



Mount Kilimanjaro Adventure CME



Curriculum

Pre-trip

(scheduled on Zoom with recording for participants to watch on their own time)

- Introduction to Wilderness Medicine
- Sports med- physical preparation
- Altitude Physiology and Illness
- Gear and clothing

On the Mountain

- Med Kits
- Altitude Review
- Musculoskeletal and soft tissue injuries
- GI illness
- Case Discussions
- Foot Care
- Eye Pathology
- Wilderness Dermatology
- In-flight medical emergencies
- Hypothermia and Cold Injuries



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Day No.		Activity	Location	Peak Altitude	Camping Altitude
Day 1	January 26, 2026	Arrival – Stay at Tulivu Hotel	Tulivu hotel in Moshi	1800m (5900ft)	1800m (5900ft)
Day 2	January 27, 2026	Hike to Machame Hut	Machame Route	2850m (9,350 ft)	2850m (9350 ft)
Day 2	January 28, 2026	Hike to Shira cave	Machame Route	3810m (12,500 ft)	3810m (12,500 ft)
Day 3	January 29, 2026	Hike to Baranco	Machame Route	4,600m (15,000ft)	3,900m (13,000ft)
Day 4	January 30, 2026	Hike to Karanga	Machame Route	3,900m (13,000ft)	3,900m (13,000ft)
Day 5	January 31, 2026	Hike to Barafu ("BASE CAMP") Start summit around midnight	Machame Route	4673m (15,331 ft)	4673m (15,331 ft)
Day 6	February 1, 2026	SUMMIT, then hike to Mweka (will pass through Barafu on way to Mweka)	Machame Route	5896m (19,345 ft)*	3068m (10,065 ft)
Day 7	February 2, 2026	Hike to trail exist Travel back to Tulivu hotel	Machame Route	3068m (10,065 ft)	1800m (5900ft)
Day 8	February 3, 2026	Depart	Moshi	1800m (5900ft)	1800m (5900ft)

* Participants who choose not to attempt the summit may remain at Barafu Camp (also known as "Base Camp"). Since the summit climb is an out-and-back route from Barafu, we will return through the camp on our way to Mweka Camp on Day 6. While Mount Kilimanjaro is generally considered a manageable trek, summit day is significantly more challenging than the rest of the journey. This arrangement allows participants to opt out of the summit while still experiencing the majority of the expedition.