

# Tanzania: 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](mailto:tricia@trekkingforkids.org). Bags carried by the porters must be kept to 14 kg or 30 pounds.

#### **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 on the lower mountain days. Preferably waterproof if you plan to trek on the mountain with these anytime.

**Gaiters** – For mud and scree or possible snow on summit day and warmth. Any size will work. These will help keep your pants clean and feet dry.

**Lightweight Trekking Socks** – 2-3 pairs Synthetic/Wool Blend (Smartwool). You will use the lightweight at lower elevations and heavy at higher.

**Midweight/heavy Trekking Socks** – 2 pairs Synthetic/Wool Blend (Smartwool). Make sure and keep a clean pair of heavy socks for summit night.

**Liner Socks** – 1-2 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** – 2 short sleeved 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 Sleeve shirts** – 2 long sleeve polypropylene or wool shirts lightweight. Zip-neck style is nice.

**Long Underwear Bottoms** – 2 pair lightweight to mid-weight long underwear bottoms. No Cotton. 1 of each weight is nice or 2 pair lightweight (worn single in warmer conditions and double layer for colder).

**Briefs** – Synthetic or cotton.

**Trekking Pants** – 2 pairs of nylon lightweight trekking pants or softshell climbing pants.

**Fleece Pants or Light Synthetic Insulated Pants (optional)** – Extra warmth on summit day and also on the lower mountain in camp evenings. You can also wear your double layer of thermals instead.

**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.

**Soft Shell, Fleece or Synthetic Jacket** – Light/midweight layer you can hike in

**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 (ex. The North Face Mountain Jacket or Patagonia Stretch Element, or Marmot Precip Jacket).

**Down Insulated Jacket** – Medium to heavy weight, hood is preferred, but not required. This will be worn summit day and in the evenings at camp (ex. Patagonia Down Sweater Full-Zip Hoody or The North Face Aconcagua Down Jacket).

### **HEAD & HAND GEAR**

**Windstopper Gloves** – Lightweight synthetic gloves to keep hands warm while trekking in cooler temps. Fabric that will dry quickly in case they get wet.

**Hard shell Mittens** – With insulated liners of down, fleece, or wool. These will be used for summit night. Make sure they are very warm! (ex. Outdoor Research Meteor Mitts)

**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** – 35-45 liters roughly in size. 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 in a dry sack.

**Sleeping Bag** – Minus 10F to 10F Down 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** – We provide a simple mattress for each climber in your ten. However, we ask that you bring at a minimum an additional closed cell foam sleeping pad. If you want more comfort bring a self-inflating full-length pad. (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** – LED Type are recommended and are now very bright and provide much more reliable light than halogen bulbs. Extra batteries recommended (1 set).

**Water Bottles** – 2, one-liter, leak-proof wide-mouth Nalgene bottles

**Hydration Bag** (*optional*) – If you bring a hydration bag you will still need to bring 2, one-liter Nalgene bottles. Works great at warmer temperatures but the tube **will freeze on summit day** (even with insulation). Hydration bags are great though at keeping you hydrated easily.

**Sunglasses** – 100% UV protection with side shields (glacier glasses) or very good sunglasses that have quality polarized lenses.

**Carabineer** (*optional*) – to hang water bottle, camera, hat, to your daypack or belt.

### **MEDICAL & PERSONAL**

**Sunscreen** – SPF-40 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-20 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, small roll of toilet paper for on the trail (bring **travel size**).

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

**Prescriptions Medications** – EVERYONE must come with a prescription of **Diamox** (Acetazolamide), 125-250mg tablets for 7 days (250-500 mg per day usually). If you are allergic to sulfa meds, please let us know. Other useful items: Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections.

**Over the Counter Medications** (suggestions) – Pepto Bismol, Immodium, Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen for stomach sensitivity. Cold medicine (Nyquil cold and flu packets that can be put in hot water, also daytime ones for not being drowsy in day hikes), Electrolytes, Vitamin C.

**Pee Funnel for Women** (*optional*) – This will allow you the freedom to go anywhere (Freshette, Go Girl).

**Small Camp Towel** (*optional*) – You will get hot water each evening to wash up so this is nice to have to dry off your face.

**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** or stuff sacks– Always useful for organizing things in your bag. Bring plenty (gallon and quart size).

**Trash Bags** – 2 large plastic trash bags for keeping miscellaneous gear dry. Good for wrapping stuff in if it rains and keeping your duffel bag organized and dry.

**Baby wipes** – Do not need 3000. Several 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, candy bars, 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). Plan on 2 snacks a day and on summit day 8 different bars or small snacks. We want you to eat something at breaks. About 3 Lbs/1.5 Kg.

### **TRAVEL ITEMS**

**Large to XL Expedition Duffel Bag** – 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 14 kg, or 30 lbs. so XL North Face Bag is the perfect size. The large size bag tends to be hard to fit all your mountain things into but can work as well.

**Small Travel Duffel Bag or Suitcase** – Important. This will be stored at our hotel 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** (*optional*) – At least one of our hotels will have a pool.

**Clothes for safari** – Loose fitting cotton pants or shorts and short sleeved shirts work during the day. Bring a light jacket/long sleeved shirt. 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. Recommend 1 pair of nylon trekking pants or jeans and clean shirt dedicated for the safari.

**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; 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 around camp.

**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 at our hotel 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 and on the trail.