

Clothing:	✓
- Boots and spare laces (break in boots prior to trek)	
- Light shoes and/or sandals	
- Fleece	
- Down jacket	
- Shirt, short and long sleeved, moisture wicking (avoid cotton)	
- Wool socks and liners	
- Trekking trousers	
- Water proof jacket and trousers	
- Underwear (including thermals)	
- Gloves (down gloves are highly recommended for summit night)	
- Woolen hat and/or balaclava	
- Wide brimmed hat	
- Quick dry towel	
- Sleeping bag (3 seasons)	
- Rucksack or duffle bag with waterproof cover and waterproof liner	
- Daypack with waterproof cover and waterproof liner	
- Gaiters	
- Trekking poles	
- Head lamp and spare batteries	
Essential items:	
- Passport and Tanzanian visa	
- Yellow fever vaccination card	
- Insulated water bottle and / or camel back	
- Sun glasses or ice goggles	
- Limp balm and sunscreen	

- Things of personal nature	
- Wet wipes	
- Hand sanitizer	
- Medications including: acetaminophen/ibuprofen, anti-diarrhea medication, malaria pills, Diamox from your country of origin	
Optional:	
- Camera, extra batteries	
- Notebook and pen	
- Ear plug	
- Snacks	

Note: - If you have any missing items/gear you can hire from our office in Arusha at reasonable price.

