

Are You Ready To Climb Mt. Kilimanjaro?

Everyone that's any type of climber has been to the top of Mt. Kilimanjaro. You've been dreaming about climbing the mountain for years. You've made other smaller climbs, but this the one that you've talked about but haven't done. Maybe the sheer height makes you pause. But as long as you've planned out your trip, and take all the necessary precautions pre-climb you won't have anything to worry about.

Equipment

To make sure that you are ready, you need to have the proper equipment. If you've it for all while you might need to get it checked out. Depending on the route you are going to take whether easy or difficult everything needs to be in proper working order. Do you have the right attire and shoes for your trip? Each little thing will make a difference. You don't want to be caught be something that you'll need.

Health

Obviously if you are in poor health you shouldn't climb. It doesn't matter if it is the rock climbing wall at your local facility. That is simply a no-no. This will put a greater risk for injury on your body and set you up for failure. There are at least ten people who die every year that climb Mt. Kilimanjaro due to altitude illnesses. The two that are the most noteworthy are HAPE (high altitude pulmonary edema) and HACE (high altitude cerebral edma). Either one of these will kill you. Don't let that happen. Make sure you get the ok from your doctor before you even book the trip. If you have any cold, cough or other condition that would prevent you from climbing and you've already booked the trip see if you can get it postponed.

Skill Level

Experienced climbers have a greater possibility than a newbie for risk as their "ego" might cause them to take unforeseen measures on climbs. Their experience might make them feel that they can take the risk as they've made many climbs. Even if you've made many climbs, if this is your first climb up Mt. Kilimanjaro you don't won't what to expect. Therefore you need to make sure that you choose an experienced guide to point out to you the do's and don'ts. A guide will also be able to assess your skill level and determine the best route for you to take.

Many people who don't climb don't understand your need to see the tops of mountains. When you complete your climb to the top of Mt. Kilimanjaro the tallest mountain in the world and have the proof to show them everything they've missed you might have some converts. But you won't be able to do that unless you are fully prepared to make the ascent. You will do that by having the right equipment and that it is in top shape, getting your skill level assessed by a guide, and getting your permission slip approval by your physician. All of these things will have you at the top of Mt. Kilimanjaro and the experience of a lifetime!

For more information on visiting Tanzania [Tanzania safari with Wild Things](#)

For more information on climbing kilimanjaro or visiting Tanzania's mountains contact [Climb Kilimanjaro with Mountain Kingdom Safaris](#)

About the Author

Roy Hinde lives in Tanzania and works on [Tanzania safari with Wild Things](#)

For more information on climbing kilimanjaro or visiting Tanzania's mountains contact [Climb Kilimanjaro with Mountain Kingdom Safaris](#)

Source: <http://www.1h7.com>