

KIT REQUIRED	Got	Need	Packed
BAGS			
Main Rucksack or duffel bag (60-70 liters) This will have the majority of your kit in it and the porters will carry this for you. Pack weight should not be over 15kg. Suggested bag: Highlander Lomond or similar.			
Day Pack (30-40 liters) You will carry this with you so make sure it is comfortable and has ample space for small items such as waterproof jacket, camera, water bottles, spare fleece etc. Also perfect for flight cabin bag.			
Dry bags or tough poly bags - various sizes It's essential that your belongings stay dry and no duffel bag is 100% waterproof. A wet sleeping bag can ruin a trip. You need to ensure all contents are wrapped in waterproof bags such as garden refuse sacks or dry bags			
Waterproof outer cover for day bags.			
SLEEPING			
Sleeping bag 3 Season or if you feel the cold a lot a 4-season bag, or a 3-season bag with a liner. We rent good sleeping bags and liners.			
Sleeping bag liner, cotton/silk			
Sleeping mat or thermarest – only required for camping trips on Mt Kenya – not required on Kilimanjaro or Mt Meru.			
Travel pillow if required			
Long sleeved base layer top and long bottoms to sleep in			
CLOTHING			
Waterproof, windproof Jacket and Trousers – preferably breathable too A hood on the jacket is needed and these should be big enough to accommodate several layers underneath.			
Down jacket, or synthetic fill jacket or thick fleece (to wear under waterproof jacket) for warmth especially on summit night			
Jumpers or a mid-layer fleece			
Thermal base layer			
Trekking trousers (light weight and warm)			
Trekking t-shirts (light weight)			
Long sleeved tops for the evenings			
Trousers for the evenings			
Underwear			
Warm, insulated gloves or mittens and thermal inner gloves			
FEET			
Walking boots with ankle support			
Spare shoe laces			
Trekking socks – normal for lower altitudes, thick for higher up			
Sandals/Crocs/Flip flops/Trainers for the evenings (optional – depends on personal preference)			

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HEAD & FACE			
Buff / scarf (also good for dust on descent)			
Sunglasses			
Wide Brimmed Sun hat			
Warm, insulated hat			
Ear Plugs (optional)			
ELECTRICAL			
Head torch & spare batteries			
Watch, preferably with light and alarm			
Camera, memory card, batteries and charger			
Waterproof pouch for camera			
Phone & phone charger			
REPAIR KIT (optional)			
Gaffer tape, small roll (optional)			
Needle + extra strong thread (optional)			
Penknife with locking blade (optional)			
MISCELLANEOUS			
WATER BOTTLES At least 2 x one litre water bottles. Platypus or camel packs are also okay but the tubes will freeze on summit day and must be insulated (we fill up all your bottles at breakfast and carry your water for the day).			
Umbrella – optional but handy if it's raining and warm, or if the sun is strong.			
Trekking poles (these can be hired in Tanzania)			
Handwarmers (not ones which need oxygen! Optional)			
Microfibre travel towel			
Toilet roll in a plastic bag			
Diary & Pencil (in waterproof wallet)			
Sun cream & SPF lip cream			
Mosquito Repellent (not needed on mountain)			
Books/Kindle			
Games e.g. cards			
Padlock with security code			
Plug adaptor (2 pin round)			
PERSONAL WASH KIT			
Toothbrush & Toothpaste			
Soap or wash gel			
Shampoo & Conditioner			
Antiseptic hand wash/gel			
Moisturiser and lip salve			



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Wet wipes			
Deodorant			
PERSONAL FIRST AID KIT For planning a personal first aid kit have a look at <i>First Aid Anywhere</i> (www.firstaidanywhere.com/First-Aid-Kit-Checklist.html) for good advice			
Personal medication as required e.g., Epi-Pen, Insulin, Asthma Inhalers and any other medication you would like to bring e.g. pain killers, antibiotics, imodium, dioralyte rehydration sachets			
Anti-Malaria tablets			
Sterile needle kit (optional)			
Diamox (This is to help with altitude sickness - NB this is optional, should be taken with care and you should speak to a medical professional before thinking about using Diamox).			
Plasters, zinc oxide tape, antiseptic wipes, savlon, tweezers, strepsils			
DOCUMENTS			
Passport & a photocopy and a photo on your phone / email account of the original			
Passport photos – not always required but handy to have			
Travel Insurance details & a copy of your policy certificate			
Money (cash) & credit/debit/traveller cards			
Waterproof pouch for all documents			
Flight details & confirmation			

EQUIPMENT HIRE – You can rent all the gears here in Arusha, please contact us for details.

Kindly bring your own Sleeping bags (You can rent it here as well)

Do keep a photocopy of your passport, visa (if applicable), flight details and insurance policy at home and also a copy on your e-mail / phone. It's much easier to replace a passport if you have a copy of it! If you do need to go to hospital for any reason the hospital will want to see a copy of your insurance policy. Also keep a list of emergency telephone numbers for example numbers for your insurance company or to cancel credit/debit cards.