

THE COMPLETE GUIDE

# Altitude Menu.

What you eat on a Go Kilimanjaro Treks climb: fresh-cooked, balanced meals all the way to the summit, with full support for every diet. From Nelson Mushi and our mountain chefs.

FRESH MEALS | DAY 4 RESUPPLY | EVERY DIET CATERED FOR

## GoKilimanjaroTreks: The Ultimate Altitude Menu

Welcome to the GoKilimanjaroTreks culinary experience. Climbing Mount Kilimanjaro is a monumental physical challenge, demanding peak energy levels and optimal nutrition. Our expert mountain chefs prepare freshly cooked, nutritionally balanced meals designed to fuel your ascent while accommodating a wide array of dietary requirements. We believe that your diet should never be a barrier to reaching the Roof of Africa.

This comprehensive guide details our standard high-altitude menu and outlines the specific modifications we provide for all dietary needs. We understand that maintaining your nutritional habits is crucial for endurance, digestion, and overall performance at extreme altitudes.

## Our Commitment to Fresh, Nourishing Food

At GoKilimanjaroTreks, we go beyond standard mountain catering. We understand that maintaining excellent nutrition throughout your entire trek is essential for success and enjoyment. That's why we employ a strategic resupply system to ensure your meals remain fresh, varied, and abundant from Day 1 through your final descent.

**Karanga Camp Resupply (Day 4):** On Day 4 at Karanga Camp, our supply team brings a fresh resupply of premium ingredients directly to your camp. This crucial resupply includes fresh beef, chicken, and fish, along with a full array of fresh vegetables. This ensures that after the most physically demanding days of your trek, you receive revitalized, nutrient-dense meals to restore your energy and prepare your body for the final push to the summit.

**Mweka Gate Hot Lunch:** Upon your triumphant descent and arrival at Mweka Gate on your final day, we provide a celebratory hot lunch before you return to your hotel. This warm, satisfying meal marks the completion of your Kilimanjaro journey and allows you to refuel before heading back to civilization.

## High-Altitude Nutrition Principles

Trekking at high altitudes significantly alters the body's metabolic processes and nutritional demands. Trekkers can burn between 4,000 and 5,000 calories daily while navigating the diverse climate zones of Kilimanjaro. To support this intense physical exertion, our menus are strategically formulated around key macronutrients.

Carbohydrates are the cornerstone of our high-altitude diet, comprising approximately 55% to 65% of daily caloric intake. At high elevations, carbohydrates are the most efficient fuel source, requiring less oxygen to metabolize than proteins or fats. A carbohydrate-rich diet also aids in acclimatization and helps alleviate symptoms of acute mountain sickness (AMS). Proteins are incorporated to support muscle repair and immune function, while healthy fats provide sustained energy reserves for long trekking days.

A common side effect of high altitude is a suppressed appetite. To combat this, our chefs focus on preparing appetizing, easy-to-digest meals using fresh, locally sourced ingredients. We do not rely on dehydrated rations; every meal is prepared fresh on the mountain. Furthermore, hydration is paramount. We provide unlimited boiled, filtered, and purified water, encouraging trekkers to consume four to five liters daily to prevent dehydration and support the acclimatization process.

## The Standard Trekking Menu

Our standard menu is designed for trekkers without specific dietary restrictions, offering a robust mix of complex carbohydrates, lean proteins, and essential nutrients.

Meal	Typical Offerings	Nutritional Focus
Breakfast	Oatmeal or millet porridge; eggs (scrambled, fried, or omelets); sausages or bacon; toast with peanut butter, jam, and honey; fresh tropical fruit; tea, coffee, and hot chocolate.	High carbohydrate loading for morning energy, combined with protein for satiety.
Lunch	Hearty vegetable or chicken soup; sandwiches or wraps; falafel or roasted chicken portions; pasta or potato salad; hard-boiled eggs; fresh fruit and juice.	Balanced macronutrients to replenish energy mid-hike without causing sluggishness.
Afternoon Tea	Salted popcorn; roasted peanuts; assorted biscuits; hot tea, coffee, and hot chocolate.	Quick carbohydrate replenishment and sodium intake on arriving at camp.
Dinner	Thick soups (pumpkin, leek, or vegetable); mains such as tilapia, spaghetti bolognese, chicken stew, or beef paella; sides of rice, potatoes, or pasta; fresh vegetables; desserts like apple pancakes or fruit salad.	Complex carbohydrates to restore glycogen overnight, paired with protein for muscle recovery.

## Comprehensive Dietary Accommodations

At GoKilimanjaroTreks, we recognize that every trekker's nutritional needs are unique. Our culinary team is fully equipped to cater to specialized diets, ensuring that you receive the exact fuel your body requires. Below is detailed information regarding how we accommodate all dietary needs.

### Vegetarian and Vegan Diets

For trekkers who abstain from meat or all animal products, maintaining energy levels and stabilizing blood sugar are the primary goals. Our chefs excel at creating plant-based meals that are rich in complex carbohydrates and alternative protein sources.

**Vegetarian Menu Modifications:** We replace meat dishes with robust plant-based proteins. Expect hearty lentil stews, chickpea curries, falafel, and bean salads. Dairy products and eggs remain available for protein and fat intake.

**Vegan Menu Modifications:** All animal products, including dairy, eggs, and honey, are strictly excluded. Meals feature an abundance of legumes, tofu (when available), nuts, seeds, and diverse vegetables. Breakfasts rely on porridge made with water or plant milk, accompanied by fresh fruit and nut butters. Lunches and dinners highlight substantial carbohydrate bases like sweet potatoes, rice, and pasta, paired with rich vegetable and bean stews to ensure adequate caloric intake.

### Gluten-Free and Celiac Diets

Navigating a gluten-free diet on the mountain requires careful planning to prevent cross-contamination and ensure sufficient carbohydrate intake without relying on traditional wheat-based products.

**Gluten-Free Menu Modifications:** We substitute all wheat, barley, and rye products with safe alternatives. Bread and standard pasta are replaced with rice, potatoes, sweet potatoes, and gluten-free oats. Soups and sauces are thickened with cornstarch or potato flour instead of wheat flour. We take precautions to prepare gluten-free meals using separate utensils to accommodate trekkers with Celiac disease.

### Dairy-Free and Lactose Intolerant Diets

For those who cannot consume dairy, we ensure that meals remain flavorful and nutritionally dense without the use of milk, butter, cheese, or cream.

**Dairy-Free Menu Modifications:** Cooking oils or plant-based margarines replace butter in all food preparation. Porridge and hot beverages are served with water or plant-based milk alternatives. We ensure that all snacks, soups, and main courses are completely free from hidden dairy ingredients, relying instead on natural fats from avocados, nuts, and cooking oils.

### Low-Carbohydrate and Ketogenic Diets

While carbohydrates are generally recommended for high-altitude trekking, we understand that some trekkers prefer or require a low-carbohydrate approach. The focus shifts to providing high-quality fats and proteins to maintain energy.

**Low-Carb/Keto Menu Modifications:** Starchy foods such as bread, pasta, rice, and potatoes are minimized or eliminated. The menu is heavily weighted toward eggs, meats, cheeses, and low-carbohydrate vegetables like spinach, zucchini, and green beans. We encourage trekkers on strict ketogenic diets to bring supplemental high-fat snacks (like macadamia nuts or specific keto bars) to augment the provided meals.

### Diabetic and Low-Sugar Diets

Managing blood glucose levels is critical for diabetic trekkers, especially given the physical exertion and altitude changes.

**Diabetic Menu Modifications:** We focus on foods with a low glycemic index to prevent blood sugar spikes. Refined sugars, sugary desserts, and simple carbohydrates are avoided. Meals emphasize complex, slow-releasing carbohydrates (like whole grains and legumes), lean proteins, and healthy fats. Fresh fruits are provided in moderation, and sugar-free alternatives for hot beverages are made available.

### Food Allergies (Nut, Soy, Shellfish, etc.)

Severe food allergies require meticulous attention to detail to prevent dangerous allergic reactions in a remote mountain environment.

**Allergy-Specific Modifications:** We strictly eliminate the specified allergens from the trekker's meals. For severe nut allergies, we ensure that peanut butter, mixed nuts, and trail mixes are entirely removed from the individual's menu, and we practice careful cross-contamination protocols. Trekkers with severe, life-threatening allergies (anaphylaxis) must inform us well in advance and carry their own epinephrine auto-injectors (EpiPens).

### Religious Dietary Requirements (Halal and Kosher)

We respect all religious dietary laws and strive to provide meals that adhere to these practices.

**Halal Menu Modifications:** All meat provided is sourced from certified Halal butchers in Tanzania. We ensure that no alcohol or non-Halal ingredients are used in the preparation of any meals, sauces, or marinades.

**Kosher-Style Menu Modifications:** While maintaining a strictly certified Kosher kitchen on the mountain is logistically challenging, we offer "Kosher-style" accommodations. This includes separating meat and dairy during meals, avoiding pork and shellfish entirely, and focusing heavily on vegetarian, vegan, or pescatarian options to respect dietary boundaries. Trekkers requiring strictly certified Kosher meals are advised to discuss supplemental pre-packaged options with our team prior to departure.

## Our Fresh Food Resupply System

One of the defining features of GoKilimanjaroTreks is our commitment to providing fresh food throughout your entire trek. Unlike many operators who rely on pre-packaged or dehydrated meals, we maintain a sophisticated logistics system to ensure continuous access to premium fresh ingredients.

**Day 4 Karanga Camp Resupply:** This is the most critical resupply point on your trek. As you approach the high-altitude zone and face the most demanding trekking days ahead, our supply team delivers fresh provisions to Karanga Camp. This resupply includes premium cuts of fresh beef and chicken, fresh fish, and an abundant selection of fresh vegetables including carrots, zucchini, cabbage, spinach, tomatoes, and potatoes. This ensures that your meals on Days 4 and 5—the most physically and mentally challenging days of your trek—feature the highest quality, most nourishing food possible. Our chefs use these fresh ingredients to prepare hearty, revitalizing dinners that restore your glycogen stores and prepare your body for the summit push.

**Mweka Gate Hot Lunch Service:** After descending from the summit and completing your trek at Mweka Gate, we provide a hot, celebratory lunch before you depart for your hotel. This warm meal allows you to refuel immediately after your descent and marks the successful completion of your Kilimanjaro adventure.

## Trekker Responsibilities and Recommendations

To ensure we can provide the best possible culinary experience tailored to your needs, we require trekkers to communicate all dietary restrictions, allergies, and preferences at the time of booking. Because specialty ingredients are not always readily available in East Africa, advance notice is crucial for our procurement team.

While our chefs provide ample and delicious food throughout your trek, we highly recommend that all trekkers—especially those with highly restrictive diets—bring a personal supply of their favorite trail snacks. Energy bars, specific trail mixes, electrolyte powders, and comfort snacks can be invaluable for boosting morale and energy when altitude suppresses the appetite.

At GoKilimanjaroTreks, your health, safety, and satisfaction are our top priorities. Our fresh food resupply system, combined with our professional culinary team and comprehensive dietary accommodations, ensures that you remain optimally fueled from the moment you begin your trek until you celebrate your success at Mweka Gate. Let us handle the nutrition, so you can focus entirely on the breathtaking journey to the summit.

## Ready to Climb?

Nelson responds personally to every enquiry within 24 hours. Send your dates and any questions to [info@gokilimanjarotreks.com](mailto:info@gokilimanjarotreks.com), call **+255 677 917 500**, or message on WhatsApp.