

MOUNT KILIMANJARO

HOW FIT DO I NEED TO BE?

WHO DO YOU COMPARE TO?

Discover the variety of lifestyles of different people that have climbed Kilimanjaro.

TIPS AND TRICKS

Learn the basics from real people about how you can best prepare to climb.

KOPA TOURS

MEET ALEX AND DISCOVER A DAY IN THE LIFE FOR HIM:

➔ Regular Gym Workouts



Getting in a solid workout each day is extremely important. Keeps you in shape and

also makes you feel good. A complete workout with endurance, strength and balance is the way to go to ensure a well-rounded workout.

➔ Outdoor Runs and Hikes



Finding your niche for things to do in the outdoors is a must! There's so many amazing

things that you can do. From skiing to mountain biking, to paddleboarding to backpacking- the options are endless. Find your passion and get started today.

➔ Which Route for Kilimanjaro?

If you find yourself living a lifestyle similar to me, then:



6 DAY

Machame route is for you.



ALEX - OUTDOOR JUNKIE

Hi! I'm Alex, and I live in Colorado and work as a bank teller. With my job, there is a lot of sitting, so I make sure to get in a good workout most days after getting off work. I live in a smaller apartment, so I always head to my local gym. My gym sessions are about 45 minutes to an hour, and I try to make it a complete body workout. I'm fortunate to live in a wonderful state where the outdoors are plentiful. On my weekends, you'll find me: hiking, mountain biking and hitting the slopes come winter time.

MY JOURNEY UP KILIMANJARO:

When I climbed Kilimanjaro, I took the 6-day Machame route. For planning, I didn't change my routine too much. I made it an effort to go to the gym more often. Additionally, I added a few more hikes to my schedule, and made sure to break in my new pair of hiking boots, and that's about it. I passed on any altitude medication and was on my way!

I made it to the summit with little trouble at all. Of course, some days were a bit longer than others, and I did feel mild symptoms from the altitude - a slight headache one day. Other than that, it was smooth sailing! I'm glad I took the 6-day route rather than the 7 day. The pace was fast enough for me, and I definitely did not need the extra day to acclimatize. I do live at higher elevation seeing that I'm from Colorado, which probably helped.



ANDREW - LIFT EVERYDAY

Hey, my name is Andrew and I'm from San Diego, California. I am a regular gym-goer, sometimes even more than once a day. I get started early each morning, grabbing myself a protein shake, and head off to work with my gym bag by my side. After clocking out, I head to my local gym and get a solid 2-hour workout in each day. My health doesn't stop at the gym though, I eat well too - cooking meals at home most nights and always make sure to drink at least a gallon of water a day. When not at the gym, you'll find me and my dog running along the beach and getting some sun.

MY JOURNEY UP KILIMANJARO:

I had just graduated from college, and some buddies of mine wanted to climb Kilimanjaro. I love to travel, but had never climbed a mountain before. Since I lacked a lot of camping gear, we decided to take the Marangu route. When taking Marangu, you sleep in a hut each night on a bed, which we figured would be more comfortable.

I'm already active and in good shape, but I did adjust my workout a bit to prepare. For cardio, I added the stair climber with weights on my ankles. The 5-day trip to the top was easy, but I'm certainly glad I had an actual bed to sleep in each night - I need my sleep. It was an absolute blast, we had a great time the whole way up, and especially celebrating our summit success afterwards. I highly recommend Kilimanjaro to anyone who's considering!

MEET ANDREW AND DISCOVER A DAY IN THE LIFE FOR HIM:

➔ Warm-up with Cardio



When heading to the gym, it can be tempting to spend your entire time on the weights, but

it's important to not forget the importance of cardio. Start out every exercise with time on the treadmill, track, elliptical or other cardio machines to warm up.

➔ Lift Weights



Lifting weights is essential when getting in a good workout. If you're new to lifting, it

doesn't have to be intimidating. Start off with something small and gradually increase the weight overtime. Most importantly, make sure it's well-rounded, not just on one subset group of muscles.

➔ Which Route for Kilimanjaro?

If you find yourself living a lifestyle similar to me, then:



5 DAY

Marangu route is for you.

MEET KATIE AND DISCOVER A DAY IN THE LIFE FOR HER:

➔ Workout on the Weekend



Running around like a mad person during the week can be exhausting when you have a

busy and demanding job. However, making time for your body once a week is an excellent way to still build in cardio and weight training to stay fit.

➔ Walk Everyday



Having a daily fitness routine is important, but going on an adventure once in

awhile is even more important, for both the body and the soul. Seek out new adventures, go for a hike and just enjoy life and all that your body can do.

➔ Which Route for Kilimanjaro?

If you find yourself living a lifestyle similar to me, then:



7 DAY

Machame route is for you.



KATIE- WEEKLY WORKOUT

Hey there - my name is Katie, and I am an event planner in the city of Washington D.C. For my job, I'm relatively active. Spend a lot of time walking around, showing my clients venues and making my way around the city. However, for slower office days I always take a short walk in the evening after work. My life is pretty crazy, and I really only have time and energy to devote a full-on workout every Saturday. However, I do love to travel and find fun, active excursions to do when I travel. Whether this be kayaking, hiking, paddleboarding or any other fun, new thing I can try!

MY JOURNEY UP KILIMANJARO:

For me, I was a little anxious about climbing Kilimanjaro. I'm not out of shape, but I also know that I could do more. I had set a goal to work out every day for 3 months prior to my trip, but life got in the way per usual and that didn't happen.

Knowing the reality of my fitness regime, I chose to climb the Machame 7-day route. I had heard the extra day allowed things to move at a steady pace, and gave more time for acclimatizing, which meant a higher chance of making it to the summit.

I made it to the summit! Summit night was HARD, but nothing I couldn't handle. I am glad that I managed to get in a good few hikes before climbing, but really - I feel like anyone can climb Kilimanjaro.



PEGGY - DAILY WALKER

I manage other people for a living, but I also take measures to manage my health and work-life balance. I work a typical 9-5 desk job, sometimes going overtime like anyone else. I have the luxury of working from home, which also means a lot of sitting. To combat the stationary parts of my day, I do make it a point to go for a mile walk each morning before starting my day. Mental health to me is just as important as physical, so I make time each day to unwind from my job and hop in my pool with a glass of wine. I very much so live by the motto of "everything in moderation".

MY JOURNEY UP KILIMANJARO:

My husband had the crazy idea of climbing Kilimanjaro for our 30th wedding anniversary, which is something that I wouldn't have ever thought of doing. However, I felt excited about doing something out of the box for the two of us.

My day-to-day life is demanding, but I did up my routine in order to prepare. I exchanged my mile walk for a 2-mile walk, in my hiking boots. Hiking is not an option for me in the Midwest, but I got a gym membership and walked on the treadmill at a high incline. We chose to climb the 8-day Lemosho route. Summit night was difficult, and I was certainly tired. I climbed at a much slower pace than others, and missed the sunrise over the crater. However, I still made it to the summit around 9am. Certainly an accomplishment that I am extremely proud of and an anniversary for the ages!

MEET PEGGY AND DISCOVER A DAY IN THE LIFE FOR HER:

➔ Standing Desk for Work



Having a desk job can make it difficult to find time during the day to get in some

exercise. Using a standing desk can help to combat the hours of sitting, and mix up your day to stand while you work and burn a few extra calories.

➔ Relax!



While devoting time to your physical health is important, so is making the time

for your mental health! Be sure to build in some "me" time doing whatever it is that relaxes you. Hanging out in the pool, reading a book, enjoying a cup of tea - whatever works for you.

➔ Which Route for Kilimanjaro?

If you find yourself living a lifestyle similar to me, then:



8 DAY

Lemosho route is for you.

MEET DENNIS AND DISCOVER A DAY IN THE LIFE FOR HIM:

➔ Count my Steps



If you can't find yourself dedicating the time for a daily walk, at least count your steps! You'll be

surprised as to how much you can move in a day, and who knows? Counting steps may motivate you to find a few extra minutes/steps in the day to hit your goal.

➔ Good Bike Ride Now and Then



Bike riding is an excellent cardiovascular fitness activity. Additionally, it will

strengthen your muscles and improve your flexibility. So, hop on your bike, blow off some steam and get riding!

➔ Which Route for Kilimanjaro?

If you find yourself living a lifestyle similar to me, then:



8 DAY

**Lemosho route is for
you.**



DENNIS - BACK IN THE DAY

As the President of my own company, my life is hectic, and I just don't have the time to take care of myself the way I used to. Back in the day I was on the varsity water polo team, ran triathlons and worked out regularly. Now, I'm 56, tired and just ready to retire. I take medication daily, and I try to eat healthy, although I certainly have a sweet tooth. For me, exercise serves more as a stress reliever rather than a normal part of my daily routine. When work stresses me out, I'll get back on the old road bike and head out on a long bike ride to blow off some steam.

MY JOURNEY UP KILIMANJARO:

I love to travel internationally, but I wouldn't say that Kilimanjaro is my typical vacation. However, my whole family wanted to climb together, and go on a Serengeti Safari afterwards. I went to my doctor, got the go-ahead that I could climb, but did not put in much effort to train.

We chose to climb the 8-day Lemosho route, which we knew had the highest summit success rate. Unfortunately, I started to feel the effects of altitude early on. Day 5, myself, my wife and most importantly my guides had decided that for my own safety, I should not continue. My kids went on and summited, but my generous wife stayed back with me. While I didn't make it to the top, I had a great time and then went onto the safari, which was absolutely amazing.