





# PAIR OF TREKKING POLES

**QUANTITY: I** 

Lightweight and collapsible poles are preferred so they easily can be packed in your luggage. Poles are great going up the mountain and also important for coming down to brace the impact!

# KIT BAG FOR PORTERS \*

**OUANTITY: I** 

We recommend a 90-liter soft duffel-style bag, ideally canvas or waterproof (like a dive bag). All of your gear will fit in this bag, and a porter will carry it for you. Want to bring a full-size backpack? Just make sure it has an internal frame and is squishy on the outside.

### \* FIRM RESTRICTIONS

- One kit bag only per hiker.
- Rolling bags or luggage are not allowed.
- The bag with all your gear cannot weigh more than 12 kilos (roughly 26 pounds).



# MUMMY SLEEPING BAG

(SYNTHETIC OR DOWN)
QUANTITY: I

No, you cannot bring a thick, rectangular sleeping bag lined with felt that you would have brought to your friend's sleepover party. You'll need a real sleeping bag from a real backpack shop, rated for at least -5°C and consider a warmer one if you get cold easily. If you don't want to invest the \$150, you can rent one from REI!



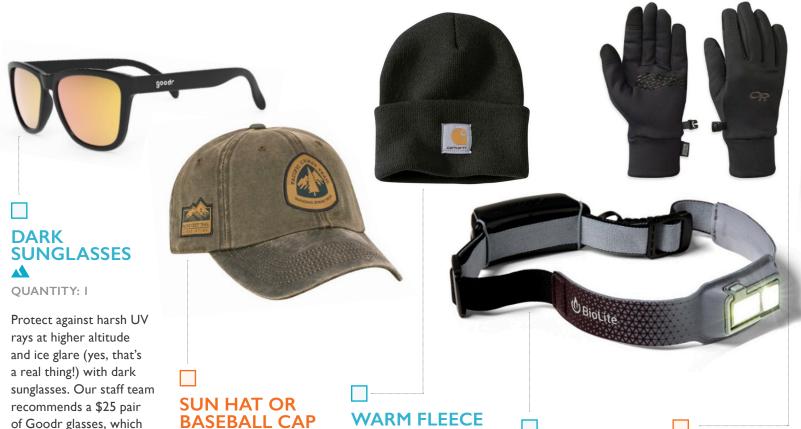
**NEEDED FOR SUMMIT** 



# DAYPACK OUANTITY: I

We recommend an 18–35-liter hiking daypack, which you'll use to carry your daily items such as your water bottles, snacks, sunscreen, and extra layers. Hiking daypacks are created to ergonomically distribute weight, so we suggest one over a Jansen-style backpack. Even better, get a daypack that can hold a bladder/hydration pack!

# Accessories For Your Head + Hands



PRO TIP

Be sure you are comfortable with polarized or nonpolarized, hiking with them ahead of time. Hiking with a brand new pair of glasses that vou're not used to can cause nauseal

are polarized, stylish, and

made for running so they

don't slip down your face!

**BASEBALL CAP** 

QUANTITY: I

Give yourself some added sun protection. Pack the hat you'll receive when you get two kids sponsored.

WARM FLEECE **HAT OR** BALACLAVA 🔥

**QUANTITY: I** 

In the mornings, evenings, and on summit night, you'll want a warmer hat that covers your ears to protect against the cold and wind. It can be either wool or synthetic.

**HEADLAMP QUANTITY: I** 

A headlamp is absolutely

essential for summit night, and helpful for all other evenings. LED headlamps are perfect. Remember to pack it with fresh batteries.

WARM **GIOVES** 

QUANTITY: I

Those little cotton gloves you grab from the dollar bucket at Target won't work. You need something with a warm inner liner. Think thermal fleece.

**THICKER OUTER** MITTENS **A** 

**OUANTITY: I** 

You'll want a really warm pair of water- and windproof mittens (not gloves) to use on the hike up to summit. You may only use these on summit night when temperatures are below zero...but you will want them!

# Upper Body Apparel

**Dressing on the mountain is all about layers.** We recommend having 4–5 upper body layers, all of which can be worn together. We've also carefully suggested the amounts per item so you are comfortable but aren't overpacked!







OUANTITY: I-2

Pack lightweight short-sleeve or sleeveless shirts with 'wicking' properties. You'll wear these on the first and last days on the mountain when we're at lower altitudes.

# LONG-SLEEVE SYNTHETIC HIKING SHIRT

QUANTITY: I-2

Stay away from the cotton variety, which traps moisture, and look for polyproplylene, thermalator, or similar options. Long-sleeve shirts in these materials will help to regulate your temperature while also having 'wicking'



# FLEECE JACKET QUANTITY: I

Spend the cheddar on a nice fleece. You'll probably wear this every day in the evenings, and layered over your base layers on summit night. Patagonia, The North Face, and REI make great options.



# RAIN JACKET A QUANTITY: I

We recommend a lightweight jacket—Gore-Tex or similar—that can be packed into a small bag. You'll likely carry this jacket in your daypack while hiking each day. It should be breathable, wind- and waterproof to cover your other layers in rain and wind, and a hood is a must!



# DOWN JACKET

You will definitely want this on the summit night with your layers. You'll want 2-3 layers, plus the fleece, plus the down jacket plus the waterproof rain coat/ windbreaker over everything. This can be a synthetic or down jacket.





# SPORTS BRAS QUANTITY: 2-3

Stick to moisture-wicking options, which will help keep you comfortable when it is warm or cold.

# Lower Body Apparel



**SYNTHETIC BASE** LAYER BOTTOMS

QUANTITY: I

Stay away from the cotton variety, which traps moisture, and look for polyproplylene, thermalator, or similar options that have 'wicking' properties.



# **SYNTHETIC HIKING PANTS**

**OUANTITY: 2** 

Look for pairs that have 'wicking' properties and are wind-resistant. The zip-off pants are very practical!



# RAIN PANTS 🔥

**QUANTITY: I** 

These waterproof pants are great for protecting you against the elements, including wind. GORE-TEX is more costly but breathable, and can be rented.



# **UNDERWEAR**

**QUANTITY: 6** 

Stick to moisture-wicking materials and stay away from cotton.







The summit of Kilimanjaro is covered in skree (like loose gravel), and gaiters help to keep debris out of your boots. Get the Alpine type, not the anklets, and make sure they are large enough to fit over your hiking boots.

# **WOOL SOCKS QUANTITY: 6**

Choose between wool or synthetic-whatever your preference is—but stay away from cotton. You'll ideally have a fresh pair daily. Trust us-a fresh pair of socks will make you feel like a whole new person each morning!

# **MOUNTAINEERING SOCKS**

QUANTITY: I-2

Bring a pair or two of thick socks, wool or synthetic. Summit night is cold, and summit day is long, so you'll want the extra warmth and very heavy cushioning.

The summit is also partially covered by a glacier! Yaktrax® give you added traction for hiking on snow and ice.

# **HIKING BOOTS**

**QUANTITY: I** 

This is the most important item on your list. Happy feet = happy climb. Make a visit to REI or a local backpacking shop to get fitted for waterproof (GORE-TEX) hiking books. Good boots can run up to \$200-\$300, but they'll keep your feet dry and comfortable and your body well supported.

### **IMPORTANT**

You should train in your running shoes, but you'll want to make sure your hiking boots are well worn in. Wear them around the house, on walks, or other training hikes with your socks to make sure they're comfortable and don't cause blisters.



# Food, Water, and Miscellaneous Items

### ■ WATER BOTTLES AND BLADDERS

We recommend carrying 4-5 liters of water at a time. We recommend having at least two 2L water bottles. Nalgene bottles are great because the bottles themselves are very light! Here are some guidelines and recommendations:

- · Bottles must be reusable.
- If you want to use a bladder, then you still need a few Nalgene-style water bottles.
- You don't have to use a bladder, but it's ideal to have extra water on summit day.
- Our top recommendation is to have two 2L Nalgene bottles and a 2L or 2.5L bladder, all of which will go in your daypack.

# ■ ELECTROLYTES (10–12, ~1–2 SERVINGS PER DAY)

Electrolytes give you necessary nutrients and added hydration. There are tons of different resources you can use—tablets, liquids, salts, gummies, and more—but the important thing here is that you try them out beforehand. Test out different options during training and figure out what your body responds to best. Our TWV staff likes Nuun Sport tablets, which dissolve easily into water, taste great, and pack easily.

- ☐ TRAIL FOOD Bring along your favorite trail snacks, such as granola bars, dried fruit, nuts, and chocolate. You'll want a variety of snacks since you'll crave different things varying points on the trail.

  Pro Tip: Bring a few extra snacks to share with your guides and fellow teammates.
- □ SUMMIT TREAT ▲ Bring a special treat to eat on summit day!

  Pro Tip: It's common to lose your appetite at higher altitudes. Summit day is long and you're burning a lot of calories, so our guides highly recommend your favorite candy for a summit treat!
- □ SMALL GARBAGE BAGS (2–3) Bring a few 13-gallon garbage bags. These will come in handy if you need to wrap your clothes and gear in your kit bag to protect against rain. In respect of the mountain, everyone must carry their own used toilet paper when we're hiking.
- ☐ CASH (USD) Please bring cash in USD to tip our porters! Your trip leaders will give you more information as we near our trip on suggested amounts.

# ■ EXTRA HEADLAMP BATTERIES (4)

We recommend bringing a few extra batteries for your headlamp. Better safe than sorry!

NOTES + TO-DO LISTS

# Toiletries

1011011103	NOTES + TO-DO LISTS
☐ TOOTHBRUSH AND TOOTHPASTE Duh.	
SUNSCREEN (1) Get sunscreen of at least SPF 40.We recommend oil-based, which lasts longer. You'll want to wear sunscreen every day, but this is absolutely essential on summit day, as the UV rays are extremely intense!	
□ LIP BALM ▲ (I)  To protect against the UV rays and dry air, you'll want to get lip balm that has sunscreen it in. Due to the high levels of wind and sun, this is also an absolute essential on summit day!	
■ WET WIPES  Having a new pair of socks each day and using no-rinse shower wipes is as close to fresh as you'll get on the mountain.  You can typically find small (good for face and hands) and large ones (good for a little tent wipe-down at the end of the day) at REI.	
☐ HAND SANITIZER A personal-size, 2 oz. bottle should be sufficient!	
□ TOILET PAPER Nothing brings a sense of comfort like having your favorite brand of toilet paper for your nature squats.	
□ CONTACT LENSES AND GLASSES  If you wear glasses, it's wise to bring a spare pair. If you wear contact lenses, it's wise to bring extra dailies, saline solution, and eye drops—it gets dry and dusty on the mountain!	
■ NAIL CLIPPERS Remember to clip your toenails before you head up the mountain! This is a common rookie mistake that you do not want to make	
□ EAR PLUGS At night, camp can get loud or your potential tent neighbors may snore! Pack ear plugs to get some quality sleep at night.	

# Personal First Aid and Medications

Here are some medications that you should consult your physician about bringing on the trip/ climb.

# ☐ ACETAZOLAMIDE (DIAMOX)

This helps prevent Acute Mountain Sickness, and is typically prescribed in 125 mg tablets. Please consult your physician.

Two common side effects of Diamox are frequent urination and nausea. Your physician may recommend getting a prescription of ~2 weeks so you can start the medication a week before the trip. This gives you enough time for both side effects to subside by the time you make it to Tanzania. The frequent urination side effect is more of an annoyance because when you're on the mountain, you drink a lot of water, so you'll find yourself needing to use the bathroom all the time!

### ■ ANTI-MALARIA PILLS

You'll need anti-malaria pills for your trip to the field. You won't find mosquitoes on the mountain because of the altitude, but you have to start taking them a few days before you get to your field visit.

### **OPTIONAL BUT SUGGESTED ITEMS**

- Small first-aid kit
- Aspirin or Ibuprofen
- · Antacids and anti-diarrhea medicine
- Bandages and moleskin (blister treatment) will come in handy throughout the week

# **NOTES + TO-DO LISTS**

# Optional Items

# □ SUMMIT NIGHT SOCKS ▲ (I PAIR)

We really aren't joking when we say that summit night is cold. So cold that your Nalgene bottles can freeze! Having an extra pair of socks to put on your water bottles is an ultimate pro tip!

# □ SLEEPING BAG LINER (I)

Liners help to keep your sleeping bag clean and give you added warmth (the Thermolite versions). If you get cold at night, having a bag liner can add a lot of needed warmth.

# □ SELF-INFLATING MATTRESS (I)

The sleeping mats provided by our guides are foam (20-25 mm thick) and protect you from the cold that comes through the tents. They are sufficient, but you can bring an additional self-inflating mattress for added padding!

# ■ WATER PURIFYING TABLETS

Oasis, Puritab, or similar options sterilize all drinking water. We will most likely never need these on the mountain because our amazing porters boil water for us every morning, and the water on the mountain is so fresh. You can bring these just in case though.

Pro Tip: If you want to use the purifying drops, please ensure that you are not allergic to iodine!

☐ PACK COVER Grab a pack cover or disposable rain poncho to protect you from the rain.

# ☐ LIGHTWEIGHT SHOES (I PAIR)

Most hikers wear their hiking boots the whole time to save space and weight in their bags. You can bring an extra pair of closed-toe sneakers to wear around the campsite if you prefer.

### **■ INFLATABLE CAMPING PILLOW**

### OTHER OPTIONAL ITEMS

- Scarf
- Insect repellent
- A book, journal and pen, and/or Bible
- Camera, batteries, memory cards, and film
- External phone battery

### **PRO TIP**

Gear for guides and porters: It's a tradition on the mountain to give gear to your guides and porters. Some guides and porters are hiking with very old clothing—even hiking boots that don't fit. At the end of the hike, you will be provided an opportunity to give any gear you have to support them.