

# Mount Kilimanjaro/Mount Meru Gear List

## EXCEPTIONAL SAFARIES

A Registered Tanzanian Tour Operator

\*\*\* (32-pound weight limit for Porters to carry) \*\*\*

\*\*\* Red items are packed in your mountain day pack \*\*\*

### TRANSPORTING GEAR

\* XL backpack **OR** XL/XXL duffle bag (without wheels) for all mountain gear.

\* A North Face bright yellow waterproof duffle has been a popular option with trekkers.

\* **Backpack or duffle size up to 90-120 liters – fully packed should not exceed int'l flight checked baggage measurements of 62 total inches (L+W+D) or the 32 lb. weight limit for porters to carry.**

\* Alternative – Pack the backpack or duffle bag together with contents in a rolling suitcase. Leave your suitcase in locked storage at your Arusha lodge. \* Your suitcase, backpack and/or duffle will **NOT** accompany you on a safari tour and will remain in locked storage during that time. Should you have day hike(s) scheduled on your safari tour, please review your Safari Packing List for limited Kilimanjaro items to bring with you.

\* Leave the following general items (souvenir items, extra clothes/items specific to safari/Zanzibar) in locked storage at your Arusha lodge.

\* Leave the following Items of value (large camera if not using on Kilimanjaro, jewelry, watch, passport, cash, credit cards), with Roger for safekeeping. He will provide you with a receipt. **Caution:** Due to vast open mountain terrain, there have been thefts of unrecoverable cash and other valuables.

**Day Pack - with a waist belt – 30 to 40 liters in size**

**Day Pack Cover - to protect from rain, mist, dust**

### FOOTWEAR

Gators - Tall Hiking - highly recommended but not mandatory

Hiking Boots with ankle support - Gore-Tex waterproofed - must be comfortable with 2 pairs of wool socks - be sure to break in!

Socks: 1 Heavy, 4 Medium, and 2 Light weight hiking socks

Trail Shoes - to wear on lower mountain and in camp. Sneakers are NOT recommended as trails and camps are slippery.

### HEADWEAR

**Bandanas - large sizes - always handy**

**Hat - Wool**

**Hiking Cap / Hat (wide brim to protect from sun)**

### ALL PURPOSE TREKKING CLOTHES

**Jacket - mid weight fleece**

**Gloves - lightweight pair - waterproof is best**

**Jacket (rain)/Poncho -waterproof (not just water resistant) - for rainforest, rainy days, and hiking through the clouds.**

**Pants - wind/waterproof - can also double as rain pants or outer shell if wearing heavy fleece for summit.**

Pants - Trekking - 2-3 Pair - Lightweight / Zip to Shorts or Capri is nice and can also be worn for safari

Shirts - Short Sleeve Wicking - 2 each

Shirts - Long Sleeve Wicking - 3 to 4 each

Underwear - 6 to 9 each / 1 Sports Bra. Use wicking/fast drying material if possible

### SUMMIT GEAR

Balaclava and/or Scarf around face that tucked inside jacket

Hand and Foot "Warmers" - optional but nice to have. The ones that are not oxygen activated are best.

**Head Lamp - high lumens with back up batteries**

Jacket - Winter "Ski Jacket"

Jacket - heavy fleece to wear under ski jacket

Pants - heavy fleece worn with wind pants as outer shell. Alternate would be ski-pants or ski bibs

Thermal wear: top and bottom mid-weight and heavy weight

Trail Food - only easily digestible items such as Gu, gummies, and chocolate. No energy bars, fruits, or nuts.

Walking Poles - these can be used for the entire mountain ascent and descent. Do not carry on airplane. Compact your poles & pack in checked luggage.

Gloves or Mittens with Liners (liners can be used for lower mountain as well). These should be down-hill ski/snowmobile winter warm.

## **MISCELLANEOUS (some items can be shared with other trekkers)**

**Blister Kit (Nice to have in your day pack) Include: Band-Aids, white athletic tape (to wrap your toes before final summit ascent through descent to Kilimanjaro gate), mole skin, liquid Band-Aid, Neosporin**

**Camera - 30 X or greater (extra memory cards & batteries) or use the camera on your phone. Bring multiple power banks to keep phone charged. Airplane mode and turning phone off while not in use (overnight) conserves energy. Store your phone next to your skin when at high base camp (16,000' or above) as phones do not work when cold. Chapstick with high SPF**

**Electrolytes for water or other nutritional supplements**

**Eye Drops - thicker liquid is most soothing as hiking areas are dusty and the air is very dry at high altitudes**

**Hand Sanitizer and Wipes - lots of both**

**Journal - Pens (optional)**

Liquid Soap - to wash hair, clothes (optional)

Mosquito Repellent - Ultrathon with 34% DEET or Sawyer with 20% Picaridin

Nail Clipper - must clip toenails prior to summit ascent and subsequent descent

Personal Care Items - hair brush, several toothbrushes, and toothpaste.

Personal Care for High Altitude effects - Preparation H, ibuprofen for muscle aches and headache

**Phone - in waterproof sleeve**

Pillow and Sleeping Pad – provided by Exceptional Safaries. You can bring a pillowcase.

**Plastic Bags - to make sure all gear stays dry - everything gets packed in Ziploc or plastic bags!**

**Power Bank to recharge phone. Enough power for 2 full charges - turn off phone at night to conserve power.**

**Prescription medications - personal and recommended Diamox to aid in acclimation, and antibiotic for stomach upset.**

Sleeping Bag (warm to 10-20 degrees). Waterproof compression sack is great for keeping dry and conserving space in duffel bag.

**Sunglasses - polarized**

**Sunscreen or sun block - 30+ and 50+ (or zinc oxide - optional) for summit**

**Toilet Paper – provided with our private mobile toilets. But carry a small quantity in a zip lock to use when you are not in camp or close to a public outhouse. Roger also has a supply in each Land Cruiser should you not bring any with you.**

Towel and Washcloth - camping version as must dry quickly

**Trail Food: Jerky, Energy Bars, M&M's, Hard Candy, Trail Mix....**

**Water Bottles – Two 1-liter Nalgene bottles with wide-mouth top and non-dribble drinking inserts OR 2-3 liter Camel Back with insulated tube.**

## **ITEMS TO GIVE TO ROGER FOR SAFEKEEPING WHILE ON KILIMANJARO - he will give you a receipt.**

Cash - currency exchanges will accept \$100 bills with the stripe only - some currency exchanges are picky and only accept the most recent issue bills.

Copy of Passport Photo Page, Medical Card (front & back), Visa Credit Card (front & back), travel insurance information - make one copy of each and give to someone else in the group for safekeeping in the rare case that your passport pouch be lost or stolen.

ATM Bank Card/Visa Credit Card - know your PINs and confirm if they can be used internationally. Inform banks (via your on-line account or with a call) of dates and where you will be travelling internationally (example: Amsterdam and Tanzania during the month of January). Hotels/Lodges, gift shops, and Tanzanite shops do accept Visa cards.

Passport (Tanzanian entry Visa is obtained at the Kilimanjaro International Airport JRO upon arrival - \$100). We do not recommend that you obtain a pre-approval letter by applying online with the Republic of Tanzania Embassy. This is because on-line is time consuming because you do need to get a passport photo taken, upload this with a copy of your passport photo page and air ticket - the same information that you will provide for immigration when you arrive in Tanzania. Ask an official when you arrive at the airport if you have questions.

Passport Pouch/waist pack/cross-over bag - for cash, credit cards, ATM cards, medical card, travel insurance information, passport

## **ITEMS FOR HOTEL**

Flip Flops for shower and swimming pool

Swimsuit and cover-up

Power Converter for camera batteries and rechargeable power banks. iPhones do have a built-in converter. Also bring international wall plug-in adapters (adapters are small and light weight so bring all that come with the kit - just in case). You will need an adapter in Amsterdam/Europe (2 thick round straight prongs) and for Tanzania (3 flat prongs)

## **GENERAL DRESS GUIDELINES**

Walking sandals

No Flip Flops when walking around town. It is too difficult to walk longer distances.