

Tanzania 2016: Mt. Kilimanjaro Trek

GEAR LIST

Climb and Safari

Note: This equipment is not just “suggested”, it is a comprehensive list that we have designed with your safety and comfort in mind! Please follow it closely and if you have any questions, feel free to contact Tricia at tricia@trekkingforkids.org. (*The items starred can be rented in Tanzania.)

FOOTWEAR

Hiking Boots – The boots should be waterproof, warm, leather or combination fabric and leather, have a sturdy mid-sole and a Vibram sole, and fit well over light and heavy sock combination. Fit is much more important than brand. Take time to select a pair that fits, and **break them in well**.

Camp/Lightweight Trail Shoes – Running shoes or other lightweight hiking shoe you can wear around camp and even use for hiking. It is important to be able to change footwear to aid in prevention of blisters and other foot discomforts.

***Gaiters** – For mud and scree or possible snow on summit day. Short, simple gaiters are best, but any size will work. These will help keep your pants clean and feet dry.

Camp Booties – (*optional luxury*) Down or synthetic, any brand with thick foam soles.

Lightweight/Heavy Trekking Socks – 5-6 pairs Synthetic/Wool Blend (Smartwool). You will use the lightweight at lower elevations and heavy at higher. Make sure and keep a clean pair of heavy socks for summit night. (You can bring fewer pairs if you are using liner socks.)

Liner Socks – 3 pairs of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and helps the outer sock last longer before needing to be changed. Some people prefer not to use liner socks so try them out beforehand and see what you like.

CLOTHING

It is very important that your clothing fits loosely and comfortably so you can layer your clothes appropriately. This is key for maintaining a comfortable body temperature.

PLEASE NO COTTON!

Shirts – 1-2 short sleeve synthetic; most nylon running shirts or athletic shirts will work. TFK will provide you with one short sleeved synthetic shirt. The first two days might be warm enough for short sleeves. After that you will want to hike in your long sleeve synthetic shirt (see below).

Lightweight Long Underwear Top and Bottom – 2 tops and 1 bottom. Zip T-neck design is good. Light colors are better for tops because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers.

Briefs – Synthetic or cotton. Running shorts also work well for underwear.

Trekking Pants – 2-3 pairs. Zip offs are great so you can have a shorts option.

Hard Shell Pants – Waterproof and breathable such as Gore-Tex. It is recommended that pants have full-length side zips. Full zip is helpful when removing pants while wearing boots. 7/8th or 3/4 zips that reach to lower hip will also work. Make sure pants are large enough to fit over your other layers.

Fleece Jacket – Polartec 100 or 200 is good.

Hard Shell Jacket – Waterproof, breathable shell, full zip, with hood and no insulation. Make sure jacket is large enough to fit over your other layers.

***Down Insulated Jacket** – Medium weight, hood is preferred, but not required. This will be worn summit day and in the evenings at camp.

HEAD & HAND GEAR

Windstopper Gloves – Lightweight synthetic gloves to keep hands warm while trekking in cooler temps.

Hard shell Mittens or Gloves – With insulated liners. Ski gloves/mittens work well. These will be used for summit night. Make sure they are warm!

Buff – Used to shade your neck, cover your mouth, keep your ears warm, and hide your hair. Protects respiratory system when traveling in dusty conditions and keeps you warm at night. **No need to purchase.** We will be giving you a Trekking for Kids one.

Sun Hat – Any lightweight hat with a good brim or visor.

Wool or Fleece Hat – Any brand of warm hat that can go over ears.

***Balaclava** – To keep face warm on summit climb. A thin one is fine. Should fit underneath your wool or fleece hat or be thick enough to be worn alone.

GEAR

Daypack – Usually 3000 cubic inches is the max. you will need. Top opening, internal frame, mountaineer's rucksack style is best. Avoid large zipper openings and excessive outside pockets. It **must have** a functional waist belt meaning that the waist belt supports the weight of the pack. You will be carrying water, snacks, warm clothes, camera, etc.

Rain cover for pack – In case we get caught in the rain or snow, this will help your gear stay dry. You can also put everything inside of plastic garbage bags for added protection or a dry sack.

***Sleeping Bag** – Minus 10F to 0F Down 700 fill minimum is recommended, but synthetic is ok. It will get cold at night. You can also bring a sleeping bag liner for added warmth if your bag is not as warm.

Sleeping Pad– Inflating, full-length. (Therm-a-rest type pad.)

***Trekking Poles** – Useful for going up and down steep, muddy trails in the forest, and general trekking in the higher elevations. Adjustable poles are best so that you can strap them on your pack when not in use. Remove the ski baskets since you will use them for walking.

Headlamp w/ spare bulb – plus two sets of batteries.

Water Bottles – 3, one-liter, leak-proof wide-mouth Nalgene bottles **or** 1 if you bring a 2-liter hydration bag. Some people need more water in a day and some will need less. Adjust accordingly. The Nalgene bottle is also great as a hot water bottle. At night fill it up with boiling water and put it in your sleeping bag. In the morning, it is ready to treat and drink.

Hydration Bag – If you bring a hydration bag you will still need to bring 1, one liter bottle to treat your water in. Works great at warmer temperatures, but **will freeze on summit day unless drinking tube is insulated.**

Steripen, Water Filter, or Water Purification Tablets, – Steripens have been a preferred method of treating water by our Kili Trekkers, but bring a back up bottle of tablets just in case it stops working at higher altitudes. If you want to use tablets, bring two bottles such as Potable Aqua brand or Katadyn Micropur Purification tablets (these don't leave the bad aftertaste like iodine. Bring also small packets of Crystal Light or Powerade to flavor your water and to help with re-hydration (also to hide the taste of iodine treated water if you use tablets). Our staff will prepare boiled water for you each day of your climb, but it is recommended that you still treat your own water to be extra safe.

Lightweight Steel Thermal Bottle – (*optional*) One-liter size. Very nice on the long summit day. Water in Nalgene bottles will freeze unless kept next to the body; it is easier to stay hydrated with warm drinks at 19,000 ft.

Sunglasses – 2 pairs recommended. One pair for high altitude, high-quality, 100% UV, 100% IR, min 80% light reduction, side-shields such as those found on “glacier glasses” are not recommended, but size and shape of lens should offer maximum protection from bright light on snow. One pair high-quality, 100% UV, 100%IR, for lower elevations, also as a backup. *It is important to have a spare pair of sunglasses*

Carabineers – to hang water bottle, camera, hat, to your day-pack or belt.

MEDICAL & PERSONAL

Sunscreen – SPF-30 or higher, non-oily, not older than 6 months. Sunscreen older than six months loses half of its SPF rating. Bring multiple small containers; you should not carry large quantities in your daypack. It is heavy and will freeze.

Lip-screen – SPF-30 or higher, any brand. Bring 2 in case you lose one.

Toiletry Kit – Toothbrush, toothpaste, lotion, alcohol-based anti-bacterial hand sanitizer (Purell), soap, comb/brush, shave kit, needle/thread, (bring **travel size** bottles)

Small personal First-Aid Kit – (simple and light) Antibiotic ointment, moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind.

Drugs/Medications/Prescriptions – **EVERYONE must come with a prescription of Diamox (Acetazolamide), 5 pills minimum (preferably 500mg time release). If you are allergic to sulfa meds, please let us know.** In addition, bring your anti-malarial meds (see Pre-departure Checklist for more info). Other useful items: Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for traveler’s diarrhea and for urinary tract infections. Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections, Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen for stomach sensitivity.

Pee Bottle – (*optional*) 1 one-quart, leak-proof wide-mouth and clearly labeled. Some people prefer not leave their tent at night.

Pee Funnel for Women – (*optional but highly recommended*; Freshette). This will allow you the freedom to go anywhere.

Small Pack Towel and or bandanas– You will get hot water each evening to wash up so this is nice to have to dry off your face. An extra bandana is also recommended to hang on your pack as a “pee bandana” – air dries sterile and cuts back on toilet paper use/waste.

Swiss Army Knife – (*optional*) Remember not to leave in carry-on bags for any international or domestic flight. Scissors are probably the most useful features; you will seldom need the knife blade.

Duct tape – Great for blister care and to repair anything. Don’t bring a large roll; instead, put some around your trekking pole, water bottle, or pen.

Zip-loc bags – Always useful, bring plenty (gallon and quart size).

Trash Bags – Good for wrapping stuff in if it rains and keeping your duffel bag organized and dry. Trash compactor bags are also good and are made from a heavier plastic.

Baby wipes – Do not need 3000. 2 or 3 packets of 20 will do fine to help keep you clean on the trail.

Ear plugs – Very useful if teammates snore in nearby tents.

Hand/Foot Warmers – Nice to have on summit day and for cold nights, especially if your hands or feet get cold easily.

Trail Snacks – Energy bars, trail mix, dried fruit, beef jerky, GU/Shot blocks for summit day, or other high energy snacks that you like (we will be fed well along the way so don't go overboard. Remember you only have 15 kg).

TRAVEL ITEMS

***Large Expedition Duffel Bag or Internal Frame Backpack** – The porters will carry this with your belongings on the mountains and also great for flying to Africa with all of your gear. Porters are limited to carrying 15 kg, or 35 lbs so please be careful about what you pack.

Small Travel Duffel Bag or Suitcase – Important. This will be stored at your hotel in Moshi while you are on the mountain and again while you are on safari. This needs to fit all "city stuff", city clothes, toiletries you are not bringing on the climb or safari, etc.

Swimming Suit – Our hotel in Moshi and in Karatu (2 of the nights on the safari) has a pool.

Clothes for safari – 2 or 3 changes. Comfortable travel clothes. Days are dusty, cool in the mornings, warm in the middle of the day. At the end of the day we return to our lodge where you will shower and change for a nice dinner.

City clothes – Simple and versatile, for working in the orphanage as well as around town. Please make sure outfits are respectful of the local culture, ie nothing tight, short or revealing.

Insect Repellent – Preferably with 30% DEET

Passport Belt/Pouch – Keep your passport and money safe.

Book/card games – For evening and tent time.

Journal- Make sure it is not too large. Remember, porters need to carry this stuff!

Binoculars – (*optional*) High-quality, 8x32 or 10x42. Great for safari.

Camera, Lenses, Video Camera – Bigger lenses and cameras for safari can be stored in Moshi if you prefer.

Memory Cards and extra batteries for Digital Cameras – Make sure you have plenty of memory cards and extra batteries. You will not be able to charge batteries on the trek and the cold will drain them quickly.

Luggage Locks – To keep your belongings locked safe in your bag in the hotel.