



Mt. Kilimanjaro Trek

Important Information & Example Packing List

Below is a list of some important initial trip information, as well as a non-exhaustive example packing list. **A full & complete Dossier with all trip details will be emailed to you about 3-4 weeks before departure.**

If you have any questions, please be sure to let us know.

1. PHYSICAL FITNESS

Although Kilimanjaro is not a technical mountain trek, it is a major challenge, and you should not underestimate the rigors of altitude. Remember that Uhuru peak is 500 m (1,640 ft.) higher than Everest Base Camp! The pace of your ascent coupled with good acclimatization will help you on the trek, but it is essential to be mentally and physically prepared before you start. Regular hikes are one of the best ways to prepare, increasing frequency and length, as you get closer to the trek. All aerobic exercises such as cycling, running, swimming, and aerobics classes are good for strengthening the cardiovascular system. Any exercise that increases your heart rate for 20 minutes is helpful, but don't overdo it just before the trek.

2. ALTITUDE AND ACCLIMATIZATION

Altitudes are generally defined as follows:

- Substantial altitude 2,400 m – 4,200 m (8,000 ft. – 13,800 ft.)
- High altitude 4,200 m – 5,400 m (13,800 ft. – 17,700 ft.)
- Very high altitude above 5,400 m (17,700 ft.)

(Uhuru Peak is 5,895 m/19,340 ft.)

It is likely that all trekkers will experience some form of altitude related effects during their trek. It is caused by the inability of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. Acclimation is an important process of going to higher altitude, then returning to a lower level to sleep. It triggers the body to create more red blood cells to carry more oxygen, thus helps your body acclimate to higher altitude and increasing your chances of successfully completing your trek.

There are many different symptoms related to trekking at higher altitude, but the most common are headache, light-headedness, mild nausea, loss of appetite, slight tingling in the toes and fingers, and a mild swelling of ankles and fingers. These mild forms will normally disappear within 48 hours. If they don't or you experience other symptoms, please be sure to inform your guide. **Regardless, remember to always keep your guide informed of how you feel to better distinguish between the various altitude related symptoms. Also, it is**



important to follow your guide's instructions, from the preparation stage of the trek to the finish. That said, if ever in doubt, the best remedy for altitude related symptoms is to immediately return to lower altitudes.

3. PERSONAL FIRST AID KIT

The following first aid materials are important:

- Painkillers (aspirin)
- Antihistamines
- Blister treatment (like Mole Skin - which you can buy in most pharmacies in the US)
- Imodium or other antidiarrheal tablets
- Band aids
- Antiseptic wipes
- Dressings, especially pressure relief for blisters
- Talcum powder
- Malaria tablets
- Sun block for skin and lips
- Antacids
- Cold tablets
- Oral rehydration salts/sachets
- Insect repellent
- Sanitary towels (like Wet Ones - important as there are no showers during trek)
- Etc.

4. OTHER HEALTH TIPS

HYDRATION: Be sure to always stay well hydrated by drinking far more water than you would at lower altitudes. This is extremely important at high altitudes, as dehydration is a very common effect of trekking at altitude and can lead to other serious side effects. Be sure to discuss this with your guide and follow their instructions.

CONTACT LENSES: All contact lens wearers should take care to remove the lenses at night, as the eye needs to absorb oxygen from the atmosphere. The rarefied conditions of altitude reduce oxygen levels and in extreme cases a Corneal Oedema can develop.

5. PHOTOGRAPHY

Cameras, whether video or film... need to be protected against the severe cold weather either in warm pouch or the interior pockets of your clothing. Do not keep in your backpack at higher elevations. A selection of lenses will aid the final results although weight and bulk will obviously influence your selection. A polarized or neutral density filter is recommended for SLR users.



For digital equipment, check with the manufacturer's specifications for temperature range (especially battery life), water tightness, and general hardiness.

Trekker's Packing List

Documents

- Valid Passport
- Medical insurance card
- Airline tickets, e-tickets
- A printed copy of the Pre-Departure Dossier (we will email to you about 3 weeks before departure)

Baggage

- **Day pack**, for you to carry (for what you need during trek: water, snacks, sunglasses, camera, layers of warm and/or waterproof clothing, binoculars, and jacket at a minimum. Add any other items you might need during the day, since you may not see your porters until the end of the day.)

Example:



- **Large duffel bag or backpack**, for porters to carry - The weight per porter is limited to 15 kg (35lb). If you bring overweight luggage, every 15 kg will be charged extra at 100 US\$ for an extra porter for the whole trek. Your backpack/duffel bag will be brought from campsite to campsite - before you arrive it will already be there. We recommend using a light weight lock on your bag; plastic travel locks can be found online and in stores.



Example:



OR

- **Plastic ziplock bags** to keep cameras, clothing, etc. dry. You may want to consider compression packing bags too, as they take up less room and help keep your items dry. An example would be: http://www.amazon.com/dp/B001CZMX2A/?tag=hyprod-20&hvadid=19399911456&hvpos=1o5&hvexid=&hvnetw=g&hvrnd=48902575527628101&hvpone=&hvtwo=&hvqmt=&ref=asc_df_B001CZMX2A
- **Extra bag to leave behind.** It's a great idea to bring an extra bag (with lock). You can leave the bag behind in the luggage room of the hotel with items you don't need on the trek and pick it up when you get back. This is for extra clean clothes, books/magazines, shoes, etc. This is especially important if you will be doing another awesome adventure following your trek, the a safari in world-renown Serengeti.

Example:



Clothing

You will need clothes for trekking during the day and dry, warm, clean clothes for lounging in the evening and for sleeping. Layers are important as temperatures vary greatly. You may be near the equator, but it gets cold!



You want your inner layer to be wicking – no cotton. Your next layer should be insulating and warm, and your top layer should be waterproof but breathable. Remember that the layers can get sweaty and/or wet during trekking and may not dry at night, so be prepared.

- Shorts, for the lower altitudes
- Light pants for trekking
- Warm sweatpants for lounging in the evenings
- Short-sleeved t-shirts
- Long-sleeved shirts, both for trekking and for lounging in the evenings
- Long underwear or insulating under layer (top and bottom)
- Fleece jackets and/or wool sweaters
- Fleece pants
- Down jacket or ski parka (for temperatures well below freezing plus wind)
- Rain/waterproof jacket, needed in hot rainforest and cold snow
- Rain/waterproof pants, needed in hot rainforest and cold snow
- Underwear
- Compression shorts or similar to reduce inner leg chaffing from walking
- Sport bras, for women

Cold Weather Accessories

- Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)
- Wool or pile hat
- Balaclava or neck gaiter
- Hand and foot warmers (chemical activated)
- Ski goggles for summit night (clear or yellow lens)

Footwear

- Be sure to break in your shoes before the hike!
- Hiking shoes/boots for trekking during the day, preferably warm, waterproof, and with ankle-support – not too light and not too heavy
- A second pair of hiking warmer hiking boots for the colder summit night (or backup in case your other shoes get wet) is a good idea
- Tennis shoes or sandals for lounging in the evening
- Gaiters (there are lots of little rocks and sand, so these are helpful to keep them out of your boots)
- Hiking socks for warmer conditions
- Wool socks for colder conditions
- Sock liners to wick away moisture



Sleeping

- Sleeping bag (cold weather one)
- Small pillow (or pillow case to put items in to act as a pillow)
- Extra hat and gloves for sleeping (and backup in case the others get wet)
- Warm fleece pants and top, warm socks and layer up!

Other

- Headlamp and backup flashlight with 3 sets of extra batteries. A good headlamp is best, as it is hands free, which is good while getting ready in your tent and, more importantly, during your 6+ hour summit night (a good one can be purchased cheaply at www.Walmart.com). Be sure to put in fresh batteries right before you start your summit trek (even if they seem fine) and put extra batteries inside your coat if possible to 1) keep them within close reach and 2) keep them warm to increase their efficiency.
- Water bottles or Camelback (note: Camelback line may freeze on summit night)
- Get 3 liters of bottled water before the trip (available at the hotel)... if you have extra weight available in your bag, add a few extra bottles to your main bag.
- The Porters/Cooks will boil water for you along the route, or use stripens for water sanitization. To prevent water from freezing on summit day, keep your water source inside your jacket. For Camelbacks, blow air back into the bladder after each sip and drink often.
- Gatorade or other drink mix helps with taste and minerals, plus provides electrolytes.
- Water filter or iodine purification tablets
- Sun hat with brim
- Sunglasses
- Bandanas
- Money (\$400 or more in cash, including some small USD or Tanzanian bills, for tips and optional drinks & snacks available at some camps) - USD are accepted everywhere.
- Trekking poles
- Camera, extra memory cards, tripod
- Video camera, tapes
- Batteries - Bring extra sets for headlamp/flashlight and camera as cold weather shortens their life
- Binoculars
- Notebook, journal, pencil, and pen
- Small pocket knife
- Electricity adapter - for the hotel only... no power during the trek
- Energy bars, hard candy, snacks, and comfort foods (food is basic and tastes especially bland on the mountain at altitude)
- Plastic bags and zip-lock bags for waterproofing
- Alarm clock (for hotel use - the one on your phone is fine)
- Calculator (for currency conversion)
- Swim suit for hotel swimming pool
- OPTIONAL:



- Sewing kit
- Chocolate or pens for village children, mementos for guides, porters, and other trekkers
- Salt, pepper, and spices for bland food
- Business cards

Toiletries

- Toilet paper (must bring own)
- Wet wipes (moist towelettes for cleaning) - very useful!
- Small towel
- Soap
- Toothbrush and toothpaste
- Hand sanitizer
- Lotion
- Glasses, contacts, solution (take contacts out each night to prevent blurred vision)

Documents

- Passport
- Yellow fever certificate
- Tanzania Visa (must get before going to Tanzania)
- Medical insurance
- Address book
- Vaccination records
- Airline tickets
- Cash, ATM, credit cards - USD cash must be of the newest style and in very good condition (no tears)... \$20 bills and under only. ATM and credit cards are very limited... please don't rely on them.
- Maps, guidebooks
- Make copies of passport, TZ visa, airline tickets/schedule, ATM and credit cards. Scan, password protect and email to yourself (at an email you can access while away) and also leave a copy with someone trusted at home.

First Aid

- Aspirin, Ibuprofen, Acetaminophen
- Throat lozenges
- Band-Aids
- Moleskin for blisters
- Sunscreen (SPF 15+) - especially at higher altitudes
- Lip balm with sunscreen



- Insect repellent
- Disinfectant, Antiseptic cream
- Bandages and tape
- Diarrhea medicine
- Antihistamines
- Ace bandage
- Melatonin (1-3mg) or other sleep aid
- Malaria pills (talk to your doctor)
- Antibiotics (talk to your doctor)
- Prescription drugs (talk to your doctor)
- Diamox (talk to your doctor)

Gifts for Guides, Porters, Locals -

Any equipment and/or clothes you wish to leave behind is VERY much appreciated by the Guides and Porters!

- Shoes
- Any warm clothing
- T-shirts
- Hats
- Nerf football, Frisbee - for local kids
- Candy
- Pens

Packing for your flight to Africa

- Small pillow - can be used at night while trekking too
- Books/magazines - don't bring on trek
- Toiletries
- Snacks
- MP3 player and music
- Eye shades, ear plugs
- Melatonin or other sleep aid
- Critical trekking gear (in case baggage is delayed)

Notes

- The pack that the porters carry is limited to 15 kg (35 pounds). Overweight or extra luggage will require an extra porter at a minimum of 100 US\$ per trek
- Store electronics in sealed water-proof bags (double sealed if possible)



- Wrap clothing in plastic bags or even better consider using compression packing bags, as they take up less room and help keep your items dry. An example would be:
http://www.amazon.com/dp/B001CZMX2A/?tag=hyprod-20&hvadid=19399911456&hvpos=1o5&hvexid=&hvnetw=g&hvrnd=48902575527628101&hvpone=&hvptwo=&hvqmt=&ref=asc_df_B001CZMX2A
- In the day pack, take along water, sunglasses, camera, binoculars, rain pants, and jacket at a minimum. Add any other items you might need during the day, since you may not see your porters until the end of the day.
- You may want to bring some older items of warm clothing for your trek to give as gifts following your trek to your guides and porters or donations to the Mount Kilimanjaro Porters Society.
- You can leave extra (locked) luggage with items you won't need while on the trek in a locked storage room at the hotel for no charge.
- You can leave valuables in a safe deposit box at the hotel for about \$1/day.