

EST. 2026 EDITION

---

# NYANGE ADVENTURES PRE-KILIMANJARO KIT

THE ROOFTOP OF AFRICA AWAITS

---

Comprehensive Preparation Guide  
Professional Mountain Expeditions

# DISCOVER MOSHI: THE TOWN OF "SMOKE"






## THE GATEWAY EXPERIENCE

The word Moshi means "**Smoke**" in Swahili, named after the persistent clouds that shroud the peak of Mount Kilimanjaro. It is a charming, bustling town that has retained its authentic character despite being the primary hub for climbers.

Home to approximately 170,000 inhabitants, mostly from the **Chagga tribe**, Moshi offers a vibrant atmosphere. We recommend taking a walk down the main street to get a sense of the town's rhythm and culture.

Explore local markets for intricate woodcarvings, jewelry, and unique Tanzanian souvenirs. **Pro Tip:** Bargaining is expected and part of the local experience!

## TOWN PROFILE

 POPULATION	~170,000
 ELEVATION	890m (2,920ft)
 MAIN LANGUAGE	Swahili / English
 LOCAL TRIBE	Chagga
 CLIMATE	Tropical / Humid

# ESSENTIAL LOGISTICS: VISAS & HEALTH

## ENTRY REQUIREMENTS

### TOURIST VISA

Required for most foreign nationals. Your passport must have at least **6 months validity** remaining.

### VISA COSTS

- US Citizens: **\$100 USD**
- Other Nationals: **\$50 USD**

Payable in cash on arrival or via the online e-Visa portal.

**Note:** Ensure your USD notes are printed on or after 2003. Older notes are not accepted in Tanzania.

## HEALTH & PROTECTION

### YELLOW FEVER

A **Yellow Fever Certificate** is required for entry. You must bring the physical certificate with you.

### MEDICAL PREP

Consult your doctor regarding malaria prophylaxis and other recommended vaccinations.

### TRAVEL INSURANCE

Comprehensive insurance is **mandatory**. Ensure it specifically covers high-altitude trekking up to 6,000m.

# YOUR KILIMANJARO PACKAGE

## ✔ WHAT IS INCLUDED

### PARK & RESCUE FEES

All National Park entry, camping, and emergency rescue fees.

### PROFESSIONAL CREW

Certified WFR guides, professional cooks, and dedicated porters.

### MOUNTAIN MEALS

Three hot meals daily plus purified drinking water.

### EQUIPMENT & TRANSPORT

High-quality tents and return transport to the park gates.

## ✘ WHAT IS NOT INCLUDED

### TOWN ACCOMMODATION

Pre and post-climb hotel stays (unless pre-arranged).

### CREW TIPPING

Gratuities for guides, cooks, and porters (see guidelines).

### PERSONAL GEAR

Clothing, sleeping bags, and boots (available for hire).

### OPTIONAL ADD-ONS

Private toilets, oxygen tanks, and personal insurance.

# MONEY & VALUABLES MANAGEMENT

## CURRENCY

### ACCEPTED USD

---

USD is widely accepted. Notes **MUST** be printed **on or after 2003**. Older series are not accepted anywhere in Tanzania.

### LOCAL SHILLINGS

---

Tanzanian Shillings (TZS) are required for local markets, taxis, and small shops. Exchange bureaus are available in Moshi.

## LUGGAGE

### PORTER WEIGHT LIMIT

---

Your main bag must weigh no more than **18kg (40lbs)**. This is a strict limit to protect our porters' health.

### BAG TYPE

---

Please use a **soft duffel bag** or rucksack. Porters often carry bags on their heads; hard suitcases are not suitable.

## VALUABLES

### HOTEL STORAGE

---

Leave non-climb valuables, electronics, and extra city clothes safely at your hotel in Moshi before departing for the gate.

### PASSPORTS

---

Passport numbers are required for park entry, but you can leave the physical document in hotel storage to keep it safe.

# LIFE ON THE MOUNTAIN: FOOD & FACILITIES

## EXPEDITION DINING

### BREAKFAST

Hot porridge, eggs, toast, and fresh fruit served with tea or coffee to fuel your morning.

### LUNCH

A mix of hot meals at camp or nutritious packed lunches during longer trekking days.

### DINNER

Three-course meals: warming soup, a main of rice/pasta/potatoes with sauce, and dessert.

## HYDRATION PROTOCOL

### DAILY SUPPLY

Porters collect and boil water every morning and evening. We provide **4 liters** per climber daily.

### PURIFICATION

While water is boiled, you may bring iodine tablets or filters for additional peace of mind.

### CAPACITY

Ensure you have a combination of bottles and hydration bladders to carry your full daily quota.

## HYGIENE & COMFORT

### WASHING

Warm bowls of washing water are provided at your tent every morning and evening.

### TOILETS

Standard "long drop" facilities are provided by the Park. **Private chemical toilets** are available for hire.

### ESSENTIALS

Always carry wet wipes, hand sanitizer, and toilet roll in your daypack for use during the day.

# GET "KILI-READY": PHYSICAL PREPARATION

## **CARDIO & ENDURANCE**

### **AEROBIC BASE**

Focus on long-duration, low-intensity activities like hiking, swimming, or cycling to build a strong heart and lungs.

### **INCLINE TRAINING**

Use a treadmill on an incline or find local hills. Stair-climbing is excellent for mimicking the mountain's vertical gain.

## **STRENGTH & SIMULATION**

### **LEG POWER**

Strengthen your quads, hamstrings, and calves with squats, lunges, and step-ups to handle the long descents.

### **GEAR TESTING**

Hike in your actual trekking boots with a weighted daypack (6-8kg) to break in your gear and condition your shoulders.

## **MENTAL RESILIENCE**

### **"POLE POLE" MINDSET**

Practice patience. Kilimanjaro is a marathon, not a sprint. Success comes to those who move slowly and steadily.

### **POSITIVE FOCUS**

Prepare for discomfort. Staying positive during cold nights and long summit pushes is key to reaching Uhuru Peak.

---

**RECOMMENDED TIMELINE: 8-12  
WEEKS PRE-CLIMB**

# HEALTH & SAFETY: ALTITUDE AWARENESS

## 🛡️ SAFETY PROTOCOLS

### EXPERT GUIDES

Our guides are **Wilderness First Responders (WFR)**, the highest medical training for remote settings.

### DAILY MONITORING

We conduct twice-daily health checks, monitoring oxygen saturation (SpO2) and heart rate to track acclimatization.

### EVACUATION SUPPORT

Emergency stretcher and vehicle evacuation are included. Helicopter rescue can be pre-arranged via insurance.

MEDICAL KIT

OXYGEN SUPPLY

COMMUNICATION

FULLY EQUIPPED

EMERGENCY READY

RADIO / SATELLITE

## 💓 MANAGING ALTITUDE

### THE GOLDEN RULE

**"Pole Pole"** (Slowly, Slowly). Moving slowly is the most effective way to prevent Acute Mountain Sickness (AMS).

### DIAMOX (ACETAZOLAMIDE)

Assists in acclimatization. We recommend 125mg twice daily, starting 2 days before the climb.

\*Consult your doctor before use.

### HYDRATION & NUTRITION

Drink at least 4 liters of water daily and maintain a high-calorie intake, even if your appetite decreases.

### LISTEN TO YOUR GUIDE

If your guide advises descent for safety, it is essential to follow their instructions immediately.

# WEATHER & THE SUMMIT PUSH

## CLIMATE ZONES

### EXTREME VARIABILITY

---

You will trek through five distinct climate zones, from **Tropical Rainforest** to **Arctic Desert**. Be prepared for rain, sun, and snow.

### TEMPERATURE DROP

---

Daytime temperatures are pleasant, but as soon as the sun sets, temperatures drop radically, often well **below zero degrees**.

## SUMMIT NIGHT

### THE MIDNIGHT START

---

The final push begins around midnight. Temperatures can plummet to **-20°C (-4°F)** with significant wind chill.

### LAYERING STRATEGY

---

Requires **4-5 layers**: moisture-wicking base, thermal mid-layers, heavy down jacket, and windproof outer shell.

## BEST TIMES

### PEAK SEASONS

---

**Jan - Feb**: Driest and clearest months.

**June - Oct**: Long dry season, very popular with clear skies.

### SHOULDER MONTHS

---

December is also good, but expect more cloud cover in the rainforest zone. Avoid the long rains of April and May.

# ESSENTIAL PERSONAL PACKING LIST

## CLOTHING

### LAYERING SYSTEM

- Moisture-wicking base layers
- Mid-weight fleece jacket
- Heavy down summit jacket
- Waterproof shell jacket
- Trekking trousers & shorts
- Waterproof over-pants

**STRICTLY NO COTTON**

## FOOTWEAR

### PROTECTION

- Broken-in hiking boots
- Camp shoes / Sneakers
- Thermal wool socks (4-5 pairs)
- Liner socks (optional)
- Gaiters (for scree/snow)

## ACCESSORIES

### HEAD & HANDS

- Warm wool beanie
- Wide-brimmed sun hat
- Polarized sunglasses
- Heavy waterproof gloves
- Thin liner gloves
- Buff / Neck gaiter







## PERSONAL

### ESSENTIALS






- Headlamp + spare batteries
- Sunscreen (SPF 50+)
- Lip balm with UV protection
- Wet wipes & hand sanitizer
- Energy bars & electrolytes
- Small personal first aid kit

# EQUIPMENT HIRE INVENTORY

## CORE MOUNTAIN GEAR

 Down / Summit Jacket	<b>\$20.00</b>
Hiking Boots	<b>\$30.00</b>
 Sleeping Bag	<b>\$30.00</b>
 Walking Poles	<b>\$15.00</b>
 Gaiters	<b>\$10.00</b>
 Gloves / Liners	<b>\$10.00</b>
 Waterproof Jacket	<b>\$15.00</b>

## ACCESSORIES & ADD-ONS

 Duffel Bag (Waterproof)	<b>\$30.00</b>
Day Pack	<b>\$30.00</b>
 Head Torch	<b>\$15.00</b>
 Thermal Top / Bottom	<b>\$10.00</b>
 Private Toilet	<b>Enquire</b>
 Oxygen Tank	<b>\$10/Day</b>
 Pulse Oximeter	<b>\$30.00</b>

\* ALL PRICES ARE PER TRIP UNLESS SPECIFIED. EQUIPMENT IS SUBJECT TO AVAILABILITY.

# HONORING YOUR CREW: TIPPING GUIDELINES

## RECOMMENDED DAILY RATES (PER GROUP)

HEAD GUIDE	<b>\$20 USD</b>
ASSISTANT GUIDE	<b>\$18 USD</b>
COOK	<b>\$15 USD</b>
WAITER / CAMPING MASTER	<b>\$12 USD</b>
PORTERS (EACH)	<b>\$10 USD</b>

## DISTRIBUTION PROTOCOL

### WHEN TO TIP

Tipping should be done at the end of your climb, typically during the "tipping ceremony" at the final gate or hotel.

### HOW TO DISTRIBUTE

You may hand tips to individuals directly or give the total amount to the Head Guide for transparent distribution to the entire crew.

# RESPONSIBLE TOURISM: OUR COMMITMENT

## EMPOWERING OUR CREW

### FAIR COMPENSATION

We guarantee fair wages, provide nutritious meals, and ensure all crew members have high-quality mountain gear and proper sleeping conditions.

### PROFESSIONAL GROWTH

We invest in our team through regular **Wilderness First Responder** training and career advancement opportunities for porters.

## PROTECTING THE MOUNTAIN

### LEAVE NO TRACE

We follow strict environmental guidelines. Every piece of rubbish, including glass and tin, is carried off the mountain to keep the wilderness pristine.

### ECO-FRIENDLY CAMPING

Our camps are managed to minimize impact. We use gas for cooking instead of wood to protect the delicate rainforest and alpine zones.

ECO-CONSCIOUS

# BEYOND THE CLIMB: SAFARI & CULTURE

## WILDLIFE SAFARIS

### THE NORTHERN CIRCUIT

Extend your Tanzanian adventure with a world-class safari. Witness the "Big Five" in their natural habitat across iconic landscapes.

### KEY DESTINATIONS

SERENGETI

NGORONGORO CRATER

TARANGIRE

LAKE MANYARA

### TAILORED EXPERIENCES

Choose from **Luxury Lodge Safaris**, authentic **Camping Safaris**, or join a group to share the adventure and costs.

## CULTURAL IMMERSION

### MAASAI VILLAGE VISITS

Experience the traditional lifestyle of the Maasai people. Learn about their customs, crafts, and deep connection to the land.

### HADZABE TRIBE INTERACTION

Visit the last hunter-gatherers at Lake Eyasi. A rare opportunity to witness ancient survival skills and unique traditions.

### ZANZIBAR EXTENSIONS

After the physical challenge of the mountain, relax on the white sand beaches of **Zanzibar Island**. Ask us for post-climb beach packages.

---

# READY TO SUMMIT?

## FINAL ACTION REQUIRED

Please complete and return your **Pre-Climb Form** to our team at least 30 days before your arrival.



EMAIL

[info@nyangeadventures.com](mailto:info@nyangeadventures.com)



WEBSITE

[www.nyangeadventures.com](http://www.nyangeadventures.com)



SOCIAL

[@NyangeAdventures](https://www.instagram.com/NyangeAdventures)

SEE YOU ON THE MOUNTAIN