

Mt. Kilimanjaro Important Information

Description

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While on your Kilimanjaro climb, if you feel mountain sickness or dizziness, descend immediately and seek medical attention. Allow plenty of time for the body to acclimatize by descending slowly. If you have heart or lung problems, do not attempt to climb the mountain any further at all. If you are attempting to reach the summit, you should be in good physical condition. Do not push yourself to go on if your body is exhausted.

Children 10 years or younger are not allowed to climb the mountain.

Itinerary