



**African
Wilderness
Expeditions**

Packing List



What's included?

We want to keep you warm, safe and healthy during your Kilimanjaro climb. In fact, we feel so strongly about this that we include the following equipment in all of our Kilimanjaro packages at no extra cost ...

- ✓ High-quality, four-season mountain tent that sleeps two people
- ✓ A private chemical toilet housed in a small tent that's just for Follow Alice climbers (one toilet per eight climbers)
- ✓ Four-season sleeping bag for use on climb
- ✓ Sleeping mat for use on climb

Leaving things at the lodge

You're welcome to leave any items you don't want to take with you on the mountain at the lodge. They have a dedicated storeroom for this very purpose. While your items will be kept in a locked room, leaving anything at the lodge is still done at your own risk.

Washing clothes

Expect your clothes to get dusty and dirty on your climb! If you want to wash things, Lindrin Lodge has a hand washing laundry service, so you'll be able to ask them to wash things for you after your climb. But note that items are hung on a line to dry, so you'll need to factor the time this takes into consideration.

Plastic ban

Tanzania has a ban in place on single-use plastic bags, so please don't bring any such bags with you. Ziploc bags are fine, however, so these can be brought along to carry and store things.

Essential items

We highly recommend that you wear any essential trekking gear or carry them in your hand luggage when you travel. We're thinking things like your winter jacket, thermal gear, boots and malaria tablets. Should your hold luggage be delayed or mislaid, your climb won't be derailed as you still have these critical items with you.

Your boxes to tick

Carrying equipment

- ☐ Backpack with a capacity of 30 to 45 ℓ
- ☐ Backpack rain cover
- ☐ Waterproof duffel bag of 65 to 100 ℓ
- ☐ Reuseable, waterproof bags for equipment and clothes inside your duffel bag
- ☐ A water carrier (ideally a hydration pack that holds at least three litres)
- ☐ A one-litre water bottle

Footwear

- ☐ A pair of properly broken-in hiking boots
- ☐ A pair of comfortable sneakers for camp
- ☐ Gaiters (optional)

Clothing

- ☐ Sports underwear
- ☐ Breathable or sweat-wicking T-shirts or collared shirts
- ☐ Hiking shorts (optional, for the days in the rainforest)
- ☐ Hiking pants (trousers)
- ☐ Long-sleeved, sweat-wicking tops
- ☐ Thermal sweat-wicking long johns (leggings)
- ☐ Thermal long-sleeved, sweat-wicking tops
- ☐ Fleece jacket
- ☐ Down jacket
- ☐ Rain jacket (with a hoodie, of course)
- ☐ Waterproof trousers (must fit over your hiking trousers)
- ☐ Hiking sock liners
- ☐ Regular hiking socks
- ☐ Woolen hiking socks

Accessories

- ☐ Sunhat (ideally with a 360-degree brim)
- ☐ Warm hat (beanie) or balaclava
- ☐ Polarised sunglasses
- ☐ Light and woollen buffs (snoods)
- ☐ Lightweight gloves or inner gloves
- ☐ Snow gloves or mittens
- ☐ Adjustable trekking poles

Technology

- ☐ Head torch (flashlight) and extra batteries
- ☐ Camera or smartphone with a good camera
- ☐ Power bank or portable solar charger (optional)
- ☐ Type G plug adaptor (for the hotel, not mountain)
- ☐ Binoculars (optional)
- ☐ Sports watch (optional)

Personal and medical items

- ☐ Toilet paper (you must bring your own)
- ☐ Toothbrush and toothpaste
- ☐ Wet wipes (there are no showers on the mountain!)
- ☐ Water-free hand sanitiser
- ☐ A small, quick-drying towel
- ☐ Antiseptic cream or ointment
- ☐ Regular plasters and blister plasters or sports tape
- ☐ Insect repellent
- ☐ Malaria tablets (optional)
- ☐ Diarrhoea tablets (a symptom of altitude sickness)
- ☐ Painkillers (a symptom of altitude sickness)
- ☐ Anti-nausea tablets (a symptom of high altitude)
- ☐ Sanitary products (the altitude can disrupt your period cycle – better to be prepared)
- ☐ Moisturising cream (for face and hands)
- ☐ Lip balm (with a high SPF)
- ☐ Petroleum jelly or similar (to protect your face against the wind on summit day)
- ☐ Broad-spectrum sunscreen

Practical items

- ☐ Passport (check it's up to date!)
- ☐ Travel documents (like your visa and yellow fever vaccination certificate)

Additional (optional) items

- ☐ Small pillow and pillow case (or just the pillow case and stuff it with clothes)
- ☐ Sleeping bag liner
- ☐ Favourite salty and sweet snacks (these can offer an energy *and* emotional boost)
- ☐ Flavour sachets (the purified water can taste odd to some)
- ☐ Playing cards or other small game
- ☐ Journal and pen
- ☐ Earplugs
- ☐ Hot water bottle