



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

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)

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)

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/blisterdressings/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	Clothing and Equipment	Rental Price USD
Balaclava	\$10	Rucksack/Duffel Bag	\$35
Day Pack	\$20	Scarf	\$5
Down Jacket	\$25	Sleeping Bag	\$50
Fleece Jacket (light)	\$7	Sleeping Bag Liner	\$5
Fleece Jacket (heavy)	\$10	Socks (pair)	\$3
Fleece Plants	\$10	Summit Pants (ski pants)	\$20
Gaiters	\$10	Sunglasses	\$10
Gloves	\$10	Thermal Top	\$10
Glove Liners	\$5	Thermal Pants	\$10
Hat (beanie/knit hat)	\$5	Walking Poles (pair)	\$10
Head Lamp/Torch	\$10	Water Bottle	\$5
Hiking Boots	\$25	Waterproof Jacket	\$10
Pillow	\$3 per day	Wind/Waterproof Pants	\$15
Poncho	\$15		