

# TENT & TRAILS

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	<u>Have</u>	<u>Need</u>
<b><u>Footwear</u></b>		
Comfortable walking shoes _____	_____	_____
Waterproof Hiking boots .... _____	_____	_____
<b><u>Fun Stuff</u></b>		
Personal journal w/pen ..... _____	_____	_____
Reading material ..... _____	_____	_____
Hacky sac ..... _____	_____	_____
Miniature playing cards ..... _____	_____	_____
Frisbee ..... _____	_____	_____
<b><u>Food</u></b> (optional)		
Energy bars ..... _____	_____	_____
Energy gel ..... _____	_____	_____
Tea or coffee ..... _____	_____	_____



The weather in Africa can be volatile and clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will layer together to provide appropriate insulation in the most demanding conditions. Because it may snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchron, fleece, and pile are best, though wool will also work. Cotton, with the exception of a t-shirt for the sun, is unacceptable. It is also a very good idea to test out your gear before you arrive in Tanzania.

At 5895m, Mount Kilimanjaro stands as Africa's highest peak, the tallest free-standing mountain in the world, and the ambition of avid trekkers everywhere! In 1889, German geographer Hans Meyer and Austrian mountain climber Ludwig Purtscheller were the first to reach the summit of Kilimanjaro. Mount Kilimanjaro is situated entirely within the borders of Tanzania, although it is situated close to the border of Kenya. It is situated 3 degrees, or about 340 km, south of the Equator. Most of the area Kilimanjaro is defined by the Kilimanjaro National Park, which is a UNESCO World Heritage site. Ascending through a number of different vegetation and climate zones affords fantastic views. Kilimanjaro trekking is not only challenging, but also a unique and rewarding experience.

Kilimanjaro comprises three distinct volcanic cones:

- # Kibo 19,340 feet (5,895 meters)
- # Mawenzi 16,896 feet (5,149 meters)
- # Shira 13,000 feet (3,962 meters)

**NYC #1 OUTDOOR STORE**



# TENT & TRAILS MT. KILIMANJARO CHECK LIST



	<u>Have</u>	<u>Need</u>		<u>Have</u>	<u>Need</u>
<b>Personal Necessaries</b>			(for non-technical treks)		
Toiletry kit .....	_____	_____	Waterproof matches or lighter	_____	_____
Biodegradable soap .....	_____	_____	Candles .....	_____	_____
Toothbrush w/cover .....	_____	_____	Mess kit or bowls .....	_____	_____
Toothpaste .....	_____	_____	Chow set or chopsticks .....	_____	_____
Sunscreen w/zinc oxide	_____	_____	Collapsible cup .....	_____	_____
Lip Balm .....	_____	_____	Sleeping bag-down or synthetic (rated 20°F to 30°F)	_____	_____
Hand sanitizer .....	_____	_____	.....	_____	_____
Glacier Glasses w/UV-IR protection & sideshields	_____	_____	Sleeping bag liner .....	_____	_____
.....	_____	_____	Plastic trash bags .....	_____	_____
Nose guard for glasses .....	_____	_____	Sleeping mat .....	_____	_____
Glasses retainer .....	_____	_____	Crazy creek chair (optional)	_____	_____
First aid kit .....	_____	_____	Tarp or ground sheet .....	_____	_____
Diarrea medication .....	_____	_____	Trekking Poles w/baskets..	_____	_____
Pain reliever .....	_____	_____	Binoculars (optional) .....	_____	_____
Stomach upset medication	_____	_____	Camera gear (optional) .....	_____	_____
Antihistamine medication ..	_____	_____	Multi tool or folding knife .....	_____	_____
Oral rehydration salts .....	_____	_____	Ziplock bags .....	_____	_____
Motion sickness medication	_____	_____	<b>Clothing</b>		
Plastic travel bottles .....	_____	_____	Mid-length Gaiters .....	_____	_____
Insect repellent w/DEET .....	_____	_____	Medium wt. wool socks .....	_____	_____
Peremithrin spray (for clothing)	_____	_____	Sock liners (no cotton) .....	_____	_____
Elastic bandage .....	_____	_____	Thermal underwear .....	_____	_____
Toilet Paper .....	_____	_____	Long sleeve tops .....	_____	_____
Trowel .....	_____	_____	Quick drying shorts .....	_____	_____
Baby wipes .....	_____	_____	Trail pants w/zip off legs .....	_____	_____
Hand and foot warmers .....	_____	_____	Insulated parka (down or synthetic)	_____	_____
Quick drying towel .....	_____	_____	.....	_____	_____
Electric outlet adaptors .....	_____	_____	Long sleeve wool or fleece jackets	_____	_____
Ear Plugs .....	_____	_____	.....	_____	_____
Moleskin or Blister kit .....	_____	_____	Windproof fleece jacket .....	_____	_____
Personal hygiene items .....	_____	_____	Waterproof/breathable jacket ..	_____	_____
Prescription medications ..	_____	_____	Waterproof/breathable rain pants	_____	_____
<b>Equipment</b>			Bandanas .....	_____	_____
Headlamp w/spare bulbs ...	_____	_____	Fleece Pants .....	_____	_____
Batteries .....	_____	_____	Wide brimmed hat w/ hat retainer	_____	_____
Day pack (25 - 30 liter) .....	_____	_____	Wool hat or balaclava .....	_____	_____
Light nylon rope .....	_____	_____	Fleece or wool gloves .....	_____	_____
Whistle .....	_____	_____			
Map or guide book .....	_____	_____			
Compass .....	_____	_____			
Watch w/alarm .....	_____	_____			
2 Water bottle (1 qt) .....	_____	_____			
Water bottle insulator .....	_____	_____			
Water purification tablets or filter	_____	_____			

*This list is only a guide. There are numerous options, brands, and versions of each piece of equipment. We encourage you to do research, use your experience and the listed features to find the best gear for you*

**Tent & Trails can outfit you from the Catskills to Kilimanjaro**