

## EQUIPMENT LIST: Kilimanjaro Climb and Safari

Op quality mountaineering clothing and equipment are an investment that will see you through years of adventures. It is wise to choose carefully, and not to skimp on quality. We recommended specific manufactures or models as starting points of reference for you; there are several other equipment manufacturers you may want to consider. Take this list to your local outdoor specialty shop, or call the experts at Mountain Equipment Co-op or Trailhead.

**\*PLEASE NOTE BY BEING A CANADIAN YOU SHOULD ALREADY HAVE MOST OF THE ITEMS ON THE EQUIPMENT LIST BELOW. DON'T FEEL YOU HAVE TO GO OUT AND BUY ALL NEW CLOTHING AND EQUIPMENT**

---

### FOOTWEAR

**Running Shoes or Lightweight Trail Shoes** - For travel and easy walking. Some days on the mountain you will hike in these shoes. It is important to be able to change footwear to aid in prevention of blisters and other foot discomforts.

**Hiking Boots** – Leather with sturdy mid-sole and Vibram sole.  $\frac{1}{2}$  or  $\frac{3}{4}$  shank, boots should be warm and fit well over light and heavy sock combination. Combination fabric and leather trail shoes that come over the ankle for support might also be acceptable. Fit is much more important than brand. Take time to select a pair that fits, and *break them in well*.

**Gaiters** – For mud in the forest and scree on summit day. Short, simple gaiters are best (Outdoor Research: Rocky Mt. Low)

**\*OPTIONAL – Sport Sandals** – Excellent in camp during evenings and Safari, open toe model that can be warm with socks (Teva).

**\*OPTIONAL – Camp Booties** – Down or synthetic, optional luxury, any brand with thick foam soles. Mountain Hardware Chugach Booties are excellent.

**Lightweight/Mid-weight Socks** – Four pairs Synthetic/Wool Blend (Bridgedale, Patagonia, Smartwool).

**Heavy Socks** – 2 pairs Synthetic/Wool Blend (Smartwool, Bridgedale).

### CLOTHING

It is very important that clothing fits loosely and comfortably so you can layer your clothes appropriately. This is the key for maintaining a comfortable body temperature.

**Lightweight Pants** - 1 pair (and brand of Supplex or “stretch woven” pant).

**Hiking Shorts Capris** – 1 pair (and brand of Supplex short). Will often be worn lightweight long underwear bottoms.

**Lightweight Long Underwear Top** - (Patagonia Capilene, REI, Mountain Equipment Co-op).

**Mid-weight Long Underwear Top** – Zip T-neck design is good. Light colors are better for tops because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers (Patagonia Capilene, North Face, and Mountain Hardware).

**Lightweight Long Underwear Bottom** – Dark colors are preferable. (Patagonia Capilene. REI, Mountain Equipment Co-op).

**Mid-weight Underwear Bottom** - Dark colors are preferable because they show dirt. Patagonia Capilene. REI, Mountain Equipment Co-op).

**Brief** - 4 pairs synthetic or cotton. Running shorts also work well for underwear.

**Short-Sleeved Shirts** – 2 synthetic; most nylon running shirts or athletic shirts work. (North Face, Tek Ware, Patagonia Tech Dri, or any brand of synthetic athletic wear).

**Fleece or Synthetic Jacket** – Polartec 100 or 200 is good. An even better alternative is a synthetic fill jacket made of Primaloft or Polargard (Wild Things, Moonstone, Patagonia).

**Synthetic-Fill Pants** – such as Mountain Hardware Chugach 3D Pant. Full side zips are recommended. Fleece pants are an acceptable alternative, but they will be heavier, bulkier and not as versatile.

**Down Insulated Jacket** – Medium weight, hood is preferred, but not required. Moonstone Uber, Feathered Friends Frontpoint, North Face Lhotse Jacket or Summit Jacket.

**Waterproof/ Breathable Jacket & Pants** – such as Gore-Tex. Jacket must have hood. It is recommended that pants have full-length side zips. These garments should be large to fit over your other layers.

## **HEAD & HAND GEAR**

**Liner Gloves** – Lightweight synthetic (Patagonia Capilene or any brand of PowerStretch).

**Windstopper Fleece Gloves** – Any brand of Windstopper fleece.

**Mittens** – With oiled liners – (Outdoor Research).

**Bandana** - Traditional cotton, 2 or 3. Very important item, large size is best. For sun protection and washing-up.

**Sun Hat** – Any lightweight hat with a good brim or visor.

**Wool or Fleece Hat** – Any brand of warm hat that can go over ears.

**Balaclava** – o keep face warm on summit morning. A thin one is fine. Should fit underneath your wool or fleece hat or be thick enough to be worn alone.

## ACCESSORIES

**\*OPTIONAL Sunglasses #1** – For high altitude. 1 pair of high-quality, 100% UV, 100% IR, min 80% light reduction, side-shields such as those found on “glacier glasses” are not recommended, but size and shape of lens should offer maximum protection from bright light on snow.

**Sunglasses #2** – 1 pair high-quality, 100% UV, 100% IR, for safari and lower elevations, also as a backup. It is important to have a spare pair of sunglasses.

**\*IMPORTANT Headlamp w/ spare bulb** – (Petzl or Black Diamond) plus two sets of batteries.

## CAMPING GEAR

**Sleeping Bag** – Minus 10F to 0F Down 700 fill minimum (Marmot, Mountain Headwear, Moonstone, The North Face).

**Sleeping Pad** – Inflating, full-length (Therm-a-rest).

**Foam Pad** – (Ridgerest).

**Water Bottles** – 2 one –liter, leak-proof wide-mouth (Nalgene Poly or Lexan Bottles)

**\*OPTIONAL – Lightweight Steel Thermal Bottle** – One-liter size. Optional but very nice on the long summit day. Water in Nalgene will freeze unless kept next to the body; it is easier to stay hydrated with warm drinks at 19,000 ft. (Zojirushi “Dura Bottle”, Nissan, outdoor Research).

**Pee Bottle** – Optional. 1 one-quart, leak-proof wide-mouth (Nalgene Poly or Lexan Bottles)

**Pee Funnel for Women** – Optional but highly recommended (Freshette).

**Pack Towel** – Small or Medium size (Pack Towel). Do not bring “terrycloth”, bandanas work in a pinch.

**Trekking Poles** – Useful for going up and down, steep, muddy trails in the forest, and general trekking in the higher elevations. Adjustable poles are best so that you can strap them on your pack when not in use. Remove the ski baskets; you will use them for walking. (Leki 3-section. Black Diamond).

**Swiss Army Knife** - Remember not to leave in carry-on bags for any international or domestic flight. Scissors are probably the most useful features; you will seldom need the knife blade.

## MEDICAL & PERSONAL

**Sunscreen** – SPF-30 or higher, non-oily, Bring small containers; you should not carry large quantities in your day pack. It is heavy and will freeze.

**Lip-screen** – SPF-30 or higher, any brand.

**Toiletry Kit** – Toothbrush, toothpaste, lotion. Alcohol-based anti-bacterial hand sanitizer (Purell), anti-bacterial soap, comb/brush, shave kit, lighter, small long-burning candle, needle/thread. Throat lozenges (bring travel size bottles to keep your kit small).

**First-Aid Kit** – Ibuprofen/aspirin, assorted band-aids, moleskin, Neosporin-type salve, Nu-skin spray, small gauze pad, roll adhesive tape, tweezers, safety pins, small bottle of water, purification tablets. Include any prescription travel meds that might be prescribed by doctor (antibiotics, Diamox, malaria meds, sleep aids).

**Zip-loc bags** – Always useful, bring plenty.

**Baby wipes**

**Ear plugs** – Very useful if teammates snore in nearby tents. Available in most drug stores and hardware stores.

**\*IMPORTANT – Water Purification Tablets:** Such as Portable Aqua brand iodine tablets. Our staff will prepare plenty of purified water for you each day of your climb, but one bottle of backup purification tablets is always a good idea for your travels. They are especially useful in hotels. You should not drink untreated tap water anywhere in Africa and bottled water in some rare cases might not be available.

## **TRAVEL ITEMS**

**\*IMPORTANT – The way we would like to see you travel is with two large duffel bags and one small to medium size daypack. The two bags will be used to transfer your gear to Africa and then it will be divided. One duffel bag will contain your mountain clothing, sleeping bag, sleeping pad, etc. The other duffel bag will contain your travel clothes, CPAR building and safari clothes. All your mountain clothes and equipment has to fit in one duffel bag. It should not weight more than roughly 25 kg so a porter can carry it. The second duffel bag with all your other clothes and accessories will stay in the hotel in storage to await your return from the mountain. Your small to medium daypack will be used for when you're walking on the mountain to carry water, an extra layer of clothing, snacks, camera, etc. As well when we are working with CPAR and when you are out in the trucks on safari. If you choose to use a rubberized river bag as your mountain duffel bag that is fine. Again make sure it is big enough to hold all your mountain gear.**

**\*OPTIONAL - River Dry Bag** – 115 liter size. This will be the bag carried by porters on the mountain. (Cascades Design Boundary Bag, Cabella's, REI, Mountain Equipment Co-op).

**2 Large Expedition Duffel Bags and/or hockey bags** – For flying to Africa with your dry bag and other belongings. Will be stored at your hotel in Arusha while you are on the Mountain and again while you are on safari. (Eagle Creek, Wild Things "Burro Bag", North Face Expedition Duffel, XL). Hockey bags also work.

**Small Travel Bag** – Important. Your duffel bag will stay in Arusha while you are on safari. You will take this small bag in the Land Rover for nights while you are away on safari. (Wild Things "Carry On", North Face, eagle Creek).

**\*OPTIONAL – Nylon Stuff Sacks** – 2 or 3, for organizing, light colors preferable for labeling.

**Clothes for safari** – 2 or 3 changes depending on the length of safari. Comfortable travel clothes. Days are dusty, cool in the mornings, warm in the middle of the day. At the end of the day we return to our lodge where you will shower and change for a nice dinner.