



CLIMBING PACKING LIST

TREK EQUIPMENT

DAYPACK - Used to carry your daily items during the trek, water, snacks, sunscreen, camera and poncho etc.	<input type="checkbox"/>
HIKING BOOTS - Medium weight and waterproof. Must fit 2 pairs of socks.	<input type="checkbox"/>
GAITERS - High or Low. Used to keep dirt and snow out of your boots.	<input type="checkbox"/>
YAK TRAX - Used in cases where we encounter snow and ice. Must be fitted to YOUR hiking boots.	<input type="checkbox"/>
SLEEPING BAG LINER	<input type="checkbox"/>
CAMP SHOES - Running shoes or walking shoes, to be used around camp.	<input type="checkbox"/>
HEADLAMP - With extra set of batteries.	<input type="checkbox"/>
WATER BOTTLES - 4, 1 Litre Nalgene Water Bottles or 3L Cambelbak-Type hydration backpack. One Nalgene water bottle can be used to urinate in, in cases of emergency during the night.	<input type="checkbox"/>
SUNGLASSES	<input type="checkbox"/>
WHISTLE	<input type="checkbox"/>
TREKKING POLES - Adjustable. See Note 1	<input type="checkbox"/>
DUFFLE BAG - To carry all non-daypack items. See Note 1	<input type="checkbox"/>
SLEEPING BAG - 4 season mummy style with a hood. See Note 1	<input type="checkbox"/>
HELMET - Required on the Western Breach Route. See Note 1	<input type="checkbox"/>

CLOTHING EQUIPMENT

HIKING SOCKS - 2 pairs	<input type="checkbox"/>
LINER SOCKS - 2 pairs	<input type="checkbox"/>
CONVERTIBLE PANTS - Shorts can be used at the lower elevations.	<input type="checkbox"/>
LONG THERMAL UNDERPANTS - 2 pairs	<input type="checkbox"/>

LONG SLEEVE THERMAL UNDERSHIRTS - 2 pairs	<input type="checkbox"/>
FLEECE PANTS - To be used as insulating layer.	<input type="checkbox"/>
FLEECE JACKET	<input type="checkbox"/>
OUTER LAYER PANTS - Water and windproof.	<input type="checkbox"/>
HOODED SKI JACKET - Water and windproof.	<input type="checkbox"/>
PONCHO - To cover both you and your daypack.	<input type="checkbox"/>
UNDERGARMENTS - 6 sets. Prior, during and after your climb.	<input type="checkbox"/>
T-SHIRTS - 3 pairs To be used around camp at lower elevations.	<input type="checkbox"/>
BASEBALL CAP	<input type="checkbox"/>
BALACLAVA - To be used during the last 3 days of the climb.	<input type="checkbox"/>
GLOVES - 2 pairs. Thermal Gloves	<input type="checkbox"/>
Climbing Gloves	<input type="checkbox"/>
SPORTS BRA	<input type="checkbox"/>

PERSONAL ITEMS

CAMERA EQUIPMENT AND BINOCULARS - With extra batteries.	<input type="checkbox"/>
UNIVERSAL ELECTRICAL ADAPTERS - For Tanzania	<input type="checkbox"/>
PERSONAL FIRST AID KIT- Make sure to include aid products for blisters.	<input type="checkbox"/>
HEADACHE, MUSCLE ACHE AND COLD MEDICINE - Tylenol, Advil etc.	<input type="checkbox"/>
DIARRHEA RELIEF MEDICINE (NON-PRESCRIPTION AND PRESCRIPTION)	<input type="checkbox"/>
SHAVING KIT	<input type="checkbox"/>
DEODORANT	<input type="checkbox"/>
TOOTHBRUSH AND PASTE	<input type="checkbox"/>
FEMININE HYGIENE PRODUCTS	<input type="checkbox"/>
SHAMPOO AND SOAP - If you plan to shower during the climb.	<input type="checkbox"/>
HAIRBRUSH	<input type="checkbox"/>
WET WIPES - Alcohol-free, if possible.	<input type="checkbox"/>

FACE TOWEL	<input type="checkbox"/>
SHOWER TOWEL	<input type="checkbox"/>
SUNSCREEN - SPF 40 or greater.	<input type="checkbox"/>
LIP BALM - SPF 20 or greater.	<input type="checkbox"/>
INSECT REPELLANT - Containing DEET.	<input type="checkbox"/>
KLEENEX TISSUES - Travel size.	<input type="checkbox"/>
PENCIL AND PAPER	<input type="checkbox"/>
NAIL CLIPPERS - Important to manage nail length.	<input type="checkbox"/>
SNACKS - Energy bars and powders, trail mixes, throat candy and chewing gum	<input type="checkbox"/>
PLASTIC BAGS - Various sizes, to store dirty or wet clothes.	<input type="checkbox"/>

NOTE 1 : These items are included in the ALL-INCLUSIVE PACKAGE

WEIGHT IS LIMITED TO 33LBS OR 15KG PER PERSON.