



Kilimanjaro Packing List & Important Trip Details

Read thoroughly at least 60 Days before your trip:

On Kilimanjaro, most of your personal gear will be carried by our hardworking porters. As we begin our trek in the morning, the porters stay behind to break down the tents and clean the campsite. Then, the porters proceed ahead of the us at a faster rate, beating the us to the next campsite to set up, prepare meals and boil water. Therefore, we will often not see our porters again until we have reached our overnight destination and thus will not have access to the gear that the porters have transported until then.

You will be expected to prepare your own daypack (or backpack) and to place all other items into a waterproof backpack for the porters. As far as what goes into the daypack, it depends on what you may need during the day. The general rule is only carry what you can reasonably be expected to need. For instance, you do not need to carry cold weather gear in the rainforest. Likewise you will not need bug spray at high elevations.

Trekking gear and warm clothing: checklist of recommended items:

- Waterproof backpack for your porter (Max weight 33lbs when loaded)
 - 70 Litre Version
 - <https://www.rei.com/product/155772/patagonia-black-hole-duffel-70l>
- Day pack for you (30-35 litre) Max weight 11lbs (without water)
 - MENS: 33 Litre Osprey Talon 33
 - https://www.amazon.com/gp/product/B011JKZ1MO/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B011JKZ1MO&linkCode=as2&tag=benjaminwalls-20&linkId=22265ee6cef7d7f19ca678668760084a
 - WOMENS: 30 Litre Osprey Tempest 30
 - https://www.amazon.com/gp/product/B07GWKN2X5/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B07GWKN2

[X5&linkCode=as2&tag=benjaminwalls-20&linkId=a6b93d0da32f104be263296fec20ca77](https://www.amazon.com/gp/product/B01IC7XZ68/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01IC7XZ68&linkCode=as2&tag=benjaminwalls-20&linkId=a6b93d0da32f104be263296fec20ca77)

- Trekking poles (optional)
 - https://www.amazon.com/gp/product/B01IC7XZ68/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01IC7XZ68&linkCode=as2&tag=benjaminwalls-20&linkId=d1a682e01f2f9bea18d392d63a04d78c
- Sleeping-bag: The NorthFace One Bag
 - <https://www.thenorthface.com/shop/the-one-bag-nf0a3g6e#hero=1>
- Inflatable insulated ground pad
 - https://www.amazon.com/gp/product/B01MY2I3WU/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01MY2I3WU&linkCode=as2&tag=benjaminwalls-20&linkId=433f3f6aeb2c0275eccc608ceda76c3c
 - https://www.amazon.com/gp/product/B00BTO185M/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00BTO185M&linkCode=as2&tag=benjaminwalls-20&linkId=4533579ba25ab434728bebd13fc0cd65
- Trekking Boots (waterproof and breathable)
 - MENS
 - https://www.amazon.com/gp/product/B000XRFWZI/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000XRFWZI&linkCode=as2&tag=benjaminwalls-20&linkId=6cd209d5b15da7607842c0719be824de
 - https://www.amazon.com/gp/product/B07CKKPN7Y/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B07CKKPN7Y&linkCode=as2&tag=benjaminwalls-20&linkId=213fed386db0ab058e3c1add0911023b
 - WOMENS:
 - https://www.amazon.com/gp/product/B01B3ZSVKQ/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01B3ZSVKQ&linkCode=as2&tag=benjaminwalls-20&linkId=c351f77bee89f3fd540962335266b8a5
- Ultra light sneakers for camp (optional)
- Beanie / warm hat
- Scarf / Buff
- Sunglasses (mandatory) / Glacier goggles (optional)
 - https://www.amazon.com/gp/product/B07JNQRPS3/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B07JNQRPS3&linkCode=as2&tag=benjaminwalls-20&linkId=6cd1a00e962c907ff9f3c5a5eda04168
- Gaiters (useful when encountering snow, scree, etc) (optional)
 - MENS

- https://www.amazon.com/gp/product/B00AMSZEEW/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00AMSZEEW&linkCode=as2&tag=benjaminwalls-20&linkId=60ae886b424614dbc024f218393c1689
- WOMENS
- https://www.amazon.com/gp/product/B009Q1BWGU/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B009Q1BWGU&linkCode=as2&tag=benjaminwalls-20&linkId=d826e3b726d3a5f3882c386ad01e4ca4
- Raincoat with hood (must be breathable and high quality)
 - MENS
 - <https://www.thenorthface.com/shop/mens-jackets-vests-rainwear/mens-allproof-stretch-jacket-nf0a3snw?variationId=CZ6>
 - WOMENS
 - <https://www.thenorthface.com/shop/womens-jackets-vests-rainwear/womens-allproof-stretch-jacket-nf0a3oc1?variationId=21L>
- Rain Pants
 - MENS
 - https://www.amazon.com/gp/product/B075LG8B1D/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B075LG8B1D&linkCode=as2&tag=benjaminwalls-20&linkId=a16dcf77bed1a3ea067e7b8219c81df8
 - WOMENS
 - https://www.amazon.com/gp/product/B075LGMKG9/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B075LGMKG9&linkCode=as2&tag=benjaminwalls-20&linkId=f56ddd34496bb3349a232a5ce874228f
- Light weight gloves & mittens (synthetic and must fit over one another)
- Fleece / Sweater
- Long sleeved shirt/s
- Long pants
 - MENS
 - <https://www.kuhl.com/kuhl/mens/pants/resistor-rock-pant/>
 - <https://www.kuhl.com/kuhl/mens/pants/free-radikl/>
- Thermal underwear (wool or synthetic / quick dry)
- Underwear/Bras (wool or synthetic / quick dry)
- Several pairs of trekking socks (synthetic / quick dry)
 - MENS
 - https://www.amazon.com/gp/product/B000P38QF8/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000P38QF8&linkCode=as2&tag=benjaminwalls-20&linkId=daf7e02c93bea8b34c834714861e5982
 - WOMENS

- https://www.amazon.com/gp/product/B009KXBN1S/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B009KXBN1S&linkCode=as2&tag=benjaminwalls-20&linkId=b9b751bf3c416e5abbcbe9e6cf6ea968
- Water bottle (1 litre)
 - https://www.amazon.com/gp/product/B07HGSLDNQ/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B07HGSLDNQ&linkCode=as2&tag=benjaminwalls-20&linkId=4c13a9c5f4fffa037f6f5d4bd552bf55
- Water Bladder (3 litre)
 - https://www.amazon.com/gp/product/B00B5E9Q3M/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00B5E9Q3M&linkCode=as2&tag=benjaminwalls-20&linkId=2c5f0ca615396474d7eb3c2cbc5a757d
- Cameras (see "Africa Photo Primer")
- Plastic ziplock bags
- Passport/Visa (see "Africa Visa Information")
- Battery packs / chargers for personal electronics
 - https://www.amazon.com/gp/product/B07T6C8L71/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B07T6C8L71&linkCode=as2&tag=benjaminwalls-20&linkId=270c630f115f09c7e5021336c7902f3b
- Flashlight (head mounted preferable) with spare batteries
 - https://www.amazon.com/gp/product/B06W54SBSL/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B06W54SBSL&linkCode=as2&tag=benjaminwalls-20&linkId=50e5243d7d8d906c451203e36e181f51
- Altitude Sickness Medication as prescribed by your doctor (Example: Diamox)
- Personal Medications
- Toiletry requirements
- Small towel & wash kit
- Wet Wipes
- Sun protection cream & lip salve
- Basic first aid kit & insect repellent
- Spare batteries
- Hand sanitizer
- Journal / Book/ downloads of music, books, video games – plan to do all your downloads state side (see WIFI info below)
- Electrolyte replacement powder or tablets (optional)
- Snacks – lightweight, high energy, high calorie (optional)
- Vaccine Records
- Passport
- 2006 or newer issue US cash (enough to cover personal expenses and tips)

Some of the trekking gear listed is available for hire at the Kilimanjaro park gates, however choices are limited and in some instances this option may not be available

POINTS TO BE NOTED.

- **Baggage limit:** Please note, we adhere to strict porter baggage weight restrictions. On this basis, please be advised that each client must not have more than 15kg (33lbs) of personal baggage that is to be carried by the porter. We would recommend that such baggage be placed in a water proof back pack. In addition to this, each client must have a small rucksack/handbag to carry personal items such as camera, medicines, snacks. This piece is to be carried by the client and must not weigh more than 5kg (10lbs).
- **Temperature:** With every 1000 m increase in altitude, there is a 5 degree drop in temperature. Day time temperatures are quite warm, sometimes reaching as high as 28C-30 C (82 – 86 F). This is largely due to location of this mountain at just 5 degrees south of the equator. Night time temperatures are opposite to what you may experience during the day time therefore depending on your altitude and time of the year-the temperature at your campsite at night can reach as low as -10 C (14 F) and the summit -15 (5 F) to -20 (4 F) degrees Celsius. It is therefore important to have appropriate clothing during the day and night times.
- **Oxygen canister and Pulse Oximeter:** With each trek, we bring along Oxygen canister and Pulse oximeter. The former is used in case someone needs oxygen assistance during the rescue and the later is used to determine the oxygen saturation level in your red blood cells. Both these equipment are used as a measure of safety during your trek.
- **Water:** To avoid dehydration, it recommended that every trekker consumes 1.5-3 litres of water per day, this will also help your body acclimatise with the high altitude.
- **Trekking gear/warm clothes:** We would strongly recommend that each trekker comes prepared with necessary warm clothes, sleeping bag and trekking gear that may be applicable.
- **Medical advice:** It is important that every trekker wishing to attempt Kilimanjaro trek consults his/her own medical doctor so that one is familiarized with high conditions that are associated with high altitude trekking such as on Kilimanjaro. We highly recommend discussing and

obtaining altitude sickness medication (ex: Diamox) from your doctor. It is assumed that each trekker has consulted his/her doctor about being Physically fit to trek Mt. Kilimanjaro, as well as acquiring information on various mountain/altitude related sicknesses, prior to booking the trek.

It is important that the following is understood:

- If you have a cold, cough, or any respiratory problem **do not** attempt to trek this mountain. It can be dangerous and could prove fatal. If you do attempt it anyway, park regulations restrict you to trek ABOVE 3000m.
 - You are **not permitted** to trek this mountain if you have any of the following: cardiac problems, high/low Blood pressure, pulmonary diseases as well as respiratory problems.
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- **Mountain sickness:** Every trekker should be aware of the following conditions that are likely to occur on the mountain, so necessary steps should be taken to avoid them. Exhaustive reading on any mountain/high altitude related and tropical sicknesses is the clients responsibility. Conditions, symptoms and remedies suggested here are by no means exhaustive.
 - **Frostbite:** As a result of low temperatures, the destruction of soft tissues in the fingers and toes can occur.
 - **Prevention:** Good gloves (with insulation), thick wool socks would help keep toes warm.
 - **Hypothermia:** Condition associated with the lowering of body's core temperature, Symptoms include: shivering, mental & emotional dulling, severe hypothermia can lead to total disorientation, confusion and ultimately death. This is caused by improper clothing, getting wet from rain/perspiration, exhaustion.
 - **Prevention:** Proper clothing(dry + that allow for ventilation, water proofing), keeping warm & active.
 - **Acute Mountain Sickness:** This is a direct result of failure to acclimatise properly. The best way to avoid this is to ascend slowly, take care to eat & drink properly. The symptoms include nausea, headache (common), vomiting, fatigue, sleeplessness, swelling of hands/feet. Please note some of these symptoms are common for all the trekkers however, if food & fluid intake has been adequate and symptoms still persist and are severe, you should descend immediately. Please ask the guide for assistance.
 - **Pulmonary oedema:** Symptoms include: shortness of breath even at rest, gurgling breath sounds that can be heard, production of frothy white sputum, cough (sometimes sputum is blood tinged).
 - **Cerebral Oedema:** Symptoms include severe headache, lack of co-ordination, and hallucinations that the patient does not acknowledge.

- **Remedy:** These are serious conditions, and dangerous; please advise your guide about your situation and do not attempt going any further up the mountain, at this point it is recommended that you be taken to a lower position and if necessary, the rescue team must be summoned.
- **Malaria:** Your doctor or clinic will advise you on what Malaria meds to take while on your trip.
- **Malaria medication:** Please be aware that your skin may be more sensitive to sun exposure while on Doxycycline. We suggest you consult with your doctor, as you will be exposed to the sun during the trip. In the past, several doctors have prescribed Malarone (Atovaquone/proguanil) to prevent potential sunburn. Here is a comparative list of malaria preventatives from the CDC: <http://www.cdc.gov/malaria/travelers/drugs.html>. Please take medications as prescribed by your doctor and recommended by the CDC.
- **OTHER Prescription and OTC Meds (a note from Benjamin with his med list):**
 "I was a Boy Scout and still follow the motto *be prepared*. Don't let this be an excuse to over pack or be paranoid, but I would suggest talking to your doctor or travel nurse about any "Just in Case" meds he/she suggests bringing on the trip. I use as few meds as possible, but below is a list of what I bring "just in case" and my thoughts on why.
 1. Antibiotic (I'm prone to sinus infections so I carry these when I travel)
 2. Intestinal Antibiotic such as "Ciprofloxacin" (I've never had diarrhea in Africa, but want to be prepared in case there is a first time)
 3. Imodium AD (I did have diarrhea on a domestic flight once and this saved the day)
 4. Dramamine (can you believe that after all my travels I still get motion sickness and thus take Dramamine before flights).
 5. Benadryl – I take this on all my travel in case I encounter something I'm allergic to and I take it to help sleep on the international flights
 6. Electrolyte Replacement packets (Never needed them, these would be nice to have if you got sick as Gatorade is not available)
 7. Our driver guides will carry a proper first aid kit, but I carry a few Band-Aids, Neosporin, Anti itch Cream, etc.

Again – *talk to your doctor* as these are personal decisions, I just wanted to share my list so you had an example." --BW

- **Insurance:** We require that each trekker acquire an appropriate insurance policy against all emergencies while on this adventure holiday. These emergencies include evacuation, hospitalization and repatriation. We would need copies of your insurance information and a phone number to

call in case of an emergency. There are various such covers available on the internet. We would recommend use of SOS International. It is the client's responsibility to affect suitable insurance cover. (E.g. insurance covering baggage, travel, medical, personal injury, and death, etc)

- **Pace & Itinerary Adjustments:** Maintaining a slow pace while trekking, drinking lots of water will help your body with the acclimatisation process as well as avoid many mountain-related sicknesses. Should any client shorten the trek due to whatever reason (sickness, tiredness, etc), there will be no refund and the client will be responsible for the transfer cost as well as any other expenses e.g. Hotel, hospital bills, etc. The client will not be able to effect a change in program without approval from the company or unless in case of an emergency.
- **Tipping Guideline:**
 - Typical tips for mountain crew tend to average some \$250 – \$300 USD per person.
 - All climbers' contributions are usually added together and the total amount is presented to the chief guide at Marangu Gate. Our guides will divide these tips fairly amongst their crew according to a customary scale that is determined by the responsibilities and experience of each staff member

Currency Exchange:

- **All Lodges and practically everyone else accept US Dollars (USD). Thus it is unlikely that you will need to exchange money.**
- **Any dollar bill that is older than 2006 is strictly NOT accepted.**
- **Bills with tears are not accepted.**
- We recommend bringing about \$100 per person per day cash for out of pocket expenses such as souvenirs, tips, etc.. However, you may use less than half of this depending on how you spend.
- Breakdown your spending cash:
 - bring half or more in \$100 bills,
 - the rest in \$50 and \$20 bills,
 - plus about \$50 in \$1 bills (handy to tip porters or buy souvenirs).
- If you do exchange money, only exchange the money you think you will spend into shillings, as you will lose a couple of percent when exchanging back to USD.
- If you purchase items with USD at the lodges, you may be given change in shillings, but hakuna mattata, you can still use those shillings for other purchase or exchange it back to USD before leaving the country.
- Currency exchange is available at the lodges; rates are best at the airport or in larger cities, but again, USD is accepted most everywhere, so bring

USD.

Please contact us with any questions you may have regarding any of your trip prep!

Best wishes,
The WALLSabout Team

*This list is designed to be a general guide and not a comprehensive list.