

# Mt. Kilimanjaro

## Experience and Tips

- Once in a Life time Experience
- It is Hard work but worth it.
- Be Prepared –How?

# Before Training

- What do you need?
- **Hiking Boots:** Invest in GOOD pair.
- Wear them for your training. ---
- **Rucksack** to carry your daily essentials.  
Get yourself measured for a Rucksack.
- Buy **Hydration PACK--**

# During Training

- Start with small walks
- Aim for 1-2 hours --
- Until you and your body can withstand **8 hours per day** minimum.
- Group walking (Team)- Walking Alone.  
(in Familiar area & Be Safe)
- **Carry your Rucksack** with the trek essentials.

# During Training <sup>(2)</sup>

- **Snacks:**
  - Nuts & Chocolate mix
- **Savoury:**
  - Chevado, Sev mumra.
- Try Energy Drinks/ Bars
- Front carrying container.

# MindSET

- Be FOCUSED on your Training
- Be Prepared for anything
- Be realistic how much your body can take.
- Walk Slowly but AIM HIGH
- ABOVE all be Positive in ANY situation.

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