



ADVENTURES
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KILIMANJARO CLIMB AND SAFARI - PACKING LIST AND NOTES ON PACKING LIST

Details:

1. **Please note:** The packing list is divided into 2 parts. There are overlaps, particularly in miscellaneous and optional items.
 - Packing list #1 is for the Trek.
 - Packing list #2 is for the Safari.
2. **How to pack:** Please pack in a larger rolling suitcase/duffle and bring with you a large duffle without wheels.
 - *For the trek:* You will use the large duffle **without** wheels. Make sure all the equipment and clothing for the trek can easily fit inside this duffle. All safari clothing/equipment will be left at the Marangu Hotel in your wheeled luggage. This will be in a locked room awaiting your return.
 - *For the safari:* You will leave your trekking luggage/clothing/equipment at our partner's office in Arusha during your trek and pick it up on the last day. There will be time to re-pack prior to your departure. You will take your wheeled luggage and safari clothing and equipment with you.
3. **Be sure to read all information given on 'Notes on Packing List' for important details regarding specific equipment.**

Packing List #1: Kilimanjaro Trek

Clothing

- 1 - Waterproof Jacket, breathable with hood
- 1 - Waterproof Pants, breathable (side zipper recommended)
- 1 - Mid-weight Fleece Jacket/Pullover
- 1 - Insulated Jacket, synthetic or down - warm!
- 1 - Additional Warm Layer such as down vest or down sweater jacket
- 1 - Short Sleeve Hiking Shirt, moisture-wicking fabric
- 2 - Long Sleeve Hiking Shirts, moisture-wicking fabric.
- 1 - Long Sleeve Button down front synthetic shirt - "camp shirt"
- 2 - Hiking pants
- 1 - Fleece pants/Synthetic Sweat Pant, for around camp
- 1 - Mid-Weight Long Underwear Bottoms, moisture-wicking fabric
- 1 - Mid-Weight Long Underwear Top, moisture-wicking fabric
- 3 - 4 Underwear, quick drying
- 2 - 3 Sport Bras, quick drying
- 1 - 2 Bandanas

Headwear

- 1 - Brimmed Hat, for sun protection
- 1 - Knit Hat, for warmth
- 2 - Buffs (recommended)

Handwear

- 1 - Gloves, warm (waterproof recommended)
- 1 - Gloves, light

Footwear

- 1 - Hiking Boots/Shoes, warm, waterproof
- 4 - Socks, synthetic/moisture-wicking
- 1 - Camp Shoes (Sandals/Athletic/Etc. You need to be able to wear these shoes with socks)
- 1 - Gaiters, waterproof (optional)

Equipment

- 1 - Sleeping Bag, rated 0 °F
- 1 - Sleeping Pad, closed cell/inflatable/self-inflating
- 1 - Thin Fleece or Silk Liner (optional but recommended)
- 1 - Camp Pillow (optional)
- 1 - Trekking Poles, collapsible, Required
- 1 - Head lamp, with extra batteries
- 1 - Daypack, for size, see notes on packing list)
- 1 - Backpack Cover, waterproof (optional)
- 1 - Capacity to carry 2 Liters of water. Water bladder/water bottle
- 2 - 32 oz Water Bottle. One should be insulated/able to hold hot water.
- 1 - Sunglasses
- 1 - Goggles (optional but recommended for summit day)
- 1 - Duffel Bag, large enough for all items taken on trek - no wheels
- 1 - Lightweight Tupperware type container for sandwich/lunch while on trek

Miscellaneous

- Large Waterproof Stuff Sacks, Dry Bags or Ziploc-type Plastic Bags (organization and to keep clothing dry)
- Large, heavy duty trash bag (to keep sleeping bag dry)
- Regular stuff sacks to keep items organized (optional)
- Watch with alarm or small travel clock
- Utility cord (for laundry line)
- Earplugs for a great night sleep
- Personal Prescriptions
- Toiletries - all small.
- Sunscreen (at least 30 SPF is recommended)
- Lip Balm (at least 15 SPF)
- Insect Repellent (Containing DEET recommended)
- Aloe Vera/similar lotion for sun or wind burn (optional)
- but recommended)
- Biodegradable soap
- Hand Sanitizer
- Wet Wipes (recommended)
- Toilet Paper (some will be provided but good to have small personal supply)
- First Aid Kit (see notes on packing list)
- Snacks, lightweight, high protein
- Electrolytes, powder or tablets
- Camera/Telephone (optional)
- Power Pack/Solar Charger (optional)
- Glasses/contacts wearers - contact lens supplies, extra pair of glasses.

Individuals with allergies to insect stings and/or extreme food allergies must bring an epi - pen

Paperwork

- Passport (plus 2 color copies)
- Insurance Documents/Numbers
- Visa

Packing List #2: Safari

Clothing

- 1 - Light Jacket or weather
- 1 - Fleece Jacket/pullover
- 1 - Long Sleeve, button front, synthetic shirt, 'camp shirt'
- 1 - 2 Short Sleeve synthetic shirts
- 1 - 2 Shorts/Capri Pants
- 1 - Long pants
- 1 - Lightweight vest (evenings/early mornings)
- 1 - 2 Bandanas
- 3 - 4 Underwear, quick drying
- 1 - 2 Sport Bras, quick drying
- 1 - 2 Synthetic Socks (if needed will be with sandals)
- 1 - Swimsuit (some lodges do have outdoor pools)
- 1 - Sleepwear

Headwear

- 1 - Brimmed Hat, for sun protection
- 1 - Buff

Footwear

- 1 - Pair Sturdy Sandals

Equipment

- 1 - Head lamp/flashlight, with extra batteries
- 1 - Daypack (for size, see notes on packing list)

1 - Capacity to carry 2 Liters of water. Water bladder/water bottles

1 - Sunglasses

Miscellaneous

Regular stuff sacks to keep items organized (optional)

Watch with alarm or small travel clock

Utility cord (for laundry line)

Earplugs for a great night sleep

Personal Prescriptions

Toiletries - all small.

Sunscreen (at least 30 SPF is recommended)

Lip Balm (at least 15 SPF)

Insect Repellent (Containing DEET recommended)

Aloe Vera/similar lotion for sun or wind burn (optional but recommended)

Biodegradable soap

Hand Sanitizer

Wet Wipes (recommended)

First Aid Kit (see notes on packing list)

Camera/Telephone (optional)

Power Pack/Solar Charger (optional)

Electrical Plug Adaptor

Compact Binoculars

Glasses/contacts wearers - contact lens supplies, extra pair of glasses.

Individuals with allergies to insect stings and/or extreme food allergies must bring an Epi - pen

Paperwork

Passport (plus 2 color copies)

Insurance Documents/Numbers

Visa

Notes on Packing List

- 1. Daypack (listed on both the Trek and the Safari packing list):** You will need a daypack that is large enough to hold the following items:
 - On the trek: 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc.
 - On the safari: 2 liters of water, lunch/snacks, extra layer for sun protection, lightweight jacket and any other desired personal items such as camera, journal, binoculars, etc.

One backpack will work for the trek and the safari. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches, preferably with a hip belt, padded shoulder straps and 'lifters'. During the safari, you will be in an open top safari jeep so your backpack will be used to keep all items you'll want during the day. Please note: A fanny-pack is not large enough to hold all of the items you will need for the day.

3. Pack Cover (listed on the Trek packing list): Pack covers are waterproof, usually elasticized covers designed to go over your daypack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain.

4. Footwear:

For Trek:

- *Hiking boots/shoes:* Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

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- *Camp Shoes:* These shoes will be used while in camp during the trek. Good choices would include comfortable athletic shoes, sturdy sandals or lightweight crocs. Any shoes you choose to bring need to be comfortable wearing socks (for warmth).

For Safari:

- Sturdy sandals are recommended for safari wear. Examples would include Keen hiking sandals, Teva Sandals.
- Athletic shoes would also work although temperatures are quite warm and athletic shoes commonly need to be worn with socks which can be too hot during the day.

5. Sleeping Bag (Trekking packing list) : Bring a sleeping bag with down or synthetic insulation, wrapped in a heavy plastic bag (a Hefty garbage bag works well) inside its stuff sack. Weight and bulk are some of the factors to consider in sleeping bags. Consider packing your sleeping bag in a compression stuff sack. This will decrease the amount of space your sleeping bag takes up in your pack. Bring a bag rated to 0 degrees F.

6. Sleeping Pad (Trekking packing list): A sleeping pad is a lightweight, usually body length pad used in conjunction with a sleeping bag when sleeping on the ground when camping. A common misconception is that the pads are primarily for

creating a more comfortable sleeping area, instead, the primary purpose of the pad is to prevent the loss of body heat into the ground while sleeping - comfort is a great 2nd function. The materials used are typically filled with air pockets, slowing down the conduction of heat through the pad, as air is one of the best insulators. Types of pads include closed cell foam, self-inflating and manually inflated.

7. Clothing: The clothing listed on the packing lists have been chosen for the specific trip conditions, trekking and safari.

- **For the trekking portion of your trip,** the clothing has been recommended for its versatility for layering. AGC recommends NO COTTON for any of your trekking wear. It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.
- **For the safari portion of the trip** the temperature will be considerably warmer. Clothing suggested is consistent with the temperatures you will be experiencing.

8. Rain Gear: This clothing is needed for the trekking portion of your trip. You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

9. Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Note: For the trekking portion of the trip, you will not be able to rely on your hydration bladder for summit day - the colder temperatures at altitude freezing the water in your hydration bladder tube. If you are experienced in using a hydration bladder at altitude with the 'blow back' technique, you may consider using your hydration bladder on summit day. If not, you will need to use bottles. This should be a discussion with your guide on summit day.

10. Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small

role of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

11. Trekking Poles: Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>.

12. Short gaiters: Are optional but highly recommended for keeping your socks clean (reducing the chance of blisters), keeping debris out of your boots (another blister preventive measure), and, if it rains they help keep your socks dry and prevents wicking water down into your boots.

13. Waterproof Stuff Sacks, Dry Bags or Ziploc-type Plastic Bags: These items are recommended for the trekking portion of the trip to keep gear dry. Please note, there is a general ban on plastic bags in Tanzania, but are permitted for tourists. If you bring plastic bags/large trash bag (for sleeping bag), please do not discard them in Africa, please take them home with you.

14. Sunglasses and Goggles (Trekking packing list):

- **Sunglasses:** The purpose of sunglasses is to protect your eyes from the intense rays of the sun reflecting off the ground/snow - this can burn your corneas. Note; this is a condition that would result in having to leave the trek. Sunglasses with grey, green, or brown lenses that have VLT ratings ranging from 10% to 25% are the best. Some lenses are polarized, which means they filter out reflected light and reduce more glare compared to non-polarized lenses.
- **Goggles:** Goggles are suggested for the summit day for protection from wind. The type of goggles needed for summit day are ski type goggles with clear lenses. You will be summiting during the night and descending early morning. You will not be dealing with sunlight reflecting on snow but with wind at this point. Summit and descent through the snow/glacier portion will be in the light of the full moon but basically dark - hence clear lenses are necessary.

Thanks for reading! Have a great trip!