

ZARA TANZANIA ADVENTURES

KILIMANJARO GEAR LIST

We provide tents, food, foam sleeping pads, etc at no charge. You are responsible for bringing the required, recommended and optional personal gear and equipment listed below. The most common mistake that climbers make is that they over pack. Be selective in what you take with you. Our porters are limited to carrying 15 kgs of your personal belongings

1 EQUIPMENT

- Sleeping bag
- Day pack
- Water bottle
- Toilet paper
- Torch and batteries
- Pocket knife

2 FOOTWEAR

- Be sure to break in your shoes before the hike.
- Take trekking shoes for hiking during the day, preferably warm (leather), waterproof, and with ankle-support
- Take tennis shoes or sandals for lounging in the evening
- Gaiters
- Hiking socks
- Wool socks

3 PAPERWORK

- Passport
- Yellow fever certificate
- Entrance visa
- Medical insurance

4 HEADWEAR

- Brimmed hat for sun protection
- Knit hat for warmth
- Balaclava or buff for face coverage (optional)

5 HANDWEAR

- Gloves, warm (waterproof recommended)
- Gloves, thin

6 ACCESSORIES

- Sunglasses or goggles
- Backpack cover waterproof (optional)
- Water bottle (Nalgene, 32 oz)
- Water bladder (Camelback type, 3 litres)
- Pee bottle, to avoid leaving tent at night
- Stuff sacks, dry bags, or plastic bags various sizes, to keep gear dry and separate

7 CLOTHING EQUIPMENT

- Waterproof Jacket, breathable with hood
- Insulated Jacket, synthetic or down
- Soft Jacket, fleece or soft-shell
- Long Sleeve Shirt, moisture-wicking fabric
- Short Sleeve Shirt, moisture-wicking fabric
- Waterproof Pants, breathable (side zip per recommended)
- Hiking Pants
- Fleece Pants Shorts (optional)
- Long Underwear, moisture-wicking fabric
- Underwear, moisture-wicking fabric
- Sport Bra (women)

8 OTHERS

- Toiletries
- Prescriptions
- Sunscreen
- Lip Balm
- Insect Repellent, containing DEET
- First Aid Kit
- Hand Sanitizer
- Toilet Paper
- Wet Wipes (recommended)
- Snacks, lightweight, high calorie (optional)
- Electrolytes, powder or tablets (optional)
- Camera, with extra batteries (optional)

RENTAL EQUIPMENT

- Rucksack/Daypack: **\$ 12**
- Balaclava: **\$ 6**
- Mont bell Sleeping Bag -25-35C.Temp **\$ 40**
- Poncho -Heavy/Western/Europe **\$18**
- Poncho - Light/Local: **\$12**
- Socks: **\$ 4**
- Plastic bag **\$ 4**
- Duffel Bag: **\$ 6**
- Hiking Poles (2) **\$ 12**
- Gaiters: **\$ 8**
- Torch/Flashlight (We have Few) **\$ 8**
- Gloves: **\$ 6**
- Gloves 2 finger **\$ 8**
- Sweater **\$ 5**
- Sunglasses (We have Few in Store): **\$ 8**
- Long Underwear (We have Few) **\$ 5**
- Raincoat: **\$ 6**
- Raincoat - G.T, Waterproof **\$ 12**
- Raincoat Pants: **\$ 12**
- Hiking Boots: **\$ 15**
- Water Bottle: **\$ 5**
- Fleece Pants: **\$ 6**
- Warm Jacket G.T: **\$ 12**
- Warm Jacket/Down Jacket **\$ 12**
- Hat or Neck Scarf: **\$ 6**
- Crampons **\$ 10**
- Sleeping mattress **\$ 15**
- Thermos **\$ 5**

We provide Tents and Foam Sleeping pads at no charge.

- Sunglasses are available for purchase in the gift shop for **\$ 12 - \$ 15**.
- Each Oxygen Cylinder - available for **\$ 12/ Day / @ group of 4 pax**.
- Hyperbaric Pressure Bag (Gamow Bag): **\$ 130/group**.
- Private (portable/tented) toilet: **\$ 120 /@ group of 4 pax**.