



GEAR LIST

- Strong, **waterproof** DUFFEL BAG (100-140 Liters (maximum))- this will be carried by a porter. You will also want to have a smaller bag that you leave at the hotel in Arusha- in this bag you will want to keep a full set of clean dry clothes and comfortable shoes, for when you get down. Remember to bring a TSA approved lock for the luggage you leave behind
- 35-45 Liter Daypack (with rain-cover) (consider a camel back style with a bladder)
- WARM Sleeping Bag (rated 0-15 F or -10-18C)
- Compression stuff sack for the sleeping bag
- Sleeping pad- this is optional, but most people prefer to have their own sleep pad in addition to the one we provide

- Trekking Boots- waterproof, suitable for rugged terrain, well broken in
- Lightweight hiking shoes- to wear around camp
- Gaiters- large enough to fit over boots to keep out snow, mud and gravel
- Trekking pole- lightweight and collapsible (optional)

- 2-3 Pairs Trekking Pants, perhaps a pair of “zip offs” for warmer weather near the base
- 1-2 T-Shirts, preferably non-cotton, wicking fabric
- Non-Cotton Trekking Shirts
- Light to medium base layer shirt
- Light insulating layer shirt
- Down jacket with hood- allow for several layers underneath
- Gortex or Wind/Rainproof Jacket & Pants- test these out to make sure they are really waterproof!
- Rain poncho and/or umbrella
- Fleece/Thermal Top & Bottom (for the evenings)
- Light Long Underwear- base layer- wool, silk or synthetic
- 4-6 pairs Socks- wool or synthetic, sock liners, if you usually wear them- test out your socks with your boots well in advance
- 3-5 pairs Underwear- preferably non-cotton, synthetic, quick dry and/or wicking

- Warm Hat
- At least 2 pairs of gloves (light weight (quick dry, if possible), and heavier weight/insulated)

- Balaclava or neck gaiter (optional, but most people like something warm on their neck on summit day)
- Baseball cap and/or wide-rimmed hat
- Sunglasses/glacier glasses
- Bandana

- Nalgene or Sigg Water-bottles (2) IN ADDITION TO a Bladder (Bladder optional)
- Toiletries (tooth brush, toothpaste)
- Sunscreen
- Lip protection
- Chemical hand and foot warmers
- Nail brush
- Extra Batteries & Chargers
- Headlamp, with extra batteries
- Snack Food & Re-hydration/Electrolytes
- Hand Sanitizer
- Small Solar Panel (optional, recommended for iPods)
- Wet-wipers/baby wipes
- Zip-lock bags (multiply sizes) or waterproof sacks- you will want to pack everything in a waterproof bag!
- Duct tape
- Large plastic trash bags
- Small towel
- Journal, pen, playing cards
- Camera
- Ipod (optional)
- Pocket knife (pack in checked luggage on the plane)

SUGGESTED MEDS:

- Consult with your doctor. We suggest you take **Diamox**. Consider bringing Azithromycin, Ciprofoxin, Augmentin, antacids, pepto-bismol and Immodium.
- Bring plenty of **ibuprophen** or your analgesic of choice.
- Malaria prophylaxis, consult with a doctor.
- Bring **moleskin**, BLISTER covers, bandages, good wrapping tape & knee or ankle supports, if you tend to have issues.

TRAVEL DOCUMENTS:

- Passport (with photocopy of passport)
- Immunization card (with proof of yellow fever vaccination)
- Copy of flight details
- Copy of medical insurance and evacuation insurance