



Mount Kilimanjaro Adventure CME



Mount Kilimanjaro CME Activity – Wilderness & Expedition Medicine

Join us for a once-in-a-lifetime educational adventure that combines professional CME lectures with the experience of climbing Mount Kilimanjaro. All pre-trip sessions are online and recorded. On-the-mountain learning blends real-world case studies with hands-on practice.

CURRICULUM

Pre-Trip (Zoom Lectures)

- Mon Dec 1, 2025 – 8pm EST
Introduction to Wilderness Medicine
(Lara Phillips)
- Tues Dec 9, 2025 – 8pm EST Sports
Medicine: Physical Preparation
(Margaret Vido)
- Mon Dec 15, 2025 – 8pm EST
Altitude Physiology and Illness
(Lara Phillips)
- Mon Dec 22, 2025 – 8pm EST
Gear and Clothing
(Michaela Mickler)
- Tues Jan 6, 2026 – 8pm EST
Musculoskeletal & Soft Tissue Injuries
(Margaret Vido)
- Tues Jan 6, 2026 – 8pm EST
Foot Care
(Michaela Mickler)
- Mon Jan 12, 2026 – 8pm EST
Ultrasound in the Wilderness
(Michaela Mickler)

On-the-Mountain Sessions

Med Kits
Altitude Review
GI Illness
Case Discussions
Eye Pathology
Wilderness Dermatology
In-flight Medical Emergencies
Hypothermia & Cold Injuries
Improvised Splinting & Litter Carries
Trauma Patient Assessment



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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.