once you reach the summit, take some time to enjoy the views. You have earned it!

## Chapter 7: Preparing for Your Expedition

In addition to the gear and acclimatization, there are a few other things you need to do to prepare for your Kilimanjaro expedition. These include:

- Training for the climb
- Getting the necessary permits
- Hiring a guide
- Booking your flights and accommodation

### Training



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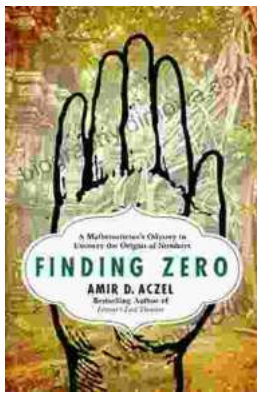
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