



Mount Kilimanjaro clothing and equipment check list

What Mike Has Purchased	Mike Paid (each)	Comments
<u>NEED TO HAVE</u>		
CLOTHING:		
Waterproof rain jacket	REI Kimtah Jacket with eVent F	\$160 Very important to protect from hypothermia due to unexpected rain
Waterproof rain pants	REI Shuksan Pants	\$170 Very important to protect from hypothermia due to unexpected rain
Gortex multilayer jacket	NorthFace Men's Atlas Triclimate	\$290 For Summit Night. I switched from a down jacket to this in 2013
Thermal underwear - top	Patagonia Capilene (2 pairs)	\$49 1 pair for Sleeping and 1 pair for Summit Night
Thermal underwear - bottom	Patagonia Capilene (2 pairs)	\$45 1 pair for Sleeping and 1 pair for Summit Night
Balaclava (neck gaitor)	SmartWool Balaclava	\$35 Pulls up over your head
Wide-brimmed hat	Dorfman Pacific "Indiana Jones"	\$40 The sun is very intense
Heavy Mittens	Marmot Expedition Mitt	\$109 Summit Night, extremely important!
Hiking Boots	Vasque Breeze GTX XCR	\$105 Get fitted by the sales rep. This is very important! No blisters!
Gaiters	Outdoor Research Crocodile Gaiters	\$55 Keeps rocks out of your boots, especially on summit night
Wool Socks - various thicknesses	SmartWool (1 pair/day)	\$17 Prices \$14-\$24, depends on cushion (Med, Heavy, X-Heavy)
Silk liner socks	FoxRiver (1 pair/day)	\$12 Consider washing and buying less to save money
Underpants	Patagonia (1 pair/day)	\$30 100% polyester, also have some Hanes
Undershirts	Various Brands	\$15 100% polyester
Wool Hat		\$15 For Summit Night
EQUIPMENT:		
Zero degree (F) sleeping bag	Marmot Never Summer	\$247 Don't skimp on a good sleeping bag!
Duffle bag	Academy Sports	\$15 Porters carry on their heads. I need to get a better one.
Day Pack	Gregory Z40	\$149 Get it fitted to your size
3 Liter Water Bladder	CamelBak 3.0L	\$35 Goes inside your day pack. Got mine at Bike Lane
1 Liter water bottles	BPA free (2)	\$10 Mix up your energy drink powder
Headlamp & extra batteries	Black Diamond Spot Headlamp	\$40 For Summit Night
Trekking Poles	REI Relief SL Trekking Poles	\$75 Some people do not require, but I use and recommend
OTHER:		
Digital Camera, extra batteries	Canon Mark III 5D Digital SLR	
E Africa plug adaptor	Best Buy or Radio Shack	\$10 Bring at least a high quality point & shoot w/ a good zoom For anything to be plugged into an outlet at Hotel
LED Flashlight		\$10 Get a tiny powerful one
Sunglasses	Mine our prescription sunglasses	The sun is very intense
Sunscreen		The sun is very intense
Lip balm w/sunscreen		The sun is very intense
Cash		I will bring a small amount (\$20) while on the climb
Toilet Paper		Very important!!
First Aid Kit		Bandaids, Moleskin, ace bandage
Prescription medications	Malarone, Diamox, Zofran, Ambien, Cipro, Inhaler	Plus your own
Pain medicine	Tylenol Arthritis Pain (650mg)	Good for sun headaches & mild altitude headaches
<u>NEED TO HAVE SUBTOTAL=</u>		<u>\$1,728</u>

Available to Rent from Zara:

Let me know if you want me to inquire or reserve any items

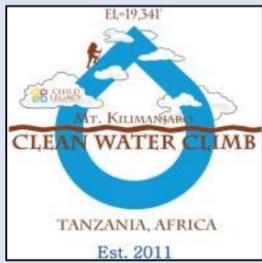
Fee	Fee
Daypack= \$12	Rain jacket= \$12
Mont Bell Sleeping bag (-13F)= \$40	Rain pants= \$12
Duffel Bag= \$6	Fleece Pants= \$6
Treking Poles (2)= \$12	Warm/Down Jacket= \$8
Gaiters= \$8	

VERY IMPORTANT NOTES!!

I mostly paid store prices, sometimes on sale, but a person carefully looking online for deals, can probably pay about 1/2 of what I have paid.
 Do not bring cotton clothing - all clothes should be 100% polyester, wool, or silk; which wick away moisture much faster. Avoid hypothermia!
 Layering is key to staying warm especially on summit night
 Protection from the intense sun can help prevent headaches. The sun can cause headaches even more than the altitude
 Wrap clothing in plastic bags - Kilimanjaro can be very dusty
 Make sure you have a knowledgeable salesman help you fit your boots
 The duffle that the porters carry is limited to 15kg (35 pounds). Overweight duffle may require an extra porter for \$100/trip
 In the day pack, bring filled 3 liter camelback bladder, sunglasses, camera, rain pants/jacket at a minimum. Add personal items you think might need during the day, since you may not see your porters until the end of the day
 Store electronics in sealed water-proof bags (double sealed if possible) to protect from water and dust
 At end of hike Zara Tours is interested in purchasing second-hand gear for rentals
 You may want to bring/leave some older items of warm clothing as gifts for your guides & porters or donate to the Mt. Kilimanjaro Porters Society
 Check luggage number and weight limit with airlines - international and domestic - there are charges for too many and/or too heavy bags
 You can leave extra luggage in a locked storage room at the Springlands Hotel for no charge



You can leave valuables in the safe deposit box at the Springlands Hotel that I will rent
 Make copies of passport, schedule. Leave a copy w/someone at home. Put a copy in each piece of your luggage
 While on the mountain walk slowly (take lots of photos!!), drink 3-5 L of water each day, never wander off by yourself
 Purchase and read Daniel Dorr's book, "Kissing Kilimanjaro." My experiences have not been bad like his was



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<u>NICE TO HAVE</u>		
CLOTHING:		
Hiking shorts	Columbia (1 pair)	\$45 I wear shorts at least the 1st two days and the last day
Fleece jacket	REI White River Fleece Jacket	\$45 For Summit Night
Fleece pants	REI Teton Polartec Fleece pants	\$60 For Summit Night
Safari pants	Columbia Sahara (3 pair)	\$60 100% polyester
Safari shirts - long sleeved	Columbia (1 pair)	\$55 100% polyester
Safari shirts - short sleeved	Columbia, Gander (3 pair)	\$35 100% polyester. Also Gander Mtn., Magellan
Bandana		The sun is very intense
Heavy Gloves	Marmot Randonee Gore-Tex Gloves	\$100 NOT a substitute for Summit Night Mittens!
Lightweight fleece gloves	Marmot Windstopper Glove	\$49 Chilly evenings & mornings while in camp
Camp jacket	REI Revelcloud Jacket	\$100 For cool evenings/colder mornings while not on trail
Camp shoes or flip-flops	Flip-flops	Might bring tennis shoes instead
EQUIPMENT:		
Air Mattress	REI Lite-Core 1	\$90 Self-inflating type
Pillow	REI Backpacker Pillow	\$23 Or bring a pillow case and stuff clothes in
Super thin, frameless pack	REI Flash 18	\$35 For Summit Night
Insulated drinking tube	CamelBak Antitude Thermal Control Kit	\$20 For Summit Night to keep your water from freezing
Snowglasses	Scott Storm OTG Ski Goggle	\$55 For Summit Night
Hot water bottle	Just use empty 1.5 L water bottle	Porters can put heated water in bottle for you to put in sleeping bag
Fanny Pack	Eagle Creek	\$25 Very handy to stuff snacks, camera batteries, etc.
Pocket knife		Make sure you put in your checked bags!
OTHER:		
XL clear plastic ziplock bags	Hefty 2.5 Gal OneZip Jumbo (12 ct)	\$3 Reduces amount of ash/dust getting into clothes
XL Moist Towlettes	Wet Ones Big Ones (28 ct)	\$2 These are great for Spit Baths, but leave slight residue
Personal Toiletries	Toothbrush, Toothpaste, floss, soap	\$5 Whatever you need
Hand towel	Rat Towel	\$12 Synthetic, fast drying
Powdered energy drink mix		Mix with 1 L bottle of water
Trail mix, Jerky	Trader Joes (5 or 6 bags)	\$6 Trader Joe's turkey, salmon, buffalo jerkey are excellent
Energy bars, comfort snacks		
Cell phone	iPhone	Great for Panorama photos!!
Hand and foot warmers		Chemical activated, for Summit Night
Vitamins		
Over the counter medications		Melatonin, Pepto, Lozenges, Afrin, Sinus Rinse
	<u>NICE TO HAVE SUBTOTAL=</u>	<u>\$825</u>
<u>CONSIDER TO HAVE</u>		
CLOTHING:		
Down jacket or ski parka	Whittaker Mtneering 1st Ascent Peak XV	\$299 Instead of multilayer jacket above
Swim suit		Hotel pool
EQUIPMENT:		
Camera Tripod	Sprint Pro II GM Tripod	\$90 A monopod would be lighter weight
OTHER:		
Insect repellent		I NEVER use!
Water purification tablets	Potable Aqua Iodine & Taste-Neutralizer	\$7 Zara boils our water as we go
Paper towels		I have yet to bring, but might be handy
Notebook/journal, pens/pencils		
Playing cards, games, frisbee		
Iphone charging unit	1) Bendix King AA Batter Clam Shell & Bendix King BK Snap 12V Battery Adapter & iPhone Car Charger	\$96 I have the Bendix set up, considering Suntactics set up below
	2a) Suntactics Scharger-5 USB Solar Charger	\$140 Karen Rogers has this setup. It worked great in 2013
	2b) Suntactics 500mA USB Battery	\$26
	<u>CONSIDER TO HAVE SUBTOTAL=</u>	<u>\$658</u>
<u>Items highlighted in blue were purchased through 49ercommunications.com</u>		
<u>Items highlighted in yellow were purchased at REI</u>		
<u>Items highlighted in light green were purchased on line through Massey's Outfitters</u>		
<u>Items highlighted in orange were purchased on line through Eddie Bauer/Whittaker Mountaineering</u>		
<u>Items highlighted in pink were purchased on line through Patagonia</u>		
<u>Items highlighted in gray were purchased on line through North Face</u>		

Websites:

childlegacy.org

cleanwaterclimb.net

facebook.com/Clean.Water.Climb



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