

Travel Items:

- Travel wallet
- Passport, personal travel documents
- Team emails, print, and bring
- Cash (small bills are more useful; you can change money in Tanzania after you arrive)
- Copy of Insurance Policy
- Casual travel and in-town clothes
- Travel shoes or sneakers
- Camera or phone camera
- Headphones
- Power battery/recharger/solar charger with cords
- Swimsuit for the pool at the hotel
- Book or Magazine

Lower Body:

- Climbing or hiking boots (must be insulated and warm as it is quite cold on summit day)
- 2 x long-john pants (1 light, 1 medium)
- 1 x light trekking pants
- 1 x medium-weight climbing pants
- 1 x Goretex waterproof pants, must be full zip
- 1 x trekking shorts

- 2 x trekking socks
- 3 x climbing socks (1 thin, 2 thick (1 for sleeping))
- 2 x climbing underwear
- 1 x heavy gaiters

Upper Body:

- 1 x ski/winter hat
- 1 x ball cap for sun protection
- 1 x balaclava/face mask
- 1 x buff
- 1 x pair liner gloves
- 1 x pair of heavy ski gloves
- 1 x pair of heavy mitts, recommended
- 1 x pair of dark goggles
- 1 x Goretex waterproof jacket
- 2 x long-john tops (1 light, 1 medium)
- 1 x synthetic sun hoodie or trekking shirt, long sleeve
- 1 x upper body pile layer
- 1 x synthetic pile jacket/pile fleece, front zip with hood or similar (fits over micro puff)
- 1 x mid- to heavy-weight down parka with hood



Trekking Gear:

- Water treatment (iodine tabs, chlorine tabs, or water filtration system)
- Sunscreen (like All Good 35 SPF with high zinc oxide content & small aloe vera for sunburn)
- Lip balm with SPF
- Hand cream
- 1 x sleeping bag, rated to -10F
- 1 x Thermarest sleeping pad
- 1 x Thermarest RidgeRest
- Alarm (on watch or other)
- Baby wipes, for staying clean
- Small first aid kit (bandages, triple antibiotic ointment, tums, antacid, Immodium, ciprofloxacin, azithromycin, ibuprofen, aspirin, blister kit, Band-Aids, etc.)
- Prescription meds, in consultation with your doctor (Acetazolamide 125mg x 14 tablets, Dexamethasone 4mg x 4 tablets, Nifedipine 30 mg slow-release x 2 tablets)
- 2 x toilet paper
- Ear plugs (for sleeping)
- Pee bottle (liter)
- Pee funnel (women)
- 2-liter Nalgene-type water bottles with full covers (Camelback-type hydration systems are fine until base camp but are unacceptable above there. They freeze, pop, and break, so they are unreliable.)
- 1 x pack for the climb (also doubles as a carry-on, 35 – 45L)
- 2 x large duffels, waterproof PVC rugged construction
- 5 x trash bags (for waterproofing duffels, backpacks, and caching gear)
- Toothbrush and paste
- 1 x light headlamp with extra batteries
- 1 x pair of glacier glasses
- Belt for climbing pants
- Collapsible trekking poles
- 3 x stuff sacks
- 1 x compression sack
- Hand sanitizer (small container)
- Marker and pen
- 3 lbs personal snack food (real food and stuff that you know you will want to eat at altitude when you don't feel like eating: nuts, jerky, granola bars, dried fruit, candy, etc.)
- Light Umbrella
- Rain poncho
- Small set binoculars (optional for safari)