

# PACKING LIST

## MOUNTAIN TREKS

Please pack for any mountain trek in a large rucksack or duffel bag; no hard-shell suitcases or cases with wheels. Your personal gear should weigh a maximum of 15 kg / 33 lbs.

### Written Documents

- ✓ Copy of passport and visa
- ✓ Immunization records / yellow booklet
- ✓ Health & travel insurance documents

### Clothing

- ✓ T-shirts/wicking trekking tops  
(5 - 8)
- ✓ Loose long-sleeved shirt
- ✓ Warm jumper/good quality fleece
- ✓ Waterproof & windproof jacket  
(Gore-tex or equivalent standard)
- ✓ Down jacket
- ✓ Walking shorts/lightweight pants  
(2 pairs)
- ✓ Water & windproof trekking trousers  
(2 pairs)
- ✓ Tracksuit bottoms  
(good for sleeping in or as spares to trek in)
- ✓ Thermal tops and bottoms  
(2-3 varying levels of warmth recommended)
- ✓ Undergarments
- ✓ Scarf
- ✓ Undergarments
- ✓ Scarf

### Headwear

- ✓ Warm knit hat
- ✓ Baseball cap
- ✓ Balaclava / ski mask

### Accessories & Other Items

- ✓ Sunglasses
- ✓ Towel, small and quick drying  
(or similar size)
- ✓ Water bottles, 3 liters total capacity  
(if you prefer to use a CamelBak/bladder please insulate the tube)
- ✓ Waterproof dry bags
- ✓ Poncho
- ✓ Torch and spare battery  
(head torch recommended)
- ✓ Camera & film/spare batteries/memory cards
- ✓ Power Bank/Solar Charger
- ✓ Snacks/energy bars
- ✓ Electrolyte drink powders
- ✓ US Dollars for tipping  
(dated 2009 or later)

### Handwear

- ✓ Waterproof gloves or mittens
- ✓ Fleece gloves
- ✓ Glove liners
- ✓ Hand warmers  
(optional)

### Footwear

- ✓ Trekking socks  
(lightweight - 3-4 pairs)
- ✓ Trekking socks  
(medium weight - 2-3 pairs)
- ✓ Trekking socks  
(heavy weight - 1-2 pairs)
- ✓ Hiking boots  
(broken in)
- ✓ Trainers/spare footwear  
(for the evenings (Crocs or Keens recommended))
- ✓ Gaiters
- ✓ Foot warmers  
(optional)

### Equipment

- ✓ Comfortable 35+ liter daypack  
(to carry items needed throughout the day)
- ✓ Rucksack/duffel bag, 90+ liter  
(or similar size)
- ✓ Waterproof covers for daypack and rucksack
- ✓ Sleeping bag (4 season minimum)  
(warm enough to sleep at -10° C)
- ✓ Sleeping bag liner  
(silk best for warmth and weight)
- ✓ Rubber-tipped trekking poles  
(recommended)

### Personal First Aid Kit

- ✓ Anti-diarrhea tablets
- ✓ Anti-malaria medication
- ✓ Pain-relievers
- ✓ Antihistamines
- ✓ Throat lozenges
- ✓ Plasters/blister dressings/moleskin
- ✓ Rehydration powders/salts
- ✓ Any medication you regularly take or take while exercising
- ✓ Insect repellent

## Personal Care & Toiletries

- ✓ Sunscreen
- ✓ Lip balm
- ✓ After sun/skin moisturizer
- ✓ Hand sanitizer
- ✓ Wet wipes
- ✓ Deodorant
- ✓ Toothbrush & toothpaste
- ✓ Personal items  
(i.e. contact lenses and solution, sanitary napkins, etc.)
- ✓ Roll of toilet paper & small non-plastic bags
- ✓ Ear-plugs

## Daypack

Your daypack should weigh no more than 7kg / 15 lbs. Please expect to carry the following in your daypack each day:

- ✓ Drinking water, 3 liters
- ✓ Electrolyte drink powders
- ✓ Packed lunch
- ✓ Toilet paper
- ✓ Camera
- ✓ Hat
- ✓ Sunscreen and lip balm
- ✓ Poncho/rain protection
- ✓ Warm clothing layer
- ✓ Walking poles
- ✓ First aid kit

**PLEASE NOTE:** Plastic bags of any sort are not permitted in Tanzania. Please do not pack in plastic bags or bring them for wet clothing. This ban also applies to duty free bags from items purchased on your trip to Tanzania. Per the requirements by airlines for carry-on liquids, one quart-size plastic bag per person is permitted.

# Items Available for Rent

All **rental items** should be paid for in cash, US Dollars or local currency, in country at your pre-trek briefing.

Items are subject to change in price.

| Clothing and Equipment | Rental Price USD |
|------------------------|------------------|
| Balaclava              | \$10             |
| Day Pack               | \$20             |
| Down Jacket            | \$25             |
| Fleece Jacket (light)  | \$7              |
| Fleece Jacket (heavy)  | \$10             |
| Fleece Plants          | \$10             |
| Gaiters                | \$10             |
| Gloves                 | \$10             |
| Glove Liners           | \$5              |
| Hat (beanie/knit hat)  | \$5              |
| Head Lamp/Torch        | \$10             |
| Hiking Boots           | \$25             |
| Pillow                 | \$3 per day      |
| Poncho                 | \$15             |

| Clothing and Equipment   | Rental Price USD |
|--------------------------|------------------|
| Rucksack/Duffel Bag      | \$35             |
| Scarf                    | \$5              |
| Sleeping Bag             | \$50             |
| Sleeping Bag Liner       | \$5              |
| Socks (pair)             | \$3              |
| Summit Pants (ski pants) | \$20             |
| Sunglasses               | \$10             |
| Thermal Top              | \$10             |
| Thermal Pants            | \$10             |
| Walking Poles (pair)     | \$10             |
| Water Bottle             | \$5              |
| Waterproof Jacket        | \$10             |
| Wind/Waterproof Pants    | \$15             |

# Trek Training Guide

There are many ways to start training for your Mount Kilimanjaro or Meru trek. The best ways are to get outside and go hiking around local trails, or to make use of a treadmill or stairmaster in your home or at a gym. If you do not have access to either of those, you can get outside for long walks.

Begin your training 2-3 months prior to your trek. Start with shorter time frames and a relatively slow pace. As the weeks go on, it is best to increase your time and distance rather than increase your pace, since this best mimics your time on the mountain.

It is very important that you train in the hiking boots you will wear on the trek, so your feet get comfortable in them and the boots get broken in sufficiently.

Start exercising as well with your day pack, increasing its weight up to a maximum of 7-8 kg / 15-20 lbs. If you can, train about 3-4 times per week. Your hardest workouts should be a few weeks prior to your departure for Tanzania, allowing your body some rest in the week or two leading up to your trek.

Lastly, if you are able to spend time at high altitudes between now your trek, this will help your body acclimatize to the lower oxygen levels present on the mountain.