



What Gear Do I Need to Bring?

Below is the equipment that you need to bring as your personal kit for the climb.

Technical Clothing

- 1 – Waterproof Jacket, breathable with hood
 - 1 – Insulated Jacket, synthetic or down
 - 1 – Soft Jacket, fleece or soft-shell
 - 2 – Long Sleeve Shirt, light-weight, moisture-wicking fabric
 - 1 – Short Sleeve Shirt, light-weight, moisture-wicking fabric
 - 1 – Waterproof Pants, breathable (side-zipper recommended)
 - 2 – Hiking Pants (convertible to shorts recommended)
 - 1 – Fleece Pants
 - 1 – Shorts (optional)
 - 1 – Long Underwear (moisture-wicking fabric recommended)
 - 3 – Underwear, briefs (moisture-wicking fabric recommended)
 - 2 – Sport Bra (women)
- ### Headwear
- 1 – Brimmed Hat, for sun protection
 - 1 – Knit Hat, for warmth
 - 1 – Balaclava, for face coverage (optional)
 - 1 – Bandana (optional)
- ### Hand wear
- 1 – Gloves, warm (waterproof recommended)
 - 1 – Glove Liners, thin, synthetic, worn under gloves for added warmth (optional)

Footwear

- 1 – Hiking Boots, warm, waterproof, broken-in, with spare laces
- 1 – Gym Shoes, to wear at camp (optional)
- 3 – Socks, thick, wool or synthetic
- 3 – Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters (optional)
- 1 – Gaiters, waterproof (optional)

Accessories

- 1 – Sunglasses or Goggles
- 1 – Backpack Cover, waterproof (optional)
- 1 – Poncho, during rainy season (optional)
- 1 – Water Bottle (Nalgene, 32 oz. recommended)
- 1 – Water Bladder, Camelback type (recommended)
- 1 – Towel, lightweight, quick-dry (optional)
- Stuff Sacks or Plastic Bags, various sizes, to keep gear dry and separate

Equipment

- 1 – Sleeping Bag, warm, four seasons
- 1 – Sleeping Bag Liner, for added warmth (optional)
- 1 – Trekking Poles (recommended)

Other

Toiletries
Prescriptions
Sunscreen
Lip Balm
Insect Repellent, containing DEET
First Aid Kit
Hand Sanitizer
Toilet Paper
Wet Wipes (recommended)
Snacks, light-weight, high calorie, high energy (optional)
Pencil and Notebook, miniature, for trip log (optional)
Camera, with extra batteries (optional)

1 – Head lamp, with extra batteries
1 – Duffel bag, for porters to carry your equipment
1 – Daypack, for you to carry your personal gear

Paperwork

Trip Receipt
Passport
Visa (available at JRO)
Immunization Papers
Insurance Documents

NOTE: If you do not have any among the gears/equipment mentioned in the list above then you can hire them from us or Hiring stores in Arusha-Tanzania under our assistant to avoid inapplicable higher charges.

What are the gears that will be provided with Us?

- All tents for clients and crew on the mountain
- Mess tents
- Camping tables and chairs
- Cooking and eating gears
- Kitchen tents
- Oxygen cylinders
- Oximeters for pulse and oxygen checks
- Form mats/mattresses