



KILIMANJARO CLIMB

Packing List

Kilimanjaro Climb Clothing and Equipment

It is frustrating to be uncomfortable, inconvenienced, or unable to do all you want because of improper gear or too much gear. It can be dangerous too. Don't overload yourself (or the mountain crew) but make sure that what you bring is sufficient. Your trip leader will check your clothing and equipment before the climb to make sure it is appropriate and packed efficiently. SENE provides all group gear – tents, cooking and eating equipment, safety equipment, essential bulk first aid kit, etc. Please don't bring any extra gear as it is difficult to carry around and may cost you overweight airline charges.

We strongly recommend that you WEAR YOUR BOOTS AND CARRY ANYTHING ELSE YOU CONSIDER INDISPENSABLE with you on the airplane flight so that in the unfortunate event your luggage is lost, you have your most important equipment with you.

We recommend that you dress in layers. Days on the mountain can be sunny and pleasant, but it often clouds over and gets cold in the afternoons. Nights at the higher elevations will be near freezing or lower. The final stages of the ascent will be very cold, especially if there is wind. Weather can vary greatly through the day and dramatic changes occur anytime. You should be prepared for all weather conditions, and it is very important to have the proper clothing. Polypropylene is an effective lightweight under layer and works better than either wool or cotton. Avoid wearing cotton next to the skin as it does not retain heat very well and when it is wet (from perspiration) it will draw warmth from your body. Layering yourself in polypropylene, pile, down, and a rainproof shell is best. With this advice in mind, herewith is our list:

- **Gortex shell jacket**
- **Pile or down jacket**, or 2 layers of medium weight polypropylene
- **Gortex rain/wind pants** with leg zippers for easy on/off
- **Pile pants** with leg zippers for easy on/off, or 2 layers of medium weight polypropylene
- **1-2 Polypropylene tops and bottoms** - medium weight
- **3 T-shirts**
- **1-2 Sturdy shorts**
- **Wool hat/balaclava**
- **Shade hat**
- **Sunglasses** that block UV rays
- **Gortex outer mittens**
- **Wool mittens or gloves**
- **Glove liners** - light weight capilene or silk
- **6 Pairs polypropylene socks** (a clean pair for each climbing day)
- **3 Pairs thick socks** - at least 80% wool
- **Spare insoles** (exactly fitted to your boots)
- **Light shoes or sneakers** (for lower altitudes and evenings)
- **Gaiters** (to stop snow, small rocks and dirt entering your boots; also keeps your feet and lower legs warm)
- **2 Bandanas**
- **Small towel and washcloth** – quick-drying (for sponge baths on mountain)
- **Head lamp** with extra batteries and light bulb

- **3 one liter wide mouth (Nalgene) bottles** (*Camelbacks* are not recommended; experience shows that they are not reliable at high altitude as their hoses and spouts freeze, crack, and leak)
- **Sleeping bag** rated to 0 degrees Fahrenheit. We recommend synthetic bags, such as *polarguard*, *hollofil*, or *qualofill*, over down because they dry four times as fast. To protect your bag from dust or rain you should pack it into a standard stuff sack lined with a plastic garbage sack.
- **Sleeping pad** such as *therm-a-rest* or *ensolite* for insulation and comfort.
- **Duffel bag** to hold your personal gear on the climb. It is a good idea to experiment packing your clothing and gear into this bag to make sure it all fits. Climbers' duffels, sleeping bags, and sleeping pads are placed into one large waterproof bag provided by SENE and carried by the mountain crew.
- **Large daypack or small frame pack** that you will carry with the items you want during the climbing day (extra clothing layers, rain gear, water bottles, snacks, camera, etc.). Your daypack should hang from both shoulders and have a waist belt (fanny packs are not adequate). Some daypacks have side pouches which are great for storing water bottles. Past clients have recommended a climbing pack (such as a Kletter Pack), as they are better designed and less tiring to wear than ordinary daypacks. You may want to have a pack cover, plastic bags, and/or Ziploc type bags to protect items in your daypack in case of rain.
- **Hiking boots** - medium weight, waterproof, warm, comfortable, and **broken in**.

NOTE: Lightweight Gortex boots are not sufficiently strong or waterproof for this climb. Your boots are probably the most important item you will take on the mountain - your life revolves around your feet. Blisters caused by poorly fitting or unbroken boots are among the most common and painful problems when trekking. If you are buying a new pair of boots, make sure a qualified salesman gives you a proper fit. Don't buy any boots that you are not permitted to return after wearing a few hours around the house. If you have new boots, wear them for a while every day for at least a month; before you depart you should be able to wear them for a full, active day with no discomfort. Even boots you have owned for years can sometimes produce blisters when doing the amount of walking you will do on the mountain. Limber up your boots (and feet) with lots of hiking before departure. Bring a supply of moleskin or second skin for protecting blisters and sore spots. Waterproof your boots with several coats of snow seal or other sealant before departure.

Personal First Aid Items

Every trip member should bring a small kit for personal use. Your own experience and preferences will influence your choices. Some items require a prescription; consult with your doctor as necessary. The following are our suggestions:

- Moleskin, *Second Skin* blister pads, and *Bodyglide* lubricant are effective against blisters.
- Aspirin, ibuprofen, or Tylenol for mild aches, pain, headache, or fever. Ibuprofen is also an anti-inflammatory. Stronger pain killers with codeine mask symptoms of altitude sickness and are not recommended. The air on the climb is very thin, dry, and cold; if you want a cough suppressant, avoid codeine as it slows respiratory functions.
- Topical antibiotics and assorted Band Aids.
- Sunscreen with SPF 15 or higher as the sun is very intense at high altitude.
- Chapstick with sunscreen.
- Moisturizing cream to combat the dry mountain air.
- Hydrocortisone cream for itching (check for sun sensitivity).
- Insect repellent.
- Ace bandage or elastic supports for weak knees or ankles if sore joints develop from walking downhill.
- Antibiotic (e.g. *Cipro*).
- *Pepto Bismol* tablets for stomach problems.
- *Diamox* is effective against the symptoms of altitude sickness.

- Feminine protection (will not be readily available for purchase).
- Pair of glasses for higher altitude for those who use contact lenses.

Optional Items

Please note that on the mountain you will have no access to electricity for shavers, hair dryers, etc.

- Trekking poles
- Neck gaiter (scarf)
- Urine bottle (for use at night in your tent)
- Thin rope and clothes pins or safety pins for a clothesline and other jobs
- Small mirror
- Money belt/neck pouch
- Camera and spare batteries
- Binoculars
- Travel clock
- Reading material (paperbacks only, please!)
- Journal, pens, writing paper
- Deck of cards or other travel game

Snacks and Sports Drinks

The food and snacks we provide on the climb are very nourishing. However, you may wish to bring a small stash of your favorite snack food that you will eat even when you are not hungry (altitude tends to cause loss of appetite). Trail mix, hard candy, jerky, energy gels, and bars (“energy,” “nutrition,” “candy,” and “chocolate”) of any sort are good. We also strongly suggest that you bring powdered sports drink mixes (such as Gatorade, Cytomax, or Powerade) to add to water, as they are not available in Tanzania. Still, plain water should comprise about 60% of your fluid intake on the mountain.

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