The above excellent photo is from [http://www.vub.ac.be/BIBLIO/nieuwenhuysen/photos/tanzania/kilimanjaro.htm](http://www.vub.ac.be/BIBLIO/nieuwenhuysen/photos/tanzania/kilimanjaro.htm)

a personal journal
by
John Price
Why Kilimanjaro?

I am 42 years old, at the time of writing this journal (and obviously when summiting), with little or actually almost no experience of hill walking or trekking, so it would be a stretch for me to say I have always wanted to do this.

Call it mid-life crisis or whatever but last year (2003) I dropped about 4 stones (25kgs) in weight and increasingly, over the subsequent few months, I felt the need to do something special.

Initially it was going to be Everest Base Camp, but as that didn’t really go anywhere, only to the start of other peoples journeys, I had to “go somewhere”.

Kilimanjaro seemed a perfect fit as it was physically demanding, but also very achievable at the same time.

So this is my personal account of my ascent attempt of Mount Kilimanjaro in February 2005.

Many people love it, many people hate it, many people have climbed it and of course many people have failed.

The whole expedition experience meant a lot to me, I met some new friends and have seen some new sights, sounds and smells, so I have decided to share it with anybody and everybody.

Please let me have your comments on your experiences or on my journal.

mail@johnprice.net
The above maps are from http://www.climbingkilimanjaro.com/maps.htm

The only difference from the usual Lemosho Glades route is that we stayed at the Moir Hut camp (after than Shira Camp 1)

Our ascent routing was

(1) Mti Mkubwa, (2) Shira Camp 1, (3) Moir Hut, (4) Lava Tower, and finally
(5) Arrow Glacier

Our descent routing was

(1) Millennium Camp, which is just south of the Barufu/Baranco fork on the Mweka Trail
## Equipment List (items I actually took & wished I had taken)

### Clothing

- Base Layers : Wicking Tops & Bottoms
- Mid Layers : Thin Fleece Tops & Bottoms
- Top Layers : Thick Fleece Tops & Bottoms
- Waterproof Jacket & Trousers
- Warm Down Jacket for upper levels
- Waterproof Hiking Boots
- Wicking Liner Socks
- Thick Hiking Socks
- Waterproof Gaiters
- Buff or Balaclava
- Sun Hat
- Thin Gloves
- Thick (Warm) Gloves
- Waterproof Mittens
- Hiking Trousers
- Hiking Shorts

### Equipment

- Sleeping Bag (rated to ~20 degrees C)
- Fleece Liner for Sleeping Bag
- Money Belt / Wallet
- 35 litre Rucksack / Day Pack
- Head Torch
- Walking Poles
- 2 x 1 litre Nalgene type wide mouth bottles
- 2 x 1 litre aluminium bottles
- Glacier Glasses
- Spare set of sunglasses
- Locks for Duffel Bag / Hotel Bag
- Stuff (Compression) Sacks
- Quick Dry Towel
- Swiss Army type Knife

### Medical / Hygiene

- Malarone (or other anti-Malaria)
- Diamox (for Altitude Sickness)
- Diarrhoea medication & re-hydration
- Sun Tan lotion (Face and Lips)
- Biodegradable Hand Wash
- Wet Wipes
- Toothbrush & Paste
- Nail Brush
- Deodorant
- Paracetamol
- Ibuprofen
- Plasters & Blister protection
- Decongestants
- Antihistamines
- DEET based anti insect spray / roll-on

### Other items

- Notepad / Journal / Pens / Pencils
- MP3 player for evenings
- Camera and spare batteries/flash cards/film
- Toilet Rolls
- Waterproof bags for protection in transit
- Zip Loc type plastic bags
- Trainers / Shoes for Camp
- Gatorade or drink flavourings
- Trail Mix / Power Bars
- Chocolate Bars
Training / Preparation

For my training regime, I relied solely on walking regular long distances at weekends and when possible during the week.

I trained with the Rucksack I intended to take and always in the hiking boots, as I felt my body should be completely used to both before I go.

My recommendations are now for far more aerobic exercise like biking and a little running or jogging, but I survived so the walking training did me proud.

The preparation for my trip was basically the collection (beg or buy) of all the clothing requirements and the arrangement of the travel/holiday jabs required for Tanzania, I have listed below some recommendations (from http://www.mdtravelhealth.com/destinations/africa/tanzania.html) but you should consult your doctor.

**Malaria:**
Prophylaxis with Lariam, Malarone, or doxycycline is recommended for all areas.

**Vaccinations:**

- **Hepatitis A**
  Recommended for all travellers

- **Typhoid**
  Required for all travellers arriving from a yellow-fever-infected area in Africa or the Americas. Recommended for all travellers.

- **Yellow fever**
  Recommended for all travellers

- **Meningococcus**
  One-time booster recommended for any adult traveller who completed the childhood series but never had polio vaccine as an adult

- **Hepatitis B**
  For travellers who may have intimate contact with local residents, especially if visiting for more than 6 months

- **Polio**
  For travellers who may have direct contact with animals and may not have access to medical care

Also, Routine immunizations, All travellers should be up-to-date on tetanus-diphtheria, measles-mumps-rubella, and varicella immunizations

**Travel advice**

I personally got my Visa from the Tanzanian Embassy in London, but it was possible to obtain my Visa on arrival at Kilimanjaro International Airport. You should check the actual requirements when you are ready to travel. Normally the Visa's are issued for a period of three months and single entry.

I also booked my air travel with KLM, who have a daily service to JRO (Kilimanjaro International Airport) from Amsterdam, and I felt this was the easier option rather than flying to Nairobi and transferring from there by air, bus or car. I had been advised that these flights book up fast so it is worth booking as soon as you can. ([www.klm.com](http://www.klm.com))
16th February 2005

Well here we go, (best mate) Ken has picked me up at the unearthly hour of 4:00am so I can catch the feeder flight from Birmingham to Amsterdam in time for the Kilimanjaro flight. The KL1420 leaves BHX at 6:00am and is efficient and clean and very quick (only 50 mins to Amsterdam), although the check-in girl gave me a scare, telling me that my baggage was checked all the way through to Dar Es Salaam. Ha Ha Ha!! that was a good one!
The KLM flight from Amsterdam was again on time and again clean and efficient, and with a short wait in Amsterdam before the nine hour flight to JRO (Kilimanjaro International Airport). We actually had a smooth flight until around 3.1/2 hours before landing over The Sudan (Cuffra), where we hit some medium to heavy turbulence. This was my first flight on a MD-11, and I have to say it looked and felt reasonably modern. We crossed the equator (my first crossing) at around 20:22, according to the moving map on the aircraft. We were the only large aircraft in at KIA, the others being small prop-type or small jets, and a surprising amount of people got off. I thought the flight was probably sold as a flight to Dar Es Salaam with a stop at Kilimanjaro, but it seemed that more than 50% disembarked at KIA, so the customs area was busy but as I had already arranged my Tanzanian Visa all I had to do was to get my passport stamped and find the Tusker Trails agent.
I had packed two bags, with the idea that I could survive with the contents of either bag should one get lost in transit. The only difference was one had a sleeping bag and one had my down jacket, so at most all I needed to rent was either of those. No such problems as both bags turned up on time and in good condition.
There was quite a swell of agents and drivers waiting for people off my flight and at first was a little overwhelming, but eventually met Charles (with a big beaming smile) who had my name on his board. Another Brit (Don) was travelling on the same flight but was in the Visa queue, so we just had to wait a few more minutes for him. The wait seemed longer as we had over 30 degree heat happening and very, very muggy.
The drive to the Keys Hotel took only about 40 minutes, or so, but it was night time and we could only see a teasingly small amount of Kilimanjaro, catching the outline now and again. Upon arrival at the Keys Hotel in Moshi, I checked into my room and even though it was after 11:00pm they still had dinner arranged for me, so I suffered a late soup and barbecue dinner with my Coca Cola. I really wanted to get to bed at this point.
17th February 2005

Considering how tired I had felt the night before I fully expected to “sleep-in” but the hotel Cockerel was having none of that, welcoming in the morning bright and early.

Curried Cockerel for Lunch or for Dinner anyone ?, hmmmmm!!

So as I was awake at 5.30am and no visible signs of Mosquito bites I decided to have a shower and an early breakfast. Walking down to the restaurant, I caught the first glimpse of the Summit of Mount Kilimanjaro, poking through the tops of the trees at the hotel. Suddenly it looked a tall order, there it was bathing in morning sunshine towering above us, but so far away.

Met Peter and Andy this morning at breakfast, seemed nice guys from the limited email contact we have had previously, and they both lived up to that nice guy image. They had arrived yesterday via Nairobi and the “Vomit Comet”.

They had already got to see Kilimanjaro in all her majesty in the daylight, flying from Kenya to Tanzania.

Tusker Trail had arranged a 10:00am meeting with our guides, Stephen and Yusto, to go through our itinerary and equipment details. Stephen was very thorough and left no stone unturned and nothing to chance. What impressed me most about Tusker, and what led to me booking with them, was their attention to details, and the specifically attention to medical issues. Stephen explained the use of the blood/oxygen meters and the stethoscope and the Gamow bag in such a authoritative, yet comforting way, so much so that it made me feel at ease with the task ahead. Stephen also showed us the filtering system for the safe drinking water. All we needed to provide was leg power and staying power.

Stephen visited our hotel rooms to check over our intended equipment, to make sure we had the correct gear and if needed, he would find us anything that was missing. He gave us each a “kit bag” which we will use for the trek. This was the maximum we could have on the trip, and I found that I needed some creative packing to get it all in. They were solid feeling duffle bags (made by North Face) and mostly waterproof, but Stephen told us to bag our contents inside as well.

Stephen arranged for us to visit Moshi after lunch, so we could get a feel for the town.

After a short taxi ride, we visited a curio/tourist shop for some souvenirs (a nice batik for Samantha and a wooden giraffe statue for Emily) and then onto an electrical shop for Peter to collect some batteries for his GPS. Finally we made it to the town centre market, and although we were uncomfortably “not local” there wasn’t too much hassle going on. It is worth visiting the local market to get a feel for the sights, sounds and smells of your new abode.

Time to return to the hotel and wait and wait and wait …………

I struggled to get to sleep tonight with all the anticipation of tomorrow’s climb and that damn Rooster of course.
Moshi market

View of the summit of Mount Kilimanjaro from the Keys Hotel restaurant
18th February 2005

The trek finally begins. I enjoyed a nervous breakfast at the hotel this morning, never really wavering from the thought of the impending climb/trek ahead. Popped my first Diamox tablet this morning.

The Toyota 4x4 collected us early for the 2-3 hour drive to Landorossi Gate to register for entry to the park. Although my thoughts were mainly on the trek ahead, it was quite an interesting drive to the gate, passing through many villages, with varying standards of housing from “shanty” to modern. Local kids would wave along the road side, seemingly happy to see us. During the drive, I also noticed the huge amounts of Coca Cola signs, almost every other shop/establishment had a bright red sign on it. Once off the main road, the track/road got very rough at times, and it must be almost impassable when the rainy season kicks in.

Upon arrival at Landorossi Gate we disembarked and registered our details, such as route, personal details, passport numbers etc. We now get to meet our porters who had arrived by bus, and were busy getting their bags weighed by the park officials, trying to make sure that the porters were not being exploited. No more than 25kgs per person was the rule apparently, although we had heard that some other trek operators flaunt this rule. Tusker Trail, as with other items on this trip, were the considerate employer, making sure that no porter was overloaded.

We were amazed that we have sixteen porters and two guides for just the three of us but as we will find out over the next few days, we were grateful for all the items they would bring/carry. Once were registered and all the bags were weighed, we got back into our 4x4 and drove a little further down a very rough road/track to the Lemosho Glades area to actually begin our trek. At this point we had a packed lunch (Sandwich, Boiled Egg, Cake, Biscuits, Cheese & Crackers, Fruit Juice etc). This is first time we met Sonja and Jeff from New England (Connecticut), who were a very nice couple, who we would follow on our trail to the top.

So now this is it, off we go into the Rain Forest. My legs felt strange, probably the nerves, would I let the guys down on this trip with my limited trekking experience? now is the time I will find out.
On our trek up to Mti Mkubwa, the forest was dense at times but the track seemed to be clearly defined, anyway we were closely following Stephen and his Pole, Pole speed (slowly, slowly). We managed to see Colobus Monkeys, loads of exotic flora and fauna, and some disgusting safari ants. Within three hours or so we reached Mti Mkubwa camp, which was busy and a bit of a shock to me. I had expected some others on the trail but there must have been twenty-odd tents here tonight, all pitched cheek-by-jowel. We had our first camp meal tonight, Vegetable Soup followed by spaghetti with beef and vegetable sauce, and rounded off with a selection of fruits. Wholesome meal indeed, in fact made me feel even more tired, and when darkness kicked in, it was no problem to climb into my sleeping bag and drop off to sleep before 9:00pm. The campsite, being busy with tents and people, hummed for a while so my sleep was never that heavy. There were some wild accusations of snoring aimed at our group, but in reality it was only really one person. We were camping at around 9,500feet so there were no altitude issues, and even the overnight temperature did not warrant heavy sleeping gear.
19th February 2005

I awoke bright and early again, no rooster, but monkey calls this time, early in the morning. Breakfast was served in the mess tent, and consisted of big bowls of porridge (with sugar, honey, jam etc) followed by sausage & omelette and then some more fresh fruits. As the night before there were plenty of hot water for tea and coffee and hot chocolate. We were under strict instructions to drink at least 4 litres a day to help with altitude sickness prevention, so a few cups of tea/coffee helped in the morning. Today, we had a climb of over 2,000 feet vertical height gain, so we needed to stock up on carbohydrates, up to the Shira Plateau camp. Started our trek in dense rain forest, but before long we came into a fragrant Juniper forest, and this signalled a tough rise and fall trek. On the rises we had great views of the smaller hills and mountains (such as Mount Meru). Again didn’t see much in the way of wildlife, I guess we are making enough noise for the animals to move away, but saw another family of Colobus Monkeys as well as some Blue Monkeys. We did see a large bird of prey (looked like an Eagle but no birders here) at the camp in the late afternoon.

The Diamox started to kick in today, as the “pee” breaks became extremely regular, but apparently all part of the cycle of things. Took a packed lunch again, consisting of sandwiches, cakes, biscuits boiled egg, an Orange and a fruit juice drink. I felt today’s trek more so than yesterday mainly because of the undulating nature of the topography, and the fact we were walking for around 5-6 hours. The camp in sight was a nice feeling, and this time the Shira Plateau Camp was an open camp with no forest/tree restrictions on space as experienced at Mti Mkubwa.
Dinner was pretty similar format to last night, starting with a big bowl of lovely leek & potato soup and pancakes, followed by chicken & rice, and then the usual suspects of fresh fruits and tea & coffee. Very enjoyable meal this one. Stephen advised us at our post-dinner briefing that we will notice the cold tonight, as the camp is in a raised exposed position, and sure enough there was a slight icing over of the tents by midnight. He had also let us know that tomorrow’s trek will be for 6 hours or so.

After each dinner and breakfast meal, Stephen or Yusto would check our blood/oxygen levels and pulse rates, and in the mornings check our lungs for liquid, sure detections signs for altitude problems such as Pulmonary and Cerebral Oedemas.

I suffered a little tonight with neck & back ache, most probably from the rucksack. Although I had trained extensively in the UK with both the hiking boots and rucksack, I had not trained with quite as much weight as I was carrying now. A couple of Ibuprofens sorted that ache out.

Now we get to see the peaks of Kilimanjaro for real, as yesterday and this morning were in forest. It still seems a long way away but of course we still have quite a few days left on our journey.

One of the Americans in the adjacent party had brought his kite, which proved some interest for a few minutes, as the wind was quite strong in the afternoon.
Yes that 4.30am alarm sounded again, but again I was the only one to hear it. As it was so cold outside I settled down and listened to my iPod for an hour or so, but fell back asleep and was awakened at 6.30am, to get ready for breakfast. Breakfast was the predictable choice of porridge, toast, omelette & bacon and fresh fruits, together with the hot drinks of choice. I opted for porridge and a home made bacon sandwich.

Our trek today was for 6 hours, firstly a four hour trek to Fischer Camp (where, incidentally some of the fellow Shira Plateau campers were headed to camp down for the night. Our plans were for a cooked lunch at Fischer and then to carry on for another couple of hours to Moir Hut Camp.

We were really deep in moor land landscape now, very dry and arid with a few alpine types and others, such as large heather plants, as well as the tall growing Lobelia.

Beautiful leaves on these and we saw some which were four or five feet tall. Lunch at Fischer was good, but surprising for me. Ask anybody who knows me well, and they will let you know I dislike mushrooms and most cheeses, so to see that we had mushroom soup for starters and a toasted cheese and tomato sandwich was a little disconcerting, but I soldiered on and actually quite enjoyed both meals. There were some KFC style chicken wings in there as well, and some fresh fruit, so yet again quite enjoyable. Had a small dull headache for most the day, either altitude related or maybe related to my neck sprain/ache from the night before, but Ibuprofen solved that one.

In between Fischer and Moir we crossed a small stream where there were some Park staff waiting for an emergency evacuation. Had a bit of a worry tonight, as my blood/oxygen reading had plummeted to 74 from the 90’s and 80s of earlier, so it’s important for me to get some decent sleep and continue my liquid intake.
There was a 4x4 track for such emergencies, but this just reminded us of the dangers involved with high altitude trekking. We met the unfortunate guy on his travel downwards, walking unaided with his guide, he had come down from Arrow Glacier camp, which for us was a couple of days away. He complained of a strong headache and looked a little groggy.

Upon arrival at camp we were greeted by a large bird of prey (again probably an Eagle) and the large decaying skull bone of an elephant. Legend has it that this small elephant must have gone separated from the herd and continued walking uphill, only to stumble and fall into this valley.

We were the only people camping at Moir that night so it was particularly quiet, and we again planned for sub zero temperatures. My Mountain Equipment down sleeping bag served me extremely well on this trip, as I never really got cold at all, even though we had these sub zero temperatures.

With obvious reference to the camp name, there is a hut here, although very run down, but good shelter from the elements if you really need it. Shame about all the graffiti, though. Took some Kilimanjaro Lava Rock samples from here, hopefully get them mounted on to a plaque or plinth of some description.

Dinner tonight consisted of vegetable soup, followed by rice with beef and sauce and the fresh fruit for desert.

The moon was so bright tonight, almost like daylight
21st February 2005

You guessed it, woke up at 4.30am again, this really is my wake up time, don’t know why but it is. Read a little and then listened to my iPod for a hour or two, until it was ready to get up and have some breakfast. Porridge, toast, egg& sausage were on the breakfast menu again, but my main concern was that blood/oxygen level, and to my relief it was back up to 86, which was perfectly acceptable at nearly 14,000 feet altitude.

It seemed like a long 4 hours today, up to the Lava Tower, which was a marker to fix our sights on early on this trek. Starting to feel the altitude now, breathing is a little more laboured and the dull headache is still there, but not far to go now.

After resting at the Lava Tower camp we did a small scramble up the Lava Tower and the views were worth the trip. It was cloudy in the beginning but with the Kilimanjaro weather clearing up every late afternoon, we were in for a treat. Mount Meru was there posing for photographs and even the summit of Kilimanjaro seemed closer now.

The scramble up the tower took about 40 minutes or so and the same back down. Diarrhoea kicked in tonight a little, but took some Imodium to combat it, but meant I stayed clear of the dinner servings of leek soup, followed by chicken curry and rice and pineapple slices.
Diarrhoea was the enemy today, as my sleep was reasonable. We only had a two hour trek up to Arrow Glacier Camp but it was the hardest of the trip for me, the Diarrhoea had me wasted and I felt no strength in my limbs at all. Still Stephen was supportive and I soldiered on up to camp. I tried porridge for breakfast but only had toast and soup for lunch, missing out on the chips & beans that Peter and Andy had. A day to forget for me, especially as we had a hour walk after lunch up the Western Breach and then back down again. To show how ill I felt I took ONE photo all day, then I had a couple of hours sleep, which made me feel better, and used some of Peter’s CIPRO antibiotics.

My spaghetti dinner and soup went uneaten but I was determined to get back to fitness for the next day. The reason for only tackling a 2 hour trek today was acclimatisation, pure and simple.
23rd February 2005

I had a good nights sleep, last night and hopefully the diarrhoea was behind me (in a manner of speaking of course).

Today's plan was for a 6 or 7 hour scramble up the Western Breach, the most demanding of all of our days. Not only was it almost vertical, but it was up to 18,000 feet and will. Take us 6.1/2 hours to complete.

We got away very quickly this morning, despite having to combine the three men's clothing requirements into two bags. Stephen has explained to us that we only needed to select what we required for tonight and tomorrow and share two duffle bags between the three of us, with the other being taken round to our camp for tomorrow night.

It ended up being quite easy to choose as all we had to take is cold weather gear, which up until now had been relatively unused.

Peter needed some help today, so we took the climb easy, taking frequent stops and breathers, which in fact helped us all/ It was a long trek today but ultimately worth it when you rise above the final edge to see the crater camp and the Glacier and then the last 800 feet to climb to the summit.

We took a packed lunch again today, and with the diarrhoea only a distant memory, Tuna sandwiches have never tasted so good. This whole day gave excellent and spectacular views of the Western Breach, The Shira Crater etc which was only topped by the emotion I felt hugging Stephen and then Yusto after we had reached the Summit Camp.

The Glacier was my first "up close & personal" one so it was very impressive to me.
At 3:00pm, Stephen had arranged for a short trek to the Ash Pit, which was basically the original carter rim of the original volcano. She was still spilling sulphur into the air dispelling the rumours that it was an extinct volcano, it was dormant maybe but not extinct. The headache was still here but the elation made me forget it for a while. Wiagi, our chef/cook, had prepared us some corned beef hash and potatoes for dinner and it tasted great, of course after our chicken soup

During the night I had some trouble breathing, so even though I woke him from his sleep, Stephen came to my tent with the oxygen and gave me a blast, which helped me get back to sleep. Tomorrow we stand on the top of Africa!
24th February 2005

Woke at 6.30am ready and waiting for the ascent to begin. We started at 7:00am up to Uhuru peak and within 2 hours we were standing next to the “highest Point in Africa” sign. There were some other people already there and a few on their way up, and due to the cold and wind we had to get our photographs done quickly. I had three requests, one with a flag from my local Nissan dealer (who had kindly donated a large amount to my chosen charity) and the two others were two local newspapers to get some more exposure for the Leukaemia Research Fund. The trek up through the snow and ice was fairly uneventful compared the last few days but crowned by the fact we all made it to the top. Our certificate shows that we summited at 8:45am on Thursday 24th February 2005.

The exit strategy was via the Mweka route and this is where it got interesting. We descended very quickly through thick dust (6” to 8” deep in places) and then steep pathways, stopping at Barafu Hut for our lunch, before carrying onto Millennium Camp for our Dinner and our overnight camp. Interestingly at the Millennium camp you can buy beer and Coca Cola (but we resisted the temptation) at four or fives times the hotel prices, but with the availability of beer it was a busy camp this one, with a lot of background noise all through the evening and early night. The descent into thicker oxygen levels was significant, I was enjoying the fact that I breathe more easily (sounds like a Tunes advert !)

25th February 2005

After a slow start I had a good night’s sleep, as the noise died down later on in the night. After breakfast and packing, we all took photos of the 2 guides and 16 porters as we felt that they helped make this trip so memorable. It’s amazing that we needed 16 porters at all.

The next four hours for me got painful, as the rapid descent began to hurt my knee and I felt some considerable pain in my lateral collateral ligament. This has happened before so it’s a concern for me for future trips, but the actual descent from 12,500 feet down to the gate within four hours was too much for me. Due to a rough 4x4 access track, I was able to alleviate the pain a little by walking the last 40 or 50 minutes backwards! Yusto or Wiagi would hold my hand and guide my travel backwards, which relieved greatly the stress on my knee. I was able then to revert and walk forwards at the very end. Must have been a strange sight for the locals, a foreigner walking backwards down the hill!

Before 1PM we had reached the Mweka Gate and all the signing out procedures had begun. Our porters were there waiting for their bus to take them back to Moshi, and there was our 4x4 ready to take us back to the Keys Hotel and a shower and a beer (or two!). We met a few other successful climbers here, but they had mostly used the Machame route, and they were more than a little jealous of our Western Brach success.
So off to our hotel, through a bad track/road and through an entourage of souvenir sellers, but it didn’t seem to matter, we had done our job and a few cold beers awaited.
Conclusions

Is it worth it?

For me, it has to be definitely Yes, although I did not “find myself” or “any new direction” but just had a thoroughly enjoyable time, tough yes, but enjoyable.

Will I do it again?

Not for me, despite the welcome of Tanzania, the good weather, and the good food, it is now time to move onto something new, something different
  I would love to Tanzania again soon, so I can to do a Safari trip to the Serengeti or the Ngorongongo Crater or Lake Manyara with my wife, Michelle, but I will not attempt Kilimanjaro again.

Recommendations?

Don’t believe all the text you read about how easy it is and how it’s more of a walk than a climb. It’s hard. The trekking is hard enough without the effects of altitude, and this should never be taken lightly. I wished I had trained more for this trip but it’s a lesson learnt for my next adventure.

My biggest piece of advice is to make sure that the trekking company of interest has the full medical backup plans and that the guides are trained to a high standard. Tusker Trails (USA) provided two excellent guides with a major amount of medical backup and knowledge, like daily blood/oxygen level checks, compression bag availability, oxygen supplies etc. Ask your tour company how many times you are medically checked on your trip, as we experienced a fellow climber who was evacuated from the Summit Crater Camp. He was in a bad way but I feel would have been diagnosed far earlier by the Tusker guides. Our assistant guide actually assisted the other tour company administer oxygen to the unlucky climber.
Thanks for reading my journal, any constructive comments are welcome

mail@johnprice.net
Kilimanjaro: a personal journal by John Price

Official Park Certificate

This is to Certify that

Mr./Mrs./Miss JOHN PRICE

has successfully climbed Mount Kilimanjaro
the highest peak in Africa, right to the
Summit - Uhuru Peak - 5895 m.

Date 24th Feb 2005  Time 08:45  Age 42 years

Stephen Mallya
GUIDE

PARK WARDEN
Mr. Kilimanjaro National Park

DIRECTOR GENERAL
Tanzania National Parks

CERTIFICATE No. 3582/05