



Eyes on Africa, Adventure Safaris Limited; p.o.box: 5750, 80401 Diani, Kenya  
m.: + 254 (0) 721 282 430; t.: + 254 (0) 41 320 21 00; e.: info@eyesonafricasafaris.com

[www.eyesonafricasafaris.com](http://www.eyesonafricasafaris.com)

# Eyes on Africa

*your African guides*

## Fitness

Climbing Kilimanjaro is an incredible experience and is hopefully something that you will remember all your life. The climb to the roof of Africa requires fitness, endurance and perseverance but should not cause undue problems as long as climbers realise that it is a serious endeavour and listen to the experience and advice of their guides. Do not attempt to climb Kilimanjaro unless you are reasonably fit, nor if you have heart or lung problems – although asthma sufferers are generally alright. The key to climbing Kilimanjaro successfully is 'Pole Pole' – 'Slowly Slowly' (Especially during the first two days.) ascending too quickly leads to altitude sickness. Very fit people can be more prone to altitude sickness because they ascend too fast.

Physical fitness is a must for climbing Kilimanjaro. A good indication of the appropriate fitness level required is that you should be able to jog for 30 minutes without getting out of breath. Before embarking on the climb we recommend that you should undertake a regime of fitness combining aerobic and light weight training to build up your strength and stamina. This will better equip you to enjoy the climb and give you a greater chance of reaching the summit.