

Kilimanjaro 2012 Xpedition Gear List

Feet and Legs

- Mid-weight hiking boots
- Light trainers or Crocs for camp
- Polypro long johns x 1
- Convertible hiking pants
- Waterproof pants

Torso

- 2 x short-sleeve polypro tops
- 2 x long-sleeve polypro tops
- 1 x heavier top
- 1 x fleece jacket
- 1 x Insulated down jacket
- Rain jacket with hood

Head and Hands

- 1 x pair of fleece gloves
- 1 x pair heavier gloves. It is ideal if the fleece gloves can also fit inside the heavier pair
- Warm hat
- Buff
- Visor or baseball hat
- 3 sets of hand warmers

Other Gear

- Medium sized backpack. You will carry snacks, drinks, additional clothing, camera, medications if needed, hat and gloves. It will need to be big enough that on summit night you can carry a heavy jacket. 30ltr to 45ltr is sufficient
- Duffel Bag. You are limited to one per person on the climb with a 30lb limit
- Money belt. Photocopy the first two pages of your passport and carry separately
- Sleeping Bag. Rated zero degrees. If you have a choice, go warm!
- Sleeping Pads. Thermarest and a Z-Rest type pad

- Camping pillow. I use a stuff sack with clothes for a pillow
- Sunglasses. Take a second pair as spare
- Hygiene/toiletry kit. For the climb only the basics. Baby Wipes, Baby Powder and a face cloth for each day. You will be able to get hot water and have a 'tent bath'. 'No Rinse' Bathing Wipes are great
- Small towel
- Hydrating system. Camelback is fine for the lower mountain but this will freeze on summit night. It should fit within a sleeve in your pack. Bring a quart Nalgene-type bottle for summit night
- Summit Day Food. A light breakfast will be provided on summit day morning. Once we leave camp you will want to have tasty treats to nibble on through the summit night until you arrive back down at camp. This is the food/snack that you usually take for a long day in the mountains
- Large plastic trash bags (garbage bags) and a few grocery bags. Big enough to hold critical items in your mountain duffel to add rain protection. Also a few small Ziplock sandwich bags are very useful

Optional Items

- Gaiters. To keep pebbles and moisture out of shoes. Ankle length is sufficient
- Trekking Poles
- Bandana
- Pee bottle
- Spare batteries as required
- Journal and camera. Bring extra camera batteries or a solar charger to charge batteries
- Second pair of heavier pants for summit night. Second pair of heavier long johns

Medical/1st Aid

- First Aid Items. Tylenol, Motrin, Imodium, Tums, Pepto tablets, allergy medication, Diamox.
Note: Some doctors have recommended taking Diamox as a prophylactic even before leaving for Africa or as soon as you start hiking. We DO NOT recommend this. Please

contact us if you want to discuss this further. A sleep aid is optional. Band aids and Moleskin. It is your responsibility to bring any essential medications you may need.

- Visit your local travel clinic well in advance of your trip in order to get up to date information on immunizations
- Insect repellent with approximately 25% Deet. Get a spray as well as wipes with Deet. 'Cutter' makes these wipes. Take them on the flight so you can apply before arriving at Kilimanjaro International Airport
- Sunscreen 30 – 45 SPF. Chapstick.
- Pocket sized hand sanitizer x 2
- Duct tape (put a few wraps around trekking pole for access). Good for quick repairs

Tips

- Minimum \$200 for the local team on the mountain. Additional \$200 for other tips and purchases. Credit cards are either not accepted or incur a big fee. Make sure that the cash you take is in mint condition. Local staff cannot use US bills that are old or damaged in any way. Bring US cash in small denominations
- At the end of the climb there is an opportunity to give the porters some gifts. Many trekkers in the past have brought clothing and shoes to distribute among the support staff.

Safari

- If you are going on safari expect the morning and evening temperatures to be chilly. Necessary clothing will include a warm hat, gloves and warm jacket