

There are many training programs available on the internet to prepare you for trekking Mt. Kilimanjaro. But I think we can help simplify things and still make sure you're in shape to summit Africa's tallest mountain. Feel free to put in additional work, look up other programs or even make your own training regimen, as everyone is at a different fitness level, have different expectations on how to experience Kilimanjaro and have different physical/time constraints. Increasing your physical preparedness will only make your trek up (and down) the mountain more enjoyable.

START WALKING

A GOOD GOAL: 100 MILES

First, Kilimanjaro is a mostly non-technical mountain. Meaning there is very little (part of 1 day) where you'll do any actual rock climbing. Kilimanjaro is truly a slow-paced trek up to 19,000 feet. And since you'll be trekking almost 45 miles you'll want to make sure your feet are prepped, first and foremost. So, I recommend finding your hiking boots or trail shoes early, putting them on and walking in them for as many miles as you can. Do this wearing the sock you plan to wear on the mountain. This will not only help to break in your chosen footwear and allow you to test them out for any unusual rubbing or discomfort, but also help to prepare your feet. Even if it's on a treadmill or your sidewalk...this process will pay dividends on the mountain. Nobody wants to worry about sore feet and blisters if they can help it.

CARRY A PACK

A GOOD GOAL: 10-15 POUNDS

Thankfully we'll have porters to carry all but a few items up the mountain. But you will be carrying your daypack for a good amount of time. If you're not used to carrying a pack now's a good time to start getting your shoulders ready. Load up your pack with some clothes or water or rocks and hit the road. It's a good opportunity to get familiar with your pack, make sure it fits and is adjusted to suit you and feel what a few pounds feels like on your back. A liter of water weighs 2.2 lbs. and you'll be carrying between 2-4 liters daily.

HIT THE TRAILS

A GOOD GOAL: HIKE 8-10 MILES

So, you've put in the miles and you've carried around your daypack...not so bad. The longest day on the mountain will cover about 11 miles. It sounds daunting, but at a slow pace, with breaks (and even a meal) it's not as bad as it sounds. And by summit day you'll already be a veteran of the mountain with over 20 miles behind you. But, it's a good idea to know what that many miles can feel like all at once. Find a trail, strap on a light pack and go for a long stroll...even near sea level on flat ground, this is still good preparation.

GET SOME ALTITUDE

A GOOD GOAL: 14,000 FEET

If you've never been at altitude before, it wouldn't hurt. And hey...2 mountains in 1 year is something many don't accomplish. On the mountain we'll do daily health tests to make sure you're in shape for the climb. And we intentionally climb slowly and take acclimation hikes to properly allow your body to adjust to the the lower levels of oxygen. But, that doesn't mean you won't feel some symptoms of altitude sickness. If you have an opportunity to get some altitude it'll help you know what your body might do and how you'll feel. And it's a fantastic time to test the recommended Diamox.