

KILIMANJARO HEROES ADVENTURES LTD



(Trekking and Safari)

P.O Box 1176 Moshi

+255 716 588 188

Moshi – Tanzania

info@kilimanjaroheroes.com

EQUIPMENT & PACKING FOR MOUNTAIN:

1. Sun hat & warm hat (or balaclava) that cover the ears
2. Trainers/slippers for relaxing
3. Thermal underwear
4. Warm long-sleeved shirt
5. Waterproof outer trouser
6. Walking socks (several pairs)
7. Walking shorts
8. Warm mid-layer (fleece or down jacket)
9. Waterproof walking boots
10. Gaiters(to protect scree and snow to get in the shoes)
11. Waterproof thing-length jacket (Gore-tex or similar)
12. Warm walking trousers (not jeans!)
13. Gloves (waterproof warm outers + thin liners) especially for summit day
14. T-shirt (synthetic material are best as cotton retains moisture)
15. Warm sleeping bag (3/4 –seasons)
16. Sleeping bag liner
17. Sleeping mattress
18. Trekking pole(s) -
19. Head-torch, pocket touch + spare batteries
20. Water carrier(s) –bottles or bladders (minimum 3-litres capacity)
21. Glacier glasses (or good quality sunglasses – preferably with side shields)
22. High factor sunscreen(SPF 30 for your face) & lip-salve (SPF 33 for your lip)
23. Personal first aid kit + essential medication**
24. Water purification tablets or drops
25. Small towel
26. Wet wipes
27. High energy snacks, dried fruit, nuts, throat sweets, etc
28. A small bottle of cordial or squash concentrate(to lived up the ‘flat’ taste of boiled water)
29. Notebook and pen, playing cards or book
30. Light and rugged camera; remember spare batteries and film/memory card

31. Toilet paper: take your favorite from home and keep in a plastic bag-in your day sac
32. Tips for the crew.

BAGGAGE:

- Rucksack/Soft trek bag- large enough for all you need on the mountain, which will be carried on a porter's head. Pack light-max 15kg.
- A large daypack (to carry warm clothing, at least 3 water-bottles, camera etc. in comfortable)-we recommend minimum 25-35 litres capacity.
- Waterproof cover (or pack clothes in plastic bags to ensure they stay dry).

MEDICAL KIT CHECK LIST:

1. Aspirin or paracetamol (acetaminophen in the USA)-for pain or fever
2. Loperamide or diphenoxylate-blockers for diarrhea
3. Prochlorperazine or metaclopramide-for nausea and vomiting
4. Antihistamine-for allergies, eg, hay fever, to ease the itch from insect bites or stings; and to prevent motion sickness
5. Cold and flu tablets, throat lozenges and nasal decongestant
6. Antibiotics-consider including these if you're traveling well off the beaten track; see your doctor, as they may prescribe, and carry the prescription with you.
7. Insect repellent, sunscreen, lip balm and eye drops
8. Antiseptic (such as povidone-iodine) –for cuts and grazes
9. Bandages, Band-Aids (plasters) and other wound dressings
10. Water purification tablets or iodine
11. Scissors and tweezers
12. Calamine lotion, sting relief spray or aloe vera-to ease irritation from sun-burn and insect bites or stings
13. Rehydration mixture- to prevent dehydration, which may occur, for example, during bouts of diarrhea
14. Diamox (acetazolamide)-thought to be helpful for prevention of HACE and HAPE, prevention and treatment of symptoms of AMS
15. Malaria medication
16. Wet wipes and/ or antibacterial gel

****** Some of the equipments are hired locally at Moshi in a very reasonable price incase you don't be able to get from there.***

YOU ARE MOST WELCOME