

KILIMANJARO AND SAFARI PACKING LIST

Guidelines and Suggestions

- The pack that the porters carry is limited to 35 pounds
 - Overweight or extra luggage will require an extra porter at \$5/day
- Store electronics in sealed water-proof bags (double sealed if possible)
- Wrap clothing in plastic bags
- In the day pack, take along water, snacks (bring your favorites with you to Tanzania), camera, rain pants and jacket, and extra clothing layer at a minimum. Add any other items you might need during the day (such as binoculars) because you may not see the porters until the end of your trek for that day.

Footwear

Be sure to break in your shoes before the hike.

- Trekking shoes for hiking during the day, warm (leather), very waterproof, and with ankle-support
- Tennis shoes or sandals for lounging in the evening
- Gaitors
- 2 pair Hiking socks for warmer conditions
- 2 pair Wool or synthetic (wool is warmer) socks for colder conditions
- 3 pair Sock thin liners to wick away moisture (wool, polypro, or capilene)

Clothing

You want your inner layer to be wicking – no cotton. Next layer should be insulating and warm, and the top layer should be water proof but breathable. Kilimanjaro may be on the equator, but it gets cold up there!

- Shorts, for first and last day only
- Pants, for hiking and for lounging in the evenings
- Short-sleeved or t-shirts, for first and last day only
- Long-sleeved shirts, for hiking and for lounging in the evenings
- 2 pair lightweight long underwear (tops and bottoms) possibly layered for extra warmth
- Full length zippered fleece jacket (polartec 200 or 300 or equivalent)
- Fleece pants (polartec 200 or equivalent)
- Down or synthetic jacket medium to heavy weight with hood
- Gortex (or equivalent) Rain jacket **with hood**, needed in rainforest and cold snow
- Gortex (or equivalent) Rain pants, needed in rainforest and cold snow
- Underwear
- Sport bras, for women

Cold Weather

- Warm mittens with waterproof shell (ski gloves okay)
- 2 pair lightweight polypro liner gloves to be worn under mittens and on their own
- Wool or pile hat
- Balaclava or neck gaitor

Baggage

- Day backpack, for you to carry
- Large waterproof duffel bag or backpack, for porters to carry
- Plastic bags

Sleeping

- Sleeping bag (0 to -10 degrees F) lightweight down is best
- Closed cell sleeping pad or thermarest with repair kit
- Tents are supplied
- Foam sleeping pads are provided, **better to bring your own**

Other

- Water bottles (3 liters)
 - Get 3 liters of bottled water before the trip (available at the Keys Hotel or similar). Guides will boil water for you along the route.
 - You will want an insulated water bottle or bottle jacket to keep it from freezing on the last day.
 - Gatorade or other drink mix helps with taste and minerals.
- Water filter or iodine purification tablets
- Sun hat
- Sunglasses
- Clearly marked wide mouth pee bottle and funnel for women (used up high in tent for cold nights)
- Bandana
- Money (U.S. dollars – you can exchange some to small Tanzanian bills for trek - and Visa for rest of trip)
- Trekking poles
- Headlamp
- Batteries (Bring double extra sets for headlamp/flashlight and camera as cold weather shortens their life)
- Camera, film
- Video camera, tapes (optional)
- Binoculars
- Notebook, journal, pencil and pen
- Pocket knife
- Energy bars, hard candy, and snacks
- Playing cards, games, books,
- Plastic bags and zip-lock bags for waterproofing
- Sewing kit

Toiletries

- Toilet paper (available for sale at the Keys Hotel or similar)
- Small towel
- Soap
- Toothbrush and toothpaste
- Handi-wipes (moist toiettes for cleaning)
- Lotion
- Glasses, contacts, solution
- Comb, mirror
- Electrical adaptor 220 volt
- Ear plugs
- Dust mask

Travel Clothes for Safari

You will need clothing for four days of safari.

- 2 pairs of trekking pants (loose fitting cotton trousers or light synthetic) shorts and short sleeved shirts work well during the day.
- Bring a light jacket for town & safari. Evening time can be cooler.
- Bathing suit for hotel pools

Documents

- Passport
- Tanzania Visa
- Medical insurance
- Address book
- Vaccination records
- Airline ticket
- Cash**, credit cards
- Maps, guidebooks

First Aid

- Ibuprofen and Aspirin
- Throat lozenges
- Band-Aids
- Moleskin
- Sunscreen (SPF 15+)
- Lip balm with sunscreen
- Malaria pills
- Insect repellent
- Antiseptic cream
- Bandages and tape
- Diarrhea medicine
- Antihistamines
- Prescription drugs

Gifts for Guides, Porters, Locals (optional)

- T-shirts
- Hats
- Shoes
- Any warm clothing
- Candy
- Pens
- Nerf football, Frisbees
- Mementos for guides, porters, and other climbers (optional)