



FACT SHEET: Mount Kilimanjaro

Facing challenges are commonplace for kidney donors, especially those that continue an athletic lifestyle following their donor nephrectomy. So, it is no surprise that our representative team of Kidney Donor Athletes (KDA) are planning to tackle this famous peak's summit in March 2024. Challenge accepted!

Mount Kilimanjaro is Africa's highest peak and the world's tallest free-standing mountain.

The summit, named Uhuru Point, is 19,341 feet above sea level.

- Mount Kilimanjaro is what's called a stratovolcano – a large volcano formed of ash, rock, and lava.
- Mount Kilimanjaro is one of the seven summits, the highest mountains on each of the traditional seven continents.
- The mountain is located on the equator yet has glaciers at its peak.



Is climbing to the peak difficult?

Although no technical skills are required to climb this mountain, it is estimated that half of the 30,000 climbers who attempt to climb fail, mostly due to altitude sickness. The ascent to the summit is much like going from the equator to Antarctica in a single trip. That's because climbers encounter five ecological zones along their route. The weather at the base is tropical and remains stable throughout the year. The zones get increasingly colder as the elevation increases until reaching the summit, which is in the arctic zone. In this zone, humans are incapable of inhabiting this environment and the body is in a constant state of deterioration.

Why climb Mount Kilimanjaro?

Kidney donors, and organ donors in general, must be in good health prior to donating. This guarantees that the kidney they are donating is healthy and ensures that they can live healthy lives after surgery. We at KDA not only want to bring awareness to the need for living kidney donors but also want the public to know that you can donate and still live a healthy and active lifestyle. Climbing Mount Kilimanjaro – to the top of Africa - is our way to illuminate our stories and purpose.



**For more information on KDA or on becoming a living donor, please
visit: <https://kidneydonorathlete.org/>**