



KILIMANJARO CENTRE FOR TREKKING & ECOTOURISM (KCTE)

# Medical Checklist for Kilimanjaro Climbers

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Climbing Kilimanjaro is an incredible adventure, but the high altitude and harsh conditions require careful medical preparation. Below is a complete medical checklist to help you stay healthy and safe during your trek.

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## Why Choose KCTE for Your Kilimanjaro Adventure?

At **Kilimanjaro Centre for Trekking and Ecotourism (KCTE)**, we don't just take you to the summit—we take care of you every step of the way. Our expert guides are trained in high-altitude medicine, ensuring your health and safety throughout the trek. When you book with KCTE, you get:

- **Expert Medical Supervision** – Our guides conduct **twice-daily health checks** to monitor oxygen levels, pulse rates, and overall well-being.
- **Advanced Altitude Acclimatization Techniques** – We follow the best practices to prevent altitude sickness, including gradual ascent strategies and hydration monitoring.
- **Emergency Support & Safety Measures** – KCTE provides **oxygen tanks, first-aid kits, and satellite communication devices** for instant emergency response.
- **Nutritional Support & Hydration** – We prepare high-energy meals and hydration plans to keep you strong and healthy throughout the climb.
- **Premium Trekking Gear & Support** – From top-quality tents to high-altitude sleeping bags, we provide the best equipment for a comfortable climb.

Your health is our priority, and your success is our mission. Don't settle for less—book your Kilimanjaro trek with KCTE today at [www.mt-kilimanjaro.com](http://www.mt-kilimanjaro.com).

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## 1. Prescription Medications

- **Altitude Sickness Prevention:** Acetazolamide (Diamox) – Consult your doctor for dosage
  - **Pain Relief:** Ibuprofen, Paracetamol, or Aspirin
  - **Antibiotics:** Broad-spectrum (e.g., Azithromycin, Amoxicillin) for infections
  - **Anti-Nausea Medication:** Ondansetron (Zofran) or Promethazine
  - **Anti-Diarrheal Medication:** Loperamide (Imodium)
  - **Rehydration Salts:** Oral Rehydration Salts (ORS) for dehydration
  - **Antacids:** Ranitidine or Omeprazole for stomach issues
  - **Sleeping Aid:** Mild sleep aid if needed (consult a doctor)
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## 2. First Aid Kit

- **Adhesive Bandages:** Assorted sizes for blisters and small cuts
  - **Blister Treatment:** Moleskin or Compeed patches
  - **Sterile Gauze & Tape:** For wound dressing
  - **Tweezers & Scissors:** For splinter removal and cutting bandages
  - **Elastic Bandage:** For sprains and strains
  - **Disposable Gloves:** For hygiene and wound care
  - **Antiseptic Wipes or Solution:** Betadine or alcohol wipes
  - **Burn Cream:** Aloe Vera or Silver Sulfadiazine
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## 3. General Health Items

- **Sunscreen (SPF 50+):** High-altitude UV protection
  - **Lip Balm with SPF:** Prevent chapped lips
  - **Insect Repellent:** DEET-based for protection from bugs
  - **Hand Sanitizer:** Alcohol-based for hygiene
  - **Wet Wipes:** Biodegradable for body cleaning
  - **Nasal Spray:** Saline spray to prevent dry nose
  - **Eye Drops:** Lubricating drops for dry eyes
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## 4. Hydration & Nutrition

- **Electrolyte Tablets:** Nuun, Hydralyte, or similar for hydration support
  - **Energy Bars/Gels:** Quick energy boosts
  - **Multivitamins:** Daily supplements for immune support
  - **Protein Powder or Snacks:** To maintain muscle energy
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## 5. Emergency Items

- **Emergency Blanket:** Thermal blanket for warmth
  - **Whistle:** To signal for help if needed
  - **Personal Medical Information Card:** Emergency contacts, allergies, and health conditions
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## 6. High-Altitude Specific Gear

- **Oximeter:** To monitor oxygen saturation levels
  - **Portable Oxygen (if necessary):** For emergency altitude sickness relief
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## Final Advice:

- Consult your doctor at least 6 weeks before your climb.
- Get all necessary vaccinations.
- Test any new medication before the trek to ensure no adverse reactions.
- Drink plenty of water and listen to your body's signals.

**With KCTE, you climb with confidence.** Our unmatched experience, expert care, and commitment to safety make us the **#1 choice for Kilimanjaro trekkers**. Start your journey today—visit [www.mt-kilimanjaro.com](http://www.mt-kilimanjaro.com) and book your climb with the best!