

# Trekking Equipment

1 Large Duffel bag without wheels (if possible, water proof; if not, bring durable plastic bag to cover)

Porters will carry your duffel bag: maximum weight, 15 KG or 33 LBS

1 Hooded waterproof/ vented jacket: must be very good quality

1 Four seasons down jacket: insulated for summit day good to below zero weather climate

3 Warm upper body layers: to create 4 layers (water proof/wicked is best)

3 Upper body under layers: water proof/wicked

Suggestion for Women: 3 Sports bras

2-4 pairs of wicked underwear....you can rotate and wear inside out

1 Pair waterproof/breathable outer gloves/mittens

1 Pair thin gloves

1 Pair glove liner

2-5 Gel-packed hand & feet warmer; especially needed for the summit

1 Pair Fleece pants

1-2 Pair of long underwear top & bottoms (smart wool, hot chili, or similar quality)

2 Pair zip off hiking pants

1-2 Pairs of light weight hiking shorts

3-4 Pairs of hiking socks (we love FITS, or similar quality)

1-2 Pairs of sock liners

1 Pair of water proof hiking boots, train in these boots 2-3 months prior to the climb. REI is great at fitting you for a boot that will work best for you, I love LOWA!) WEAR/BRING ON THE PLANE in case your luggage is lost/detained. 1 pair of spare hiking boot laces

1 comfortable pair of shoes/closed toed sandals/ water proof down slippers with sole for camp

1 Pair of water proof gaiters

1 light weight mummy sleeping bag/ you can arrange to rent

1 light weight blow up sleep mat & 1 sleeping mat repair kit, essential/ you can arrange to rent

1 Pair of Trekking poles

2-1 liter Nalgene Water bottles

1-1 liter Nalgene Water bottle good to deep below zero climate: if it has a tube, must be insulated to avoid freezing the day of the summit

1 camp towel, lightweight, quick dry

Ear plugs

Toilet paper, bring 2-3 rolls, works great to bring rolls when they're reduced down to 1/3 of actual size

1-2 Large package of wet wipes

Cold medicine, Antihistamines, Anti-diarrhea medicine, oral re hydration salts, antacids

Painkillers: your choice of paracetamol, ibuprofen or aspirin.

1. Carry any essential prescription medicines onto the plane to prevent problems in the event of lost luggage

2. Ibuprofen and paracetamol are recommended as they thin the blood and help prevent blood clots; discuss best medications for you with your physician 2-3 months before your departure; including, go to the CDC (Center for Disease Control) website to learn of any immunizations needed for the trip (3-6 months before departure.)

3. Strong painkillers are not recommended as they can suppress respiration

4. Ladies please note that altitude may affect the menstrual cycle, so bring appropriate materials. Also consider bringing 1 "Go Girl" or your favorite urination device to use inside your tent to avoid leaving your tent on cold nights.

5. 1 Hot water bottle with cover. After a full day of hiking, your team will fill your bottle with hot water!

6. All contact lens wearers should take care to remove the lenses at night as the eye needs to absorb oxygen from the atmosphere. The rarefied conditions of altitude reduce oxygen levels and in extreme cases a corneal edema can develop.

Move medicine as needed into Day pack

1 Day pack (water proof) with hydration bladder that holds 30 to 40 liters.

Each climber carries their own day pack: includes hydration bladder, & all daytime gear rain gear & rain poncho, hat for sun protection/warmth, gloves, sun glasses/ prescription glasses, sun screen & lip sunscreen, insect repellent, prescription medication and any other over the counter medication you may need, bandana/neck warmer, small zip lock plastic bag for garbage during the day. Other small personal hygiene as you may need. Camera with spare batteries and memory cards. Small fleece bag to put camera, batteries and other items sensitive to cold into each night and keep in your sleeping bag each night

Water purification tablets, electrolyte replacement tables for water bladders

Snacks: energy bars, small packages of jerky, nuts, hard candy, etc

Headlamp with spare batteries

Spare contact lenses or glasses

Map: usually available at trail head

Kilimanjaro Trekking Trips is equipped with a full medical kit. Trekkers are also encouraged to bring their own small medical kits containing the items on the list below and any other medication specific to your own health requirements:

Wound dressings

Antiseptic wipes

Band-aid or similar

Blister kits

Joint supports: knees, ankles etc.

Talcum Powder

Ladies sanitary towels

Malaria tablets: all mountain trips begin and end in malarial areas

Deck of cards/ small game

\*\*Passport, VISA, Immunization cards, Money, & Insurance documentation including 24hr

medical emergency number should always be carried in a small waterproof carrier around your neck.