

Climbing tips from John Jancik, Echo Geophysical

Here are a few tips -- I believe -- that are vitally important...

1. Learn pressurized breathing technique
2. Stay hydrated throughout the days of ascent (3-5 liters per day)
3. Pole, pole (means "slow" in Swahili)
4. Be in as good of cardiovascular shape as you can be when you get on the plane to Tanzania
5. Use hiking poles for rhythm and help on the talus slope on summit day
6. Excellent, comfortable hiking boots (that you do NOT blister in) are important on this climb because of the distance and vertical gain you are putting in over five days
7. If you come down with even a moderate headache, take appropriate action ... This could be the onset of cerebral edema
8. Make sure your clothing is a layering system that is breathable, wind resistant and waterproof
9. Have fun ... Attitude is important