



CLIMBER'S PACKING LIST

Baggage Day

You need to have a large duffel bag or backpack, for porters to carry. The weight per porter is limited to 15 kg (35lb). If you bring overweight luggage, every 15 kg will be charged an extra 100 US\$ for an extra porter for the whole climb. Your backpack/duffel bag will be brought from campsite to campsite – before you arrive it will already be there. We recommend you cover it with a Plastic bag.

Clothing

You will need clothes for hiking during the day, lounging in the evening, and sleeping. Layers are important as temperatures vary greatly. Kilimanjaro may be near the equator, but it gets cold up there! You want your inner layer to be wicking – no cotton. Your next layer should be insulating and warm, and your top layer should be waterproof but breathable.

- Shorts, for first and last day only
- Pants, for hiking and for lounging in the evenings
- Short-sleeved or t-shirts
- Long-sleeved shirts, for hiking and for lounging in the evenings
- Long underwear
- Fleece jacket or wool sweater
- Fleece pants
- Down jacket or ski parka (for temperatures well below freezing plus wind)
- Rain jacket, needed in hot rainforests and cold snow
- Rain pants, needed in hot rainforests and cold snow

- Underwear
- Sports bras, for women Cold Weather Accessories
- Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)
- Wool or pile hat
- Balaclava or neck gaitor
- Hand and foot warmers (chemical activated)

Footwear

Be sure to break into your shoes before the hike!

Trekking shoes for hiking during the day, preferably warm, waterproof, and with ankle support – not too light and not too heavy. Tennis shoes or sandals for lounging in the evening.

- Hiking socks for warmer conditions
- Wool socks for colder conditions
- Sock liners to wick away moisture

Sleeping

- Sleeping bag (Rated -25 degrees C/-10 degrees F or colder is recommended)
- Sleeping pads/Air mattresses and repair kit
- Tents are supplied by us.
- Foam sleeping pads are provided by us (Thermarest is highly recommended, however)

Water bottles and Camelback (2-3) Get 3 liters of bottled water before the trip (available at the

any shop around the area). On the mountain, your cook will boil water for you along the route, or use Steripen for water sanitization. To prevent water from freezing on summit day, keep your water source inside your jacket. For Camelbacks, blow air back into the bladder after each sip and drink often.

- Gatorade or other drink mix helps with taste and minerals.
- Water filter or iodine purification tablets
- Sun hat with a brim
- Sunglasses

- Bandana
 - Money (\$200 or more in cash and/or traveler's cheques, including some small U.S., Euro, or Tanzanian bills) Ski or trekking poles
 - Headlamp or flashlight
 - Camera, film, tripod
 - Video camera, tapes
 - Batteried - Bring extra sets for headlamp/flashlight and camera as cold weather shortens the life
 - Binocular
 - Notebook, journal, pencil, and pen Pocket knife
 - Electricity adapter
 - Energy bars, hard candy, snacks, and comfort foods
 - Playing cards, games, books, frisbee, football, kite
 - Chocolate or pens for village children, momentos for guides, porters, and other climbers
- Umbrella, particularly useful in the rainy season, can be purchased in the market for around \$5
- Plastic bags and zip-lock bags for waterproofing
 - Sewing kit Salt, pepper, and spices for bland food
 - Business cards
 - Alarm clock
 - Calculator (for currency conversion)
 - Swimsuit for hotel swimming pool

Toiletries

- Toilet paper (and a baggie to carry used paper while on the trail)
- Small towel /Soap
- Toothbrush and toothpaste
- Handi-wipes (moist towelettes for cleaning) Hand sanitizer
- Lotion Glasses, contacts, solution (take contacts out each night to prevent blurred vision) Comb,

Documents

- Passport
- Yellow fever certificate

- Tanzania Visa
- Medical insurance
- Address book
- Vaccination records
- Airline tickets
- Cash, traveler's cheques, credit cards
- Maps, guidebooks

Make copies of passport, TZ visa, airline tickets/schedule, and traveler's cheque numbers. Leave a copy with someone at home and put a copy in a separate place in your luggage.

First Aid

- Ibuprofen, Acetaminophen, or Paracetamol Throat lozenges
- Band-aids
- Moleskin
- Sunscreen (SPF 15+)
- Lip balm with sunscreen
- Insect repellent
- Disinfectant, Antiseptic cream
- Bandages and tape
- Diarrhea medicine
- Antihistamines
- Ace bandage Melatonin (1-3mg) or other sleep aid
- Malaria pills (talk to your doctor)
- Antibiotics (talk to your doctor)
- Prescription drugs (talk to your doctor) Diamox (talk to your doctor)
- Gifts for Guides, Porters, Locals
- Shoes
- Any warm clothing
- T-shirts
- Hats

- Nerf football, frisbee
- Pens
- Packing for your flight to Africa
- U-shaped neck pillow (blow-up) Books/magazines Toiletries
- Snacks
- MP3 player and music Eyeshades, ear plugs Melatonin, or other sleep aid
- Critical climbing gear (in case baggage is delayed)

Notes

The pack that the porters carry is limited to 15 kg (35 pounds). Overweight or extra luggage will require an extra porter at 100 US\$ per trek Luggage limit per person. On domestic flights is 15-20 kg per person (Checked-in and luggage). Store electronics in sealed water-proof bags (double sealed if possible) Wrap clothing in plastic bags in the day pack, take along water, sunglasses, camera, binoculars, rain pants, and jacket at a minimum. Add any other items you might need during the day, since you may not see your porters until the end of the day.

You may want to bring some items of warm clothing or stationaries as gifts for your guides and porters also acceptable. You can leave extra luggage in a locked storage room at the Hotel or lodge and you can leave valuables in a safe deposit box at the hotel with small bills.

WELCOME TO KILIMANDSCHARO ACTIVE TOURS