



Mount Kilimanjaro clothing and equipment check list

	What Mike Has Purchased	Mike Paid (each)	Please Read These Comments Too!
<u>NEED TO HAVE</u>			
CLOTHING:			
Waterproof rain jacket	REI Kimtah Jacket with eVent (or Columbia)	\$160	Rain gear is required (but rarely needed) due to unexpected rain that could lead to hypothermia. Consider inexpensive alternatives such as Frog Togs
Waterproof rain pants	REI Shuksan Pants	\$170	Summit Night . I switched from a down jacket to this in 2013
Gortex multilayer jacket	NorthFace Men's Atlas Triclimate	\$290	1 pair for Sleeping and 1 pair for Summit Night
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	Summit Night - Pulls up over your head
Balaclava	SmartWool Balaclava	\$35	Daily use - the sun is very intense especially after we are out of the forest
Wide-brimmed hat	Dorfman Pacific "Indiana Jones"	\$40	Summit Night , EXTREMELY IMPORTANT! The Alti Mittens cost more \$\$!
Heavy Mittens	Marmot Expedition Mitt (or O.R. Alti Mittens)	\$109	Get fitted by the sales rep. Very important! No blisters! 1-1.5 sizes bigger than normal
Hiking Boots	Vasque Breeze GTX XCR	\$105	Summit Night . Keeps rocks out of your boots, especially on summit night
Gaiters	Outdoor Research Crocodile Gaiters	\$55	Prices \$14-\$24, depends on cushion (I use Med, Heavy, X-Heavy)
Wool Socks - various thicknesses	SmartWool (1 pair/day)	\$17	Consider washing and buying less to save \$\$
Silk liner socks	FoxRiver (1 pair/day)	\$12	100% polyester, also have some Hanes
Underpants	Patagonia (1 pair/day)	\$30	100% polyester
Undershirts	Various Brands (1/day)	\$15	Summit Night
Wool Hat		\$15	
EQUIPMENT:			
Zero degree (F) sleeping bag	Marmot Never Summer (with stuff sack)	\$247	Don't skimp on a good sleeping bag!
Duffel 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. Osprey is also a very good brand.
3 or 2 Liter Water Bladder	CamelBak 3.0L / 2.0L	\$35	Goes inside your day pack. Got mine at Bike Lane
Super thin, frameless pack	REI Flash 18	\$35	Summit Night (keeps water thawed). (or Camelbak - Racepak or StoAway)
Insulated drinking tube	CamelBak Altitude Thermal Control Kit	\$20	Summit Night (keeps water thawed)
1 Liter water bottles	BPA free (2)	\$10	Mix up your energy drink powder
Headlamp & extra batteries	Black Diamond Spot Headlamp	\$40	Summit Night
Trekking Poles	Distance Carbon (not very length adjustable)	\$159	Some people do not use poles, but I use and recommend especially for Summit Night
OTHER:			
Digital Camera, extra batteries	Canon Mark III 5D Digital SLR		Bring at least a high quality point & shoot w/ a good zoom
E Africa plug adaptor	Best Buy or Radio Shack		For anything to be plugged into an outlet at Hotel
Sunglasses			The sun is very intense!
Sunscreen			The sun is very intense!
Lip balm w/sunscreen			The sun is very intense!
Cash	I also bring cash/cc on mtn for drive back to hotel (souvenir stops)		Airport snacks, small tips, gifts & souvenirs (sky is limit on these two!) Very important!!
Toilet Paper / Hand Sanitizer			Band-aids, Moleskin, ace bandage, Antibiotic ointment
First Aid Kit			Plus your own
Prescription medications	Malarone, Diamox, Zofran, Ambien, Anti-biotics, Inhaler (asthma?)		Good for sun headaches & mild altitude headaches
Pain medicine	Tylenol Arthritis Pain (650mg)		
		<u>NEED TO HAVE SUBTOTAL=</u>	<u>\$1,857</u>

Available to Rent from Zara:

Let Ingar Mork know if you want him to reserve any items from Zara:

ingarmork@gmail.com

I only recommend renting the following from Zara:

Mont Bell Sleeping bag (-13F) - washed!
Duffel Bag

Warm/Down Jacket
Gaiters - make sure not broken

Treking Poles (but check them before renting!)

VERY IMPORTANT NOTES!!

- *Never pack key valuables in your checked bags: medicines, computer, camera, etc. Pack expensive bulky items deep in your suitcases.
- *I mostly paid store prices, sometimes on sale, but a person carefully looking online for deals, can probably pay less than 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 (Compression bags or food sealers should work well). I use Zip-Lock bags.
- *Make sure you have a knowledgeable salesman help you fit your boots (1 size larger than normal).
- *The duffel that the porters carry is limited to 15kg (35 pounds). Overweight duffel or extra duffel will 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 may be 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 for the group.
- *Make copies of passport, schedule. Leave a copy w/someone at home. Put a copy in each piece of your luggage and day pack.
- *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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	What Mike Has Purchased	Mike Paid (each)	Please Read These Comments Too!
<u>NICE TO HAVE</u>			
CLOTHING:			
Hiking shorts	Various	\$45	I wear shorts at least the 1st two days and the last day
Fleece jacket and pants	REI	\$105	<u>Summit Night</u>
Heavy mid-layer top	Arterex Fortez Hooded Fleece Jacket	\$179	<u>Summit Night</u>
Heavy mid-layer pants	Outdoor Reasearch Cirque Softshell Pants	\$150	<u>Summit Night</u>
Safari pants	Various (2 pair)	\$60	100% polyester
Safari shirts - long sleeved	Various (2 pair)	\$38	100% polyester
Safari shirts - short sleeved	Various (1 pair)	\$35	100% polyester. Also Gander Mtn., Magellan
Bandana / Neck Gaiter	MS Society gift	\$0	The sun is very intense
Lightweight fleece gloves	Marmot Windstopper Glove	\$49	Chilly evenings & mornings while in camp
Camp jacket	Patagonia Down Sweater Hooded Jacket	\$279	For cool evenings/colder mornings while not on trail
Camp shoes	Merrell All Out Blaze Sieve	\$100	Consider tennis shoes instead. Don't bring flip-flops!
EQUIPMENT:			
Air Mattress	Thermarest Z-Lite folding pad	\$90	Or bring a blow-up mattress
Sleeping Bag Liner	Silk Stretch Mummy Liner	\$75	Provides extra warmth and keeps bag cleaner
Pillow	REI Backpacker Pillow	\$23	Or bring a pillow case and stuff clothes in
Ski Goggles	Scott Storm OTG Ski Goggle	\$55	<u>Summit Night</u>
Hot water bottle	Carex 2 qt. Hot water bottle w/fleece cover (or just use an empty 1L water bottle)	gift	If you get cold easily, have cooking staff add warm water for your sleeping bag
Solar tent light	Luci Inflatable Solar Light	gift	It was a gift from a climber
Fanny Pack	Eagle Creek	\$25	Very handy to stuff snacks, camera batteries, etc.
OTHER:			
XL clear plastic ziplock bags	Hefty 2.5 Gal OneZip Jumbo (12 ct)	\$3	Pack clothes in bags to Reduce amount of ash/dust getting into clothes
XL Moist Towlettes or Baby Wipes	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	Advocare Spark		Mix with 1 L bottle of water
Trail mix, Jerky, Energy Bars	Various brands	\$6	Trader Joe's turkey, salmon, buffalo jerky are excellent
Cell phone	iPhone 11 Pro Max		Great for Panorama, Portrait, and Night photos!!
Hand and foot warmers			Chemical activated, for Summit Night
Vitamins, OTC medications, Saline Nasal Spray			Melatonin, Pepto, Lozenges, Afrin, Sinus Rinse
	<u>NICE TO HAVE SUBTOTAL=</u>	<u>\$1,336</u>	
<u>CONSIDER TO HAVE</u>			
CLOTHING:			
Down jacket or ski parka	Whittaker Mtneering 1st Ascent Peak XV	\$299	Instead of multilayer jacket above
Hoodie	Cabella's		
Heavy Gloves	Marmot Randonee Gore-Tex Gloves	\$100	NOT a substitute for Summit Night Mittens!
Trekking Gloves	Arterex		
OTHER:			
Camera Tripod (or Monopod)	Sprint Pro II GM Tripod	\$90	I also bring a fairly heavy Manfrotto Monopod
Urine receptical	Pee Bottle. Ladies purchase "Go Girl"		Ladies Consider getting a Travel John/Pee Styler for middle of night!
Insect repellent	With Deet		I NEVER bring to Africa anymore!
Paper towels			Handy for washing/rincing before a meal
Notebook/journal, pens/pencils			
Playing cards, games, frisbee			
Energy Power Source (for charging your iPhone and other USB devices)	30,000mAh Aukey Power Bank		
	<u>CONSIDER TO HAVE SUBTOTAL=</u>	<u>\$489</u>	
<u>Items were purchased at:</u>			
Best Buy	Eddie Bauer	Marmot	REI
49ercommunications.com	Outdoor Research	Academy	Cabella's
North Face	Backcountry	Patagonia	eBay
Massey's Outfitters	Whittaker Mountaineering	Gander Mtn	Arterex

*******Remember to leave space in your bags for Soccer Balls, Frisbees, and Vitamins for villagers!!*******

Websites: childlegacy.org cleanwaterclimb.net facebook.com/Clean.Water.Climb



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