

MOUNTAIN CLIMBING PACKING CHECK LIST

Key Items:

- Headlamp
- Walking pole(s)/
- Sleeping Bag,
- Gaiters: To keep mud, rocks, and snow out of your boots.
- Water purification: This is essential as water for drinking is taken directly from mountain streams.
- Hiking Boots: This is the most important item on the list. You'll need a comfortable/waterproof pair of hiking boots which offer plenty of support. Make sure they are broken in before you get to Kilimanjaro/Mt. Kenya!



Other Check list (limit yourself)

- 1 set of thermal underwear (top & bottom)
- 1 sleeping bag (rating 0 C or four seasons)
- 1 warm jersey/sweater (wool)
- 1 sleeping pad/mat
- 1 pair of track suit top & bottom
- 1 light towel
- 1 polar fleece/down vest
- 1 pair of light loose fitting cotton trousers
- 1 waterproof jacket (with a hood) & pants
- 1 to 2 long sleeves shirts (cotton/wool)
- 4 pairs of thermal hiking socks
- 2 to 3 T-shirts/shirts
- 2 pairs of thermal socks liner
- 2 to 3 pairs of shorts (with pockets)
- 1 pair of hiking boots
- 1 wide brimmed hat / baseball cap
- 1 pair of sneakers/trainers/takkies
- 1 pair of warm heavy weight gloves/mittens



- 1 pair of gaiters
- 1 pair of light weight gloves (inner gloves)
- 1 bandana
- 1 pair of sunglasses/mountaineering glasses
- 1 balaclava
- 1 wool hat
- 1 warm scarf

NB: Make sure that your boots are waterproof



Useful Equipment:

- ✓ 2 x 2 litres water bottles (camel bags preferably)

- ✓ 1 head lamp (plus spare batteries & bulb)
- ✓ 1 pair of walking/ski poles
- ✓ 1 pocket swiss army knife
- ✓ 2 - 3 packets of moist novelettes.
- ✓ 1 travel pillow (optional)
- ✓

Personal Items & Toiletries:

US \$ Travellers cheques, toothpaste & tooth brush, body lotion, toilet paper and other personal hygiene items. (Ladies, please carry some sanitary toiletries as being at high altitude may alter your cycle).

Photographic (optional):

- ✓ 1 camera (plus spare batteries), film & tripod stand, different lenses,
- ✓ 1 pair of binoculars, video camera, video tapes, battery packs.

Miscellaneous (Optional):

notebook, pencil, sketchbook, masking tape, zip loc plastic bags, ear plugs, address list for post cards, map of Kilimanjaro (the trip leader will have one).

Health:

- ✓ Yellow Fever: This is compulsory and a certificate might be requested on arrival at the airport. Please make sure that you have the shot in time.
- ✓ Malaria: There are various types of medicine on the market today used for prevention and treatment of malaria. We recommend that you consult your doctor on which prophylactics to take.
- ✓ Water purification tablets: On the mountain, we use water from the streams. Although drinking water will be boiled first, it is advisable to add a tablet or two - to be on the safe side.
- ✓ Acute Mountain Sickness (AMS): This is a condition commonly experienced at high altitude. In most cases, this can be avoided by following guidelines on hiking pace, eating, resting and fluid intake. We recommend that you familiarize yourself with the various affects that altitude can cause.
- ✓ (Please consult your doctor on use of Diamox - tablets used by some mountaineers to help them cope with the effects of altitude).
- ✓ Personal medical supplies (optional): As your tour leaders, we will carry a group medical kit. Some items that you might want to carry would include; aspirin, imodium, laxatives, antibiotics, bandages, malaria tablets, gauze, adhesives, betadine, throat lozenges, eye drops, sun block, lip balm, moleskin antihistamine tablets and cream.



Food

Meals will be provided, as well as basic snacks like cookies and fruit. You should also bring your own energy snacks, for example:

- Nuts
- Trail mix
- Chocolate
- Dried fruit
- Glucose sweets
- Energy gel sachets
- Sports drink powder
- If you prefer de-caf tea, it's best to pack a few bags

- Some recommend vitamin C fizzy tablets to improve the water's taste and added vitamin benefit

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