

SUGGESTED PACKING LIST

LUGGAGE

- Each participant will need to bring 3 bags:
 - Small rucksack (approx. 35 litres, ideally with chest and waist straps): each participant will carry their own water (4 litres recommended, 2 litres minimum), warm layers, a torch, waterproofs, litter, personal items (camera, tissues, suncream etc) and a small personal medical kit. Participants must train with this before the event as it must be comfortable.
 - Kit bag: this is what the porters will be carrying (up to 12kg only including sleeping bag) and should be large, soft and light, with no frame, wheels or straps. A sailing bag / waterproof duffel bag / large sports holdall are all ideal. It is recommended that participants pack and weight their kit bag in the UK prior to travel. Trek kit bags will be weighed before ascent to ensure the porters are not overloaded.
 - Bag with a lock for items not required during the trek (to be left at the hotel at the foot of the mountain) e.g. the main bag you use on the flights. Remember to bring a lock. The airline luggage allowance is 20kg.
- Water proof cover / liner / bin liner is useful for keeping kit dry
- Carrier bags / bin bags (useful for dirty washing or wet clothing)
- Zippered plastic bags useful for keeping important documents dry (optional)

EQUIPMENT

- Sleeping Bag (4 season preferably with hood, this must be suitable for -20°C)
- Fleece or silk sleeping bag liner (optional)
- 2 telescopic walking poles (with rubber tips, to help leg control on descent. Should be used for training in preparation for the trek) - essential
- Head torch or pocket torch with spare bulbs and batteries
- Whistle and penknife
- 4 litre water container (**not** plastic bottles) or bladder (e.g. platypus) (please note the tube and/or mouthpiece will freeze on the summit day and a bottle will be needed also)
- Water purification tablets or iodine drops (with flavouring if you prefer)
- Sunglasses (suitable for snow and sun). For those taking contact lenses, remember to pack contact lens solution, your glasses and prescription sunglasses if you have them
- Binoculars (optional)
- Camera and film / memory cards
- Money belt
- Ear plugs (sharing with noisy room mates can prevent sleep!)
- Sun cream (minimum factor 20) and lip salve with SPF
- Bring a few of your favourite snacks e.g. dried fruit, chocolate and throat sweets
- Travel towel
- Padlocks are useful to keep luggage secure
- Book / playing cards / iPod for rest time on acclimatisation days
- Travel alarm clock
- Carrier bags/bin bags – useful for dirty washing or wet clothing

- Passport, insurance policy (inc. copies)

BOOTS & SOCKS

- Walking boots – with good ankle support and must be worn in (advisable to wear on the flight to Tanzania in case of lost luggage)
- Insoles / foot beds (optional)
- Trainers for general walking / late night toilet visits
- Warm walking socks (not cotton)

CLOTHING

- Layers of warm clothing:
- Base layer; long sleeved tops and long johns, should be ‘wicking’ fabric e.g. knitted polyester
- Second layer; medium weight fleece and pullover
- Long nylon or acrylic walking trousers
- Outer layer; waterproof jacket and trousers (preferably breathable ones)
- Warm jacket for nights at altitude
- 1 pair of gaiters (to protect from scree and snow)
- Good mittens – suitable for sub zero temperatures with silk or thermal glove liners and/or warm mittens, hand warmers
- 1 warm hat and/or balaclava
- T-shirts and shorts for lower altitudes
- 1 Sun hat with broad brim
- 1 Scarf to protect the neck and shield face from dust
- Something slightly smarter for dinner on the last night

SMALL PERSONAL MEDICAL KIT

- Sufficient supplies of regular medication
- Antiseptic ointment
- Plasters
- Ankle & knee support & bandages
- Pain killers
- Diareze, Dioralyte, immodium
- Insect repellent with DEET & sting relief (essential)
- Blister treatment (e.g. compeed)
- Diamox (under medical advice)
- Toothache and ulcer treatment
- Water purification tablets
- Isotonic powders (if used to taking them during training), energy sweets, cereal / energy bars
- Lip salve (minimum factor 20)
- Sun block (minimum factor 30) and after sun
- Tissues & toilet paper

- Wet wipes & anti-bacterial hand gel
- Contact lens wearers should bring glasses and / or prescription sunglasses
- Ladies are advised to take tampons regardless of timing
- Hand warmers for gloves

TIPS

- Trekkers for Kilimanjaro sometimes struggle to keep to the 12kg limit, leave heavy items at home (such as hardback books) which are not essential.
- A change of fresh clothes for each trekking day is not necessary.
- Participants need to be prepared for conditions ranging from tropical to arctic-like with extreme high-winds and sub-freezing temperatures. Multiple insulating layers of clothes, sturdy rain gear, alpine sunglasses, sunblock and sturdy walking boots are vital.
- Pack as lightly as possible, have a practice pack before you go, check the weight of the 12kg trek kit you will be giving to the porters to carry for you.
- Train with your day pack – it's really important that the weight and straps are comfortable.
- Hiking poles: At 5000 metres participants will really start to struggle. It is a really good idea to have some hiking poles in anticipation for this, even if they are not needed on the lower slopes. It is advisable to train with them to get used to how they feel.

This list is not exhaustive and also some items may not be required during the trip but it is better to have them than not!

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