

kilimanjaro summit climb, kit list



The items listed below are purely recommendations. The list has been designed by the local Ground Handler and past Tour Leaders; however please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a 10% discount on equipment from Nomad Travel Stores (call 020 8889 7014, or visit www.nomadtravel.co.uk) with the vouchers enclosed. Nomad Travel Stores will also put together a first aid kit specifically for your expeditions. If you would prefer to hire kit, please contact Trek Hire (01306 886333 or visit www.trekhireuk.com). If you would like to hire down jackets or sleeping bags from our local ground handler in Tanzania you can contact Charity Challenge at expeditions@charitychallenge.com no later than 1 month before departure.

Try to use your equipment before you go – particularly your rucksack, boots and sleeping bag – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites. Three to four season Gortex boots are satisfactory.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

Your main bag should not weigh more than 15kg and you may be charged for excess luggage on internal flights or when entering National Parks also the porters have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else. If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey. Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your trekking boots and trekking gear, and take as much as possible in your hand luggage, especially a full day's underwear and other clothing. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

item	take it?
baggage and sleeping	
Large waterproof rucksack or kit bag (60 – 90 litre capacity - a suitcase is Not appropriate)	Yes
Day rucksack (30 – 35 litre capacity) - waterproof (must have a good waist strap to be able to carry 6 kg of weight)	Yes
Sleeping bag - 4 seasons is required plus a fleece liner (Available to hire locally for \$35 to be booked with Charity Challenge at least 1 month before departure)	Yes
Sleeping mat – a thermarest is ideal	Yes
clothing	
Smart clothes for last night at the lodge (can be left on the first night-not taken on trek)	Optional
Long-sleeved shirt for evenings	Yes
T-shirts or Dri Flo T-shirts are ideal	Yes
Windbreaker (a warm Down Jacket or Ski Jacket is essential for summit night) (Down Jacket available to hire locally for \$40 to be booked with Charity Challenge at least 1 month before departure)	Yes
Fleece	Yes
Thermal long johns and vests.	Yes
Trousers (such as lightweight cargo trousers, avoid jeans). two pairs.	Yes
Shorts	Yes
Swimwear (for swimming pool at the lodge for the last night)	Optional
Underwear (light and loose)	Yes
Socks (hiking / leisure). At least 4 pairs.	Yes
Dress/Skirt/Sarong	Optional
Lightweight waterproofs (jacket and trousers)	Yes

Walking boots with ankle protection (sturdy well worn in boots – not trainers or trainer boots)	Yes
Trainers for evenings	Yes
Wide brimmed sun hat for day, thermal balaclava or fleece hat for nights	Yes
Insulated gloves/mittens and thermal inner gloves	Yes
hygiene	
Toothbrush & toothpaste, soap (Lifeventure All Purpose Antibacterial biodegradable Soap – 200ml), lip and nose sun protection zinc stick, lip salve, antibacterial wipes x 20, nail brush, dry wash (Lifeventure – 100ml), Boots Super Absorbent Foot Powder.	Yes
Razor & cream / oil, sanitary products, travel towel, deodorant, toilet paper/tissues, hairbrush/comb, Vaseline	Yes
health	
Insect repellent (containing DEET)	Yes
Malaria tablets (seek advice from your GP)	Optional
After sun / moisturiser	Yes
Sun protection (factor 30 minimum)	Yes
Oral rehydration sachets x 20	Yes
Water purification tablets or drops. Although all water on the expedition is boiled , extra purification may be required (Iodine tablets should be tested in the U.K first in case of allergy)	Optional
Neutralising tablets	Optional
Dextrose tablets x 2 packs	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport (with 6 months to run from end of expedition)	Yes
Visa (Tanzanian entry visa required, see fact file)	Yes
Air travel tickets (you will receive these at the airport)	Yes
Passport photographs and photocopy of passport pages (kept separately from passport)	Yes
Cash (in Dollars)	Yes
Travellers cheques	Optional
Credit card	Yes
Travel insurance (taken out with Charity Challenge)	Yes
Vaccination certificates (Yellow Fever certificates are now required as a condition of entry into Tanzania)	Yes
other	
Camera & camera film. Binoculars	Optional
Sunglasses	Yes
High energy snacks (tracker bars, dried fruit and nuts)	Yes
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Gaffa tape (for emergency repairs) & Paracord	Yes
Sewing kit, spare boot laces	Optional
Note book and pen(S)	Yes
Alarm clock / watch	Optional
Head torch (with plenty of spare batteries and bulb) On summit night extra batteries are required due to the cold	Yes
Water bottles (2 x 2 litre Bottles)	Yes
Small steel thermos flask (ideal for hot drinks at night or cold on summit day)	Yes
Ear plugs	Optional
Re-sealable plastic bags (for dirty washing etc).	Yes
One or two stout plastic bags (like garden refuse bags) to line & waterproof your main pack	Yes
Telescopic walking poles with rubber tips	Optional
small first aid kit	
Pain killers / Paracetamol	Yes
Adhesive dressing (plasters)	Yes
Compeed blister pads (heel)	Yes
Antiseptic wipes x 10	Yes
Diarrhoea tablets	Yes
Any medication you normally use	Yes

General Advice

- Try out your work boots before you go – best to ‘wear them in’ before your visit
- Baggage on flights can get lost. Take essential medicines and a change of clothes in your cabin baggage as well as in your hold baggage.
- Travel lightly. You will be working with people who do not have many possessions. You will be surprised how little you actually need.
- This list is not a replacement for common sense.
- Please be aware that many airports have security requirements for liquids and sharp items.

Destination	Kenya	
Month	October	
Expected weather		
Day temperature - high	30°C/86°F	
Day temperature - low	7°C/45°F	
Rain in the month of your visit	2 ins/53 mm	
Humidity	82 % am & 43% pm	
Personal protection equipment	Essential	Optional
Work boots (sturdy boots with STEEL TOE CAPS)	✓	
Hard hat	✓	
Building gloves x 3 pairs	✓	
Eye goggles	✓	
Dust mask x 2	✓	
Clothing	Essential	Optional
Work clothes – suggest both short sleeve and long sleeve for sun protection	✓	
Trousers (such as lightweight cargo trousers, avoid jeans)	✓	
Shorts (for building as well as leisure – culture allowing)		✓
Skirts/dresses for women – conservative style	✓	
Wide brimmed hat (to shade your face as you will be in the sun most of the day)	✓	
Casual clothing suitable for evenings (long sleeves for mosquito protection)	✓	
Warm clothing (check the weather details above)		✓
Bum bag (for carrying around personal items)	✓	
Light weight waterproof jacket (check the weather details above)		✓
Bandana (good for keeping sun off your neck)		✓
Health	Essential	Optional
Insect repellent (containing 50% DEET)	✓	
Anti-malarials – check with MASTA health brief and your doctor if these are necessary.	✓	
Sun protection (maximum factor) for face, lips and body	✓	
Anti bacterial hand wash gel	✓	
After sun/Moisturiser	✓	
Prescription medicines (carry medicines in both the hold and cabin baggage). Also a good idea to keep a separate list of medicines with your documents. Suggest a doctor's letter to accompany any essential medicine needed.	✓	
Documents	Essential	Optional
Passport (and a photocopy kept apart from original)	✓	
Air travel tickets	✓	
Cash. Most airports will have a money exchange.	✓	
Travellers cheques and numbers (and a photocopy kept apart from original) There can be problems cashing these so many people use a mixture of cash and cards.		✓
Credit and debit cards. Most airports will have a cash machine.		✓
Global Village Orientation Manual – includes a section on insurance at appendix b.	✓	
Vaccination certificates	✓	
Other	Essential	Optional
Day rucksack (for sun cream, camera, film, bottles of water, snacks)	✓	
Sunglasses	✓	

Camera, film/memory stick, batteries/charger		✓
Plug adaptor (only if bringing digital camera/phone charger etc)		✓
Contact lenses (bring spare lenses, and glasses in case of dust)		✓
Alarm clock/Watch		✓
Antibacterial hand gel (or alcohol based hand gel). Close attention to personal hygiene is vital in hot countries to avoid diarrhoea and vomiting.	✓	
Small first aid kit, eyewash, paracetamol. (Substantial first aid kits will be provided)	✓	
Small torch (the wind-up torches save on bringing extra batteries)	✓	
Any medication you normally use (in correctly labelled packaging - pack in hand luggage) - if this is essential, suggest this is carried in the hand-luggage with a doctor's letter.	✓	
Entertainment – and interaction with local children	Essential	Optional
Photos of your family and pets		✓
Football/frisbee		✓
Cricket bat - for lunchtime games and to leave with the local school		✓
Blowing bubble liquid		✓
Trip Specific	Essential	Optional
<p>Advice from HFH Kenya on DRESS</p> <p>Women: Wear skirts that cover the knees or very baggy pants. Shorts are acceptable as long as they are long and loose. If you do wear pants, you should have a long T-shirt that covers your hips. 'Short shorts' are a definite no-no! Tank tops are fine as long as the straps are wide and no underwear is showing.</p> <p>Men: Local men do not usually wear shorts, although it is not considered insensitive to wear them.</p>		