

## **Travel Documents**

- Valid passport and visa
- Airline ticket
- International health card with immunizations (Yellow fever)
- Travel insurance
- Medical insurance
- US\$ cash / Travellers Checks / Credit Card

## **Essential Items**

- Duffel bag – large enough for all climbing gear and clothing. To be carried by the porters. An extra bag to be left at the hotel with extra gear
- Small luggage lock – to lock zippers
- Day backpack – between 20 – 35 litres. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
- Sleeping bag
- Ski-pole / walking stick
- Water bottle / containers
- Kilimanjaro map (Can be bought at Park gate)

## **High Altitude Gear**

- Waterproof, breathable & windproof jacket (outer wear like Ventex, Gore-Tex or Jeantex)
- Waterproof, breathable & windproof pants (outer wear)
- Polar fleece (middle layer)
- Thermal underwear (under layers)
- Mittens or warm gloves
- Glove liners (if necessary)
- One pair thermal (polertex) socks
- Balaclava
- Gaiters
- Thermal water flask

## **Hiking Gear**

- Shorts
- Hiking pants
- Regular underwear
- T-shirts
- Raincoat or Poncho

## **Footwear**

- Water resistant semi-stiff hiking boots – mid weight boots work great
- Shoes for overnight camps – i.e. sneakers, running shoes, etc.
- Socks – several pairs for the climb
- Liner socks – to keep your feet dry and limit the risk of blisters

## Equipment

- Sun hat or similar (with a brim)
- Collapsible ski stick (optional but highly recommended)
- Water bottles – two or three (total capacity at least 4 litres)
- Head lamp, good strong one with spare batteries and an extra light bulb
- Water purification tablets
- Sunglasses, good quality dark lenses for the climb, with a securing strap
- Flashlight (torch) with spare batteries

## Personal Items

- Toilet kit (soap, tooth brush, toilet articles, wet wipes, etc.)
- Towel
- Sun screen and lip protection, SPF 30+
- Ziploc bags, to protect camera, binoculars, etc. from dust
- Toilet paper
- Money belt for passport and valuables

## Medical and First Aid Supplies

- Headache tablets
- Altitude sickness-Diamox (if not allergic to sulpha)
- Diarrhoea – Imodium
- Nausea – Valoid
- Malaria – Prophylaxis
- Water purification tablets
- Painkillers
- Muscular sprains
- Abrasions blisters and cuts – Plaster, bandages
- Antiseptic cream – Betadine
- Flu and colds
- Eye drops
- Insect repellent

## Optional Items

- Camera, extra lenses and film (ASA 200 film recommended)
- Binoculars
- Powdered sports drinks for the climb (ex. Game or Isotonic drinks)
- Pocket knife
- Notebook & pencil
- Plastic bags to keep clothing dry (masking tape)
- Energy snacks and sweets
- Video camera, tapes, battery packs and tri-pod