

Mt. Kilimanjaro Trek Overview

Offered Via Local Moshi Adventures



The Roots of Change

Climbing Mount Kilimanjaro is the ultimate adventure; a true test of spirit, endurance, and teamwork. Rising 19,341 feet (5,895 meters) above the plains, it's Africa's tallest peak and the highest freestanding mountain in the world. Over several days, you'll trek through dramatically changing landscapes, from tropical forests to alpine ridges and glacial slopes, before reaching the summit at Uhuru Peak.

Your climb will be operated by Local Moshi Adventures, GIVE's trusted partner known for their ethical standards, expert guides, and strong commitment to the well-being of both climbers and local staff. Together, we make this journey safe, responsible, and deeply rewarding. A truly unforgettable way to cap off your time in Tanzania.

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What To Expect

Your Kilimanjaro trek will take six days in total, about four and a half days to reach the summit and one and a half days to descend. Each day includes several hours of hiking with short breaks, plenty of water, and hearty meals to keep you fueled. Expect early mornings and steady pacing as you move higher up the mountain.

Temperatures shift dramatically as you climb, from warm and humid at lower altitudes to freezing near the summit. Layering is essential so you can adjust to changes in weather and activity. Nights can be especially cold, so bring quality gear rated for sub-freezing conditions.

Proper equipment makes all the difference in your safety, comfort, and overall experience. Invest in well-fitting boots, warm layers, and a reliable sleeping bag. If you want to pack light, some items can be rented in Moshi through our partners at Local Moshi Adventures, saving you space and hassle while traveling.

Preparation

You don't need to be an elite athlete to summit Kilimanjaro, but you do need to be prepared. Focus on building cardio endurance and stamina for long days on your feet at high altitude. Expect to hike 6-8 hours per day, often on uneven terrain and steep inclines.

The best training is simple: get outside and walk or hike regularly. Wear the same hiking boots you'll use on Kilimanjaro so they're fully broken in well before the climb. During the trek, you'll carry a small daypack with water, layers, and snacks so you can try adding weight to your practice hikes to simulate this.

Your boots are the most important piece of gear, **do not show up with new ones**. Make sure they are properly broken in and you are ready to wear them for 6 days straight.

Most importantly, prepare your mindset. Climbing Kilimanjaro is as much mental as it is physical. There will be moments of fatigue and doubt, but with determination, teamwork, and steady pacing, you'll push through and stand at the top of Africa with your group.

Charging & Electronics

There are no charging facilities on the mountain, so make sure your camera, phone, or GoPro is fully charged before leaving our accommodations in Moshi. You'll definitely want power at the summit to capture those once-in-a-lifetime moments.

Bring extra batteries, a portable power bank, or a small solar charger if possible. Cold temperatures can drain batteries quickly, so keep them close to your body during the climb to preserve power.

Guides, Porters & Tips

Each climber is supported by a dedicated team of guides and porters, usually about four staff members per climber, who carry gear, food, water, and tents to make your ascent possible. Your guides are highly experienced, often having summited Kilimanjaro hundreds of times, and will lead daily briefings, monitor your health, and set a steady pace. The porters are the heart of every climb; friendly, hardworking, and always ready with encouragement as they move ahead to set up camp before your arrival. Take the time to connect with them and learn about their lives and mountain culture; it's one of the most meaningful parts of the experience.

Tips are an essential part of your guides' and porters' income and are **NOT included** in the cost of your climb. **Please plan to bring a minimum of \$200 USD in cash to give to your lead guide at the end of your trek.** They will fairly distribute tips among the entire mountain team. You're welcome to contribute more if you feel inspired.

Altitude Sickness

Everyone's body reacts differently to altitude, and it's impossible to predict exactly how you'll feel as you climb higher. Some people experience mild symptoms such as a headache or fatigue, while others adjust quickly. The key is to take it slow, stay hydrated, and communicate openly with your guides. They are experts at spotting and managing altitude effects.

To help your body acclimate, walk at a steady pace ("pole pole," as the locals say), drink plenty of water, eat well, and rest whenever possible. Remember: **Kilimanjaro isn't a race**, slow and steady truly wins here.

If you begin to feel unwell, your guides will monitor you closely and may recommend rest or descent to a lower altitude, which usually relieves symptoms quickly. You can also talk with your doctor before the trip about medications that help prevent or reduce altitude sickness; these are sometimes available at pharmacies in Moshi as well.

Meals & Water on the Mountain

You'll enjoy three freshly prepared meals each day; a hot breakfast, a packed lunch for the trail, and a hearty dinner at camp. Meals are designed to keep you energized and balanced, with a mix of local and international dishes prepared fresh by your mountain chef. Dinner often begins with hot soup, tea, coffee, or cocoa before the main meal.

Hydration is just as important as nutrition on Kilimanjaro. Dehydration can worsen the effects of altitude, so aim to drink 3-5 liters of water per day. Bring three large reusable bottles (at least 3 liters total capacity), since disposable plastic bottles are not allowed in the national park and refills are only available at camps. Your porters will boil and purify fresh mountain water each day for safe drinking. You can also bring purification tablets if you prefer.

On summit night, temperatures can drop below freezing and water can freeze, so pack at least one insulated or thermal bottle for that portion of the climb. Avoid using a CamelBak on summit day, as the hose will likely freeze.

If you have any dietary restrictions or preferences, please remind your lead guide during the pre-climb meeting. The team is experienced in accommodating all dietary needs, including vegetarian and vegan options, and will make sure you're well taken care of throughout the trek.

Gear for Rent/Hire

You'll have access to high-quality rental gear through Local Moshi Adventures, but we **strongly recommend** bringing as much of your own clothing and equipment as possible, especially your personal layers like base thermals, socks, and flannels. Well-fitted gear you know and trust will make your climb far more comfortable.

If you need to borrow items, you can rent them before your climb directly from Local Moshi Adventures. Pricing varies by item (see chart below), generally ranging from **\$5-\$25 USD per item** for the duration of your trek. Before you begin, your Lead Guide will review the packing list with you and confirm what you might need to rent.

Each trek includes **tents, sleeping pads, and hiking poles**, so you do not need to bring those from home. We recommend bringing a **20°F / -7°C sleeping bag**. If you rent a sleeping bag, it will remain assigned to you for the entire trek.

Rental Gear Pricing (for duration of climb)

Equipment	Price (USD)	Equipment	Price (USD)
Down/Synthetic Jacket	\$20	Hiking Pants	\$10
Fleece Jacket	\$15	Hiking Shorts	\$5
Fleece Trouser	\$15	Hiking Shirt	\$10
Thick Waterproof Gloves	\$10	Wind & Waterproof Jacket	\$15
Liner Gloves	\$10	Waterproof Trouser	\$15
Socks	\$10	Scarf	\$10
Warm Balaclava	\$10	Warm Hat	\$10
Neck Warmer	\$10	Sun Hat	\$5
Hiking Boots	\$25	Gaiters	\$20
Head Lamp	\$15	Sleeping Bag	\$25

Duffel Bag	\$25	CamelBak	\$10
Summit Trouser	\$15	Thermal Top	\$10
Thermal Bottom	\$10	Sunglasses	\$15
Day Pack	\$20	Water Bottle	\$10

Packing for Kilimanjaro

Climbing Mount Kilimanjaro means packing smart, light, and for every type of weather imaginable. You'll hike through tropical forest, alpine desert, and glacial summit zones, so layering is key. The simple rule: **stay dry, warm, and comfortable**. Choose clothing that wicks moisture, dries quickly, insulates well, and protects against wind and rain.

Bring your own **broken-in hiking boots** and avoid cotton clothing as it traps sweat and takes too long to dry. Synthetic or merino-wool fabrics are best for all base layers. Pack multiple thin layers instead of a few thick ones so you can easily adjust as temperatures change.

Your duffel bag (up to 15 kg / 33 lbs) will be carried by a porter. You'll only carry a **20-30 L daypack** with daily essentials like water, snacks, rain gear, and extra layers. Suitcases are not allowed on the mountain.

The Three Essential Layers

1. **Base Layer:** The layer next to your skin. Wicks away sweat to keep you dry (synthetic or merino wool, NO cotton).
2. **Middle Layer:** The insulating layer to retain body heat (fleece, microfleece, or down).
3. **Outer Layer / Shell:** The waterproof, windproof layer that shields you from rain and snow (Gore-Tex or similar).

Clothing & Layers

- 1 waterproof jacket (breathable, with hood)
- 1 insulated down or synthetic jacket
- 1-2 fleece or soft-shell jacket
- 2 long-sleeve moisture-wicking shirts
- 2 short-sleeve moisture-wicking shirt
- 1 pair waterproof pants
- 2 pairs hiking pants
- 1-2 pairs fleece/warm pants
- 1 pair shorts
- 2 thermal tops and bottoms (base layers)
- 8 pairs of hiking socks (wool or synthetic)
- 8 pairs of underwear (wicking fabric)
- 4-6 sports bras (for women)

- 1 warm hat or beanie
- 1 Brimmed sun hat
- 1 Balaclava, buff, or neck warmer
- 1 pair thin glove liners
- 1 pair warm waterproof gloves or mittens

Footwear

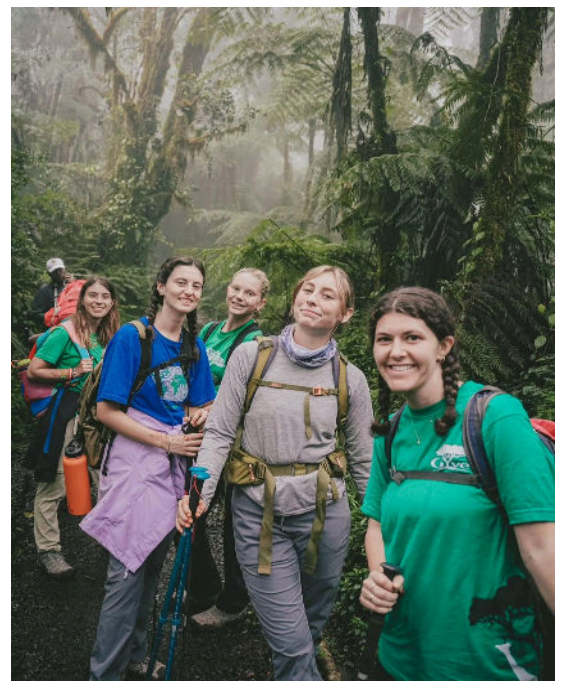
- Hiking boots (waterproof and fully broken-in)
- Camp shoes or sandals (optional but nice for evenings)

Gear & Equipment

- Duffel bag (45-60 L, waterproof if possible, carried by porters)
- Daypack (20-30 L, waterproof or with rain cover)
- Headlamp with extra batteries
- Sunglasses (UV-protective, full coverage)
- Sleeping bag (rated 0°F / -17°C - can rent)
- Sleeping pad (provided)
- Hiking poles (provided)
- Waterproof gaiters
- Water bottles (3 × 1 L minimum capacity - no disposable plastic)
 - Insulated or thermal water bottle for summit night
- Power bank or solar charger
- Camera with extra batteries (optional)

Health & Personal Items

- Personal medications and altitude medicine (per doctors recommendation)
- Sunscreen (SPF 30+) and lip balm (SPF 30+)
- Insect repellent
- Small first-aid kit (include blister care, bandages, ibuprofen)
- Electrolyte packets and energy snacks
- Wet wipes and hand sanitizer
- Toothbrush and basic toiletries
- Quick-dry camp towel
- Hand-warmers



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Itinerary

Day 1: Arrival in Moshi

Fly from Dar es Salaam to Kilimanjaro Airport (JRO), where the Local Moshi Adventures team will meet you and transfer you to your accommodations in **Moshi**. Enjoy lunch and dinner, meet your guides, and review your gear during a detailed pre-climb briefing. This is your chance to rent any last-minute items, ask questions, and rest up before the adventure begins.

Day 2: Machame Gate to Machame Camp

After breakfast, drive to Machame Gate to start your trek through lush rainforest. Expect steady uphill hiking and possible rain as you climb toward camp. Settle in, enjoy a hot dinner, and rest.

Environment: Montane Forest • Trek: 5-7 hrs • Distance: ~10.8 km • Overnight: Machame Camp (10,100 ft / 3,100 m)

Day 3: Machame Camp to Shira Camp

Leave the rainforest and ascend into moorland terrain with open views of the mountain. Reach Shira Camp for lunch, rest, and an optional short acclimatization hike.

Environment: Moorland • Trek: 5-7 hrs • Distance: ~5.2 km • Overnight: Shira Camp (12,500 ft / 3,800 m)

Day 4: Shira Camp to Lava Tower to Barranco Camp

Hike through semi-desert terrain to the famous Lava Tower, then descend to Barranco Camp. This day helps your body acclimate as you hike high and sleep low.

Environment: Semi-desert • Trek: 5-7 hrs • Distance: ~10.7 km • Overnight: Barranco Camp (13,000 ft / 3,950 m)

Day 5: Barranco Camp to Barafu Camp

Climb the impressive Barranco Wall and cross the Karanga Valley before reaching Barafu Camp. Enjoy dinner early, prepare your summit gear, and rest before the midnight climb.

Environment: Alpine Desert • Trek: 8-9 hrs • Distance: ~9.4 km • Overnight: Barafu Camp (15,000 ft / 4,600 m)

Day 6: Barafu Camp to Uhuru Peak to Mweka Camp

Begin your summit attempt around midnight. Ascend to Stella Point for sunrise views, then continue to Uhuru Peak, the highest point in Africa (19,341 ft / 5,895 m). Celebrate briefly before descending to Mweka Camp for well-earned rest.

Environment: Stone scree and ice cap • Trek: 11-16 hrs total • Distance: ~15 km • Overnight: Mweka Camp (10,000 ft / 3,100 m)

Day 7: Mweka Camp to Mweka Gate to Moshi

Descend through the forest to Mweka Gate, where you'll receive your summit certificate and say goodbye to your mountain crew. Return to Moshi for a hot shower, great meal, and a full night's sleep.

Environment: Forest • Trek: 4-6 hrs • Distance: ~8.5 km • Overnight: Moshi accommodations

Day 8: Departure Day

Enjoy breakfast before heading to the airport. Reflect on your incredible achievement, standing on the roof of Africa, and say farewell to your guides and fellow climbers.

Safety

Your Kilimanjaro mountain guides are highly trained professionals dedicated to getting you to the summit safely. Please listen carefully to their instructions and follow their guidance at all times, this is the single most important factor in a successful climb. If you have any medical conditions, be sure to discuss them openly with your lead guide during the pre-climb meeting in Moshi, including symptoms and any required treatments.

Your guides have full authority to make safety-related decisions on the mountain. At their discretion, they may require any climber to descend to a lower elevation or return to base if health, weather, or conditions demand it. **Their top priority is your safety and well-being, even above reaching the summit.**

This trek is operated in partnership with **Local Moshi Adventures**, a licensed and ethical Kilimanjaro operator. While GIVE fully endorses the professionalism and expertise of Local Moshi Adventures, please note that the **Mt. Kilimanjaro trek is not operated directly by Growth International Volunteer Excursions (GIVE).**

You'll climb alongside other GIVE volunteers, but your GIVE guides will not be on the mountain. You'll be supported by several local guides and 3-4 porters per person throughout the trek. After your climb, you'll return to Moshi for rest. Airport transfers will be arranged for your departure the following day.

GIVE Contact Information

Please contact us if you have any questions or concerns. Thank you and we are excited to see you in Tanzania!

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