## **Explore Mount Kilimanjaro: contents**

1	Planning and preparation	
	What is the best time of year?	5
	Combining it with other activities	5
	Mount Meru	6
	Choosing your route	7
	Fitness, exercise and heart rate	11
	Altitude effects	13
	Acute Mountain Sickness (AMS)	14
	Degrees of AMS	15
	Summary of AMS advice	16
	Advice on food and drink	16
	Other health issues	18
	Equipment and packing	19
	Packing checklist	21
2	Background information	
2.1	Tanzania, history and Kilimanjaro's 'discovery'	22
2.2	Conservation, tourism and the local economy	24
2.3	The volcanoes, geology and scenery	26
2.4	Habitats and wildlife	29
3	The routes in detail	
	Marangu	
3.1	Marangu Gate to Mandara Huts	34
3.2	Mandara Huts to Horombo Huts	36
3.3	Horombo Huts to Kibo Hut	38
3.4	Kibo Hut to the summit	40
	Machame	
3.5	Machame Gate to Machame Camp	42
3.6	Machame Camp to Shira Camp	44
3.7	Shira Camp to Barranco Camp	46
3.8	Barranco Camp to Barafu Camp	48
3.9	Barafu Camp to the summit	50
	Rongai	
	Naremoru Gate to Simba Camp	52
	Simba Camp to Third Cave	54
	Third Cave to Kibo Camp	56
3.12b	Simba Camp to Kibo Camp (indirect)	58
	All routes	
3.13	The descent	59
4	Reference	
	Books, maps and websites	61
	Get by in Swahili	61
	Tour operators and visas	62
	Acknowledgements and credits	62
	Index	63