

Berg Adventures International

Preparing for Kilimanjaro Climb

6 months plus before

- .. Train hard! Walk or hike up hills whenever possible, gradually adding weight to your pack. Work on both strength and cardio.
- .. Purchase flights
- .. Visit your doctor; ask about any shots you need and discuss your trip. If you have any pre-existing conditions like heart disease, asthma or knee problems a written consent from your doctor is mandatory.
- .. Start working your way through the Gear List, visiting outdoor shops
- .. Is your passport up-to-date?
- .. Wear your hiking boots as much as possible
- .. Start reading books from BAI's suggested reading list

3 months before

- .. Full payment due to Berg Adventures International
- .. Give BAI your flight itinerary and good-quality photocopy of your passport.
- .. Keep training
- .. If you are obtaining your Tanzanian Visa prior to your trip, fill out application form and submit to the Tanzanian Embassy of your country

1 month before

- .. Confirm with BAI any extra nights you want hotel reservations in Arusha
- .. Don't even think about letting up on your training!

2 weeks before

- .. Confirm your flights with airlines
- .. Work out your cash, credit card and/or travellers' cheque situation
- .. Begin packing
- .. Get three to five passport-sized photos taken to bring along
- .. If you are waiting to obtain your visa upon landing in Arusha, complete the application form and have it with you on the plane

1 week before

- .. Go over gear list and make sure you have everything
- .. Pack your carry-on with items in the BAI Carry-On list (to come)
- .. Record emergency contact info for relatives
- .. Try to get some rest and keep exercising