



# LINDO TRAVEL & TOURS™

## KILIMANJARO GUIDELINES GEAR LIST

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# CLOTHES AND EQUIPMENT

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You are responsible for bringing personal equipment and clothes while communal equipment (i.e. Tents, food, cooking items, etc.) is provided. Next page provides a gear list of required, recommended and optional items to bring. Make sure the equipment is high quality and suitable for high mountain expeditions.

The clothes listed are for hiking during the day, lounging in the camp, and for sleeping. **Layers are important so** you can adjust your clothing to variable temperatures. Inner layer should be moist wicking – no cotton. Next layer should be insulating and warm, and your top layer should be waterproof but breathable.

All extra luggage not related to your climb can be stored in our office. Be selective in what else you take with you. Our porters are limited to carrying 35 lbs. (15 kg) of your personal belongings. Excess weight requires additional porter(s) and must be reported to us on beforehand.

**Advice!** Sharing is caring. If you travel in a group, coordinate who brings what so you can reduce weight by sharing mosquito repellent, wet wipes, sunscreen etc.

Checked-in luggage might get lost or delayed on the way to Tanzania. Therefore, you should prepare for this possibility by wearing or carrying on the items that are essential to your Kilimanjaro climb. You should wear a hiking outfit on the plane, including a long sleeve shirt, hiking pants, underwear, socks, sock liner, and hiking boots. In your carry-on baggage, you should bring your backpack, waterproof jacket and pants, insulated jacket, toiletries, medications, camera and all paperwork. Make sure you wear/carry your hiking boots since wearing a different pair of boots on your climb will likely cause Blistering.

## Renting gear:

Although you are expected to bring everything you need, most gear and equipment can be rented, Subject to availability and prior notice. Some people prefer to rent gear instead of carrying the long distance or having to buy new ones at high prices. While some equipment is too personal to rent (like beloved hiking boots), renting is recommended for gears that are clumsy to pack or unnecessary to buy (unless you plan other similar expeditions). Don't forget to notify us on beforehand if you like to rent equipment!

Backpack	\$20 per trip	Socks	\$10 per trip
Balaclava	\$10 per trip	Sunglasses	\$10 per trip
Bandana	\$5 per trip	Sun hat	\$5 per trip
Day Pack	\$20 per trip	Thermal T-Shirt	\$10 per trip
Down jacket	\$20 per trip	Thermal tops	\$10 per trip
Fleece/soft jacket	\$10 per trip	Thermal underwear	\$10 per trip
Gaiters	\$15 per trip	Walking boots	\$40 per trip
Glove Liners	\$10 per trip	Walking poles/sticks (pair)	\$10 per trip
Gloves	\$15 per trip	walking trousers	\$15 per trip
Hat (warm)	\$5 per trip	Water bottle (insulated)	\$10 per trip
Head lamp	\$10 per trip	Waterproof jacket	\$20 per trip
Oxygen tube	\$250 per trip	Waterproof trousers	\$20 per trip
Pillow	\$10 per trip		
Poncho	\$10 per trip		
Scarf	\$5 per trip		
Sleeping bag	\$20 per trip		
Sleeping bag liner	\$5 per trip		

## We recommend that you rent:

- Gaiters
- Poncho
- Sleeping bag
- Water bottle (insulated)
- Walking poles/sticks

# GEAR CHECKLIST

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## Technical clothing

- + 1 – Waterproof jacket, breathable with hood
- + 1 – Summit jacket, down or ski parka (for wind and temperatures below -10°C/14°F)
- + 1 – Soft jacket, fleece or soft-shell
- + 5 – Long sleeved shirt, lightweight, moist wicking
- + 5 – Short sleeved shirt, lightweight, moist wicking
- + 1 – Waterproof pants, breathable (side-zipper recommended)
- + 1 – Hiking pant (convertible to shorts recommended)
- + 1 – Summit pants, ski pants or warm/fleece to wear under waterproof shell
- + 2 – Long underwear, upper/lower, moist wicking
- + 5 – Underwear
- + 3 – Sports bra, women (optional)
- + 1 – Shorts (optional)
- + Headwear
- + 1 – Sunhat (available for purchase with our logo)
- + 1 – Wool or pile hat, to keep warm
- + 1 – Headlamp with extra batteries
- + 1 – Balaclava, for face coverage (recommended)
- + 1 – Bandana (optional)
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## Hand wear

- + 1 – Mittens or gloves, waterproof (-10°C/14°F)
- + 1 – Mitten or glove liners (for added warmth)
- + 1 – Hand warmer, chemical activated (optional)
- + Footwear
- + 1 – Hiking boots, Gore-Tex, ankle support, spare laces (wear/break them in before climb)
- + 1 – Trainers/tennis shoes to wear at camp (opt.)
- + 3 – Thick socks (wool or synthetic)
- + 4 – Sock liners (tight, thin, synthetic, and worn under thick socks to prevent blisters)
- + 1 – Gaiters, waterproof (recommended)

## Safari (when you combine with Kilimanjaro)

- Sleeping bag (camping, available for rent)
- Light cotton trousers
- Cotton shorts
- Light cotton shirts (long and short sleeved)
- Comfortable walking or tennis shoes
- Sandals
- Waterproof rain jacket/windbreaker
- Fleece (for cold nights)
- Sunhat
- Swimming costume (some lodges only)
- Mosquito & insect repellent
- Malaria prophylaxis
- Small torch/head lamp
- Earplugs (for light sleepers)
- Sunscreen
- Camera + extra batteries
- Electricity adapter (Indian/UK socket)
- Binoculars (one pair is provided in vehicle)

## Equipment

- + 1 – Sleeping bag, 4 seasons (-10°C/14°F)
- + 1 – Sleeping bag liner, for added warmth (option)
- + 1 – Backpack/duffel bag, for porters to carry
- + 1 – Daypack for you to carry each trekking day
- + 1 – Poncho, big enough to cover daypack
- + 1 – Stuff sacks or plastic bags, for separation and waterproofing of gear
- + 2 – Water bottles, 1 normal and 1 insulated to keep warm liquid for summit night
- + 1 – Pee bottle, to avoid leaving tent at cold nights, add pee funnel for ladies (optional)
- + 1 – Sunglasses protecting against snow reflection
- + 1 – Walking sticks/pole (recommended)
- + 1 – Towel, lightweight, quick dry (optional)
- + 1 – Sleeping mattress, self-inflating or closed-cell foam (we provide 2-inch foam mattress)

## Personal

- + Toiletries (optional)
- + Prescriptions (optional)
- + Sunscreen & Lip Balm, SBF 30+ (recommended)
- + Hand sanitizer (recommended)
- + Wet wipes (highly recommended)
- + Comfort snacks and candy bars, high in energy
- + Camera, with extra batteries (recommended)
- + Private medical kit
- + (Your guide carries a first aid kit)

## Documents

- + Passport (validity > 6 months)
- + Valid visa (available at airports/borders)
- + Insurance documents with emergency numbers
- + Yellow fever certificate of immunization
- + Airline tickets
- + Cash/Credit card/Traveler's Cheque