



## Pre-Departure Information

CLIMB KILIMANJARO!



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## WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

## PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Release of Liability:** Sign and return your Release of Liability form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.

## PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

## QUESTIONS?

Call: 1-800-368-2794, go to our **website** ([www.wildernesstravel.com](http://www.wildernesstravel.com)) or e-mail us at: [info@wildernesstravel.com](mailto:info@wildernesstravel.com).

# Travel Information

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## PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Tanzania. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

## VISAS

US citizens need a visa for Tanzania. While visas can be obtained upon arrival at the Kilimanjaro, Zanzibar, or Dar Es Salaam airports, you should expect a wait of up to 2 hours. No passport photos are necessary, and the visa must be paid for in US dollars only (if arrival at the Kilimanjaro Airport) and credit card only (Visa or Mastercard) if arriving at the Dar Airport. The current fee is \$100 USD for each applicant for a 12-month multiple-entry tourist visa. Note: US bills need to be new, dated 2009 or newer.

Alternatively, you can purchase a visa through the **Tanzanian government** (<https://eservices.immigration.go.tz/visa/>) or through our recommended service **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>) (PVE). You will need the following information to complete your visa application no matter which service you choose.

**Visa Type/Number of Entries:** Multiple

**Local Host:** African Environments

**Full Name:** Elia Amon

**Mobile No:** +255 756 854 246

**Email:** [elia@africanenvironments.com](mailto:elia@africanenvironments.com)

**Relationship:** Tour Operator

**Physical Address:** P. O. Box 2125, Arusha, Tanzania

**Where are you going to stay?:** Private Residence

**Physical Address:** Itikoni Camp, Arusha National Park

**Note:** Tanzanian visa processing can take several weeks, so please send in your application as early as possible. Tanzania visas are valid for 12 months from date of issue, so do not apply more than 12 months in advance.

If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

## MONEY

The unit of currency in Tanzania is the shilling. US dollars are widely accepted. Note that your US bills must be new (printed post-2009) or they will not be accepted! They also must not be ripped, soiled, or faded. Be sure to bring an ample supply of US cash with you. ATMs in Arusha are unreliable. You can change money in some lodges and in the Bureaux de Change in Arusha. You will need to budget spending money for gratuities, for any meals not included in the trip itinerary and for personal items such as snacks, phone calls, etc. Beer, wine, spirits, and sodas are complimentary at our private campsites but not at hotels. You are not allowed to bring Tanzanian shillings out of the country, so be sure to exchange shillings before clearing customs when you leave.

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward outstanding service. A range of reference is as follows:

### **Kilimanjaro Climb**

**Suggested total amount for the climb is \$265 USD per trip member.** The breakdown is as follows:

Main Trip Leader: \$150 USD

Assistant Trip Leaders: \$100 USD (pooled tip)

Personal Tent Porter: \$15 USD

Group Kilimanjaro Porters: Wilderness Travel has already covered a \$350 USD tip per trip member for the many porters who will be with us on the climb.

The money is given to the porters at the end of the climb. For your convenience, you may pre-pay your tips for the trip leaders (\$250) with your Final Invoice. Tips for your tent porter should be given in cash at the end of the climb.

### **Serengeti Safari Extension**

Trip Leader: \$75 USD per trip member

Assistant Trip Leader: \$60 USD per trip member (with groups of 6 or more only)

We will also give the option to pre-pay the safari extension tips with your Final Invoice. The suggested total comes to \$75 USD per trip member for smaller groups or \$135 USD for larger groups.

## SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

## COMMUNICATIONS

### **Telephone**

The international dialing code for Tanzania is 255. Please contact your cell phone company for specific instructions for international use.

### **Email & Internet**

Access Internet access is available only at our Arusha lodges.

## ELECTRICITY

Tanzania has 230-volt current. Plugs usually have three rectangular prongs or three round pins. Bring a converter and plug adapter kit for appliance use. In safari camp, power is 12v battery or solar so shavers and hairdryers cannot be used. However, you can recharge camera and phone batteries from recharging stations set up in the lounge area at the safari camps. There are also outlets in the safari vehicles (plug adaptor needed). There is no electricity or power generation at the mountain camps on Mt. Kilimanjaro.



# Medical Information

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The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the Centers for Disease Control. Medical travel products are available from Travel Health Medicine and from Magellan's Travel Supplies.

## INOCULATIONS

Entry requirements are subject to change; check with the Centers for Disease Control and Prevention for updates.

Currently, no vaccinations are mandatory, but please consult your doctor for medical advice.

### **Yellow Fever**

A Yellow Fever vaccination is only required if your travels include Uganda, Kenya, Rwanda or other countries in the yellow fever zone. Have the shot recorded in your International Health Card and carry the card with your passport as proof of vaccination.

## MALARIA PREVENTION

Malaria is a serious but preventable disease spread by the bite of an infected mosquito. All travelers are urged to take antimalarial medications, available only by prescription. Please discuss antimalarial medication with your doctor, who will explain various antimalarials and their side effects and recommend a regimen for you (do not take Lariam since it has strong side effects at high altitude). In addition to medication, a further precaution against malaria is to wear long sleeves and long pants at dusk. Thin clothing should be sprayed with insect repellent, especially around the elbows and ankles. Use repellent containing DEET.

If, after returning from your trip, you have a persistent fever with chills, muscle aches, and headache, report to your doctor the possibility of exposure to malaria.

For further malaria information, consult your doctor or the **CDC Malaria Website** ([https://www.cdc.gov/malaria/contact\\_us.html](https://www.cdc.gov/malaria/contact_us.html)) or call the Malaria Hotline at 770-488-7788 or 855-856-4713.

## STAYING HEALTHY

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

## GETTING IN SHAPE

### **Kilimanjaro Climb**

Begin training at least five or six months before departure. Start gradually by doing hikes, running, using a stairmaster, or riding bikes. The object is to improve your overall level of fitness and aerobic capacity and get your legs and lungs in shape for the nearly 50 miles of trails you will be hiking on Kili. We descend 13,000 feet in two days, a feat that is extremely tough on the body, especially the knees. This is where strengthening up those quads really pays off. As the time for departure approaches, try to climb a high peak near you. Past trip members have hiked up Mt. Whitney, Mt. Shasta, or the volcanoes in Hawaii. If you do not have high mountains nearby, then try to increase the length and intensity of your training regime. A backpacking trip can give you an excellent idea of what this trip is like and is great for conditioning and aerobic capacity. Backpacking also gives you experience in organizing and testing your equipment and in proper walking technique. Most importantly, take care of yourself and exercise regularly to improve your aerobic capacity, but do not overexert yourself before departure.



## ALTITUDE CONSIDERATIONS

Individuals vary widely in their ability to acclimatize. Since physical fitness does not confer any protection or facilitate acclimatization, it is impossible to predict how you will adapt to the altitude. The greatest protection is avoiding rapid ascents and allowing time for acclimatization. Your body can adapt to altitude if given time. We feel this itinerary specifically provides that option, but you must pace yourself to go slowly and drink plenty of water to avoid dehydration. Do not push too hard no matter how physically fit you may be or feel.

Early symptoms of altitude mountain sickness (AMS) include headache, nausea, loss of appetite, sleeplessness, vomiting, dry cough, irregular breathing, shortness of breath, fatigue, and swelling of the ankles and eyelids.

It is not uncommon to experience some of these symptoms when you first arrive at high altitude and then have them decrease in severity within a few days. It is important that you inform your Trip Leader immediately of any symptoms or discomfort, however minor, so that he can help you monitor the situation. Please be aware that carrying on with the climb in spite of alarm signals from your body may result in serious illness or even death. Medical conditions that are aggravated or complicated by high altitude include heart diseases, lung diseases, pregnancy, anemia, and sickle cell disease. It is imperative that anyone with these conditions consult his or her physician in detail before joining this climbing expedition. There are several excellent books about altitude sickness and prevention written for hikers and climbers (see the recommended reading list at the end of this booklet).

Severe progressions of AMS are high-altitude pulmonary edema (HAPE) and high-altitude cerebral edema (HACE). Symptoms of HAPE include breathlessness that continues at rest, severe cough with watery or bloody sputum, and noisy, bubbling breath. Symptoms of HACE include extreme weariness, vomiting, severe headache, staggering walk, irrational behavior, drowsiness, and unconsciousness. If any serious symptoms develop while you are on the climb, you must notify the Trip Leader immediately and descend to a lower altitude at once.

### **Diamox (Acetazolamide)**

The prescription drug Diamox can be used as a prophylactic against the early symptoms of altitude sickness. Consult with your physician for proper dosage. It is usually recommended above 14,000 feet, but for anyone not sleeping well, Diamox can be started before reaching that elevation. Some cautionary notes: Diamox can severely dehydrate you; be sure to drink the minimum 3-4 quarts of water daily if you take it. Diamox is a sulfa drug and should not be taken by sulfa-allergic travelers. It is not effective in dealing with more serious symptoms of altitude sickness. If you are taking Diamox, it is essential that you advise the Trip Leader.

# Helpful Information

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## SHOPPING

Shopping for curios and souvenirs in Tanzania can be a varied and sometimes frustrating experience. During our safari extension, we will see many curio shops, with different quality and prices for similar looking items. Due to the pace of our safari, we cannot stop at every shopping opportunity—or there would be little time for safari. Hotel boutiques are as great a place to shop as any and offer realistic prices, so we recommend purchasing items you like at places we stay. **Cultural Heritage** (<http://www.culturalheritage.co.tz>), Arusha's largest emporium, carries objects from across Africa and we do schedule a stop there (after the safari). It also offers a wide selection of Tanzanite. There is also a fascinating art gallery next to the Cultural Heritage. There are many beautiful goods for purchase, such as Makonde woodcarvings. If you buy gems, be sure to get a receipt to show customs officials on your departure. Please note that Wilderness Travel is not responsible for any shipping arrangements, including quality or condition of goods received, even if you have enlisted your Trip Leader's assistance in making those arrangements.

## PHOTOGRAPHY

### Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

### Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

### Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to [wtphotoblog@gmail.com](mailto:wtphotoblog@gmail.com) or tag us **@WildernessTravel** on social media.

### Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

## BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

## DONATIONS OR GIFTS

### **Clothing & Equipment Donations to Climb Porters**

Trip members often want to make gifts of clothing and equipment at the end of their Kilimanjaro climb. The camp staff is very appreciative of such gifts and it is a wonderful opportunity to give back to them. On the last day on the mountain (Day 11 at Mweka Gate) we'll have a victory lunch at the trailhead and then put our donated items on a tarp for the porters (they have a system where one by one they are able to choose an item from the pile). Note for a group of 6-8 climbers there are more than 50 porters! You may also want to bring additional items from home (old hiking boots in good shape, caps with logos, t-shirts, jackets, Camelbak water bladder, gloves, etc). If you bring items to donate that you do not wish to bring on the climb, tell your Trip Leader at the beginning of the trip so that he can arrange to donate items pre-climb. Wilderness Travel cannot ship items to Tanzania after you return home.

### **School Donations**

Wilderness Travel sponsors several local schools in Arusha and the Ngorongoro Conservation Area, but clients have expressed an interest in making additional donations (e.g money, stationary, pens, books, sports equipment, etc). We believe providing such donations to a school, rather than handing out items to individual children, gives the best advantage to local kids. If you have supplies you would like to donate to a school, please bring them with you and give them to your Trip Leader. Please avoid excessive plastic wrapping, or items that will end up in refuse.

## ENVIRONMENTAL CONCERNS

From our Kilimanjaro camps, we try to carry out every item of trash that we cannot burn easily. Toilet paper, which is put in a can beside the chemical toilet, is burned by the crew before leaving each camp and some small easily burnable items can be given to them to burn at the same time. For pit stops on the trail, carry toilet paper back to camp in a plastic bag. Please keep your own trash in a trash bag and pack it in your porter duffel for removal from the mountain. Take chemical or toxic trash (such as dead batteries) back to the US with you so they can be disposed of properly.

# Packing List

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Packing the appropriate gear for your Kilimanjaro trek is integral to a successful climb, and you must have good quality equipment and several layers of clothing. With the various ecological zones of Kilimanjaro, the weather changes dramatically from the first warm days in the montane forest zone to the final frigid days in the glacial zones where nights at camp (particularly Crater Camp) will be at or below freezing with the potential for wind, rain, or snow. Trip members who have little experience with cold-weather camping or who already know that they “sleep cold” should bring additional layers for warmth.

**Pack Light!** One mistake climbers commonly make is overpacking for the climb. We remind you that on Kilimanjaro, porters will carry your duffel, and they are limited to 42 lbs. Please try to follow our packing list so the porters are not overloaded. Our Trip Leader will check your gear before the ascent to make sure you have everything you need and are packing efficiently.

**Renting Gear.** For certain gear that you may only need once, we offer gear rentals from Wilderness Travel. You can see the list of gear available to rent at the end of this packing list. Please let us know if you would like to rent any equipment or clothing and we will add the charge to your Final Invoice . The majority of our clients decide to rent the sleeping bag and sleeping pad.

**Gear Store.** To help you prepare for your WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our WT Gear Store.

## THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

## TRAVEL DOCUMENTS

- Air tickets (or E tickets)**
- Passport** — Additionally, we suggest you have a copy of your passport in case it gets lost or stolen – either a photocopy stored separately, or a picture saved in your phone or in email.
- Secondary Picture ID** — Such as a driver's license.
- Tanzania Visa** — Can be purchased on arrival at the Kilimanjaro Airport (JRO) or in advance through the Tanzania Consulate or through our recommended service, Passport Visas Express (PVE). Please note that the line to obtain a visa at the Kilimanjaro Airport can be quite long (~1 hour), so if you have time to get the visa in advance, you can avoid a long wait upon arrival. Please review the Visa section above.
- Yellow Fever Certificate** — Required only if traveling to Zanzibar or Rwanda or from Kenya. Review the Medical section.
- Expense Money** — Bring US dollars for tips (you will have the option to prepay tips on your Final Invoice). See tipping section for guidelines. Bring any additional spending money (USD is acceptable) for pre- or post-climb travel and souvenirs, so there will not be a need to exchange money.
- Travel Insurance Documents** — With 24-hour emergency contact telephone number for insurance company. (Paper or digital version)
- Wilderness Travel Final Documents** — Don't forget to bring your Final Bulletin which includes helpful information and phone numbers should your flight be delayed.

## WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

## BAGGAGE

Please note that Tanzania has outlawed the use of plastic bags. **Please do not bring plastic bags, as they will be confiscated on arrival.**

- Medium (70-110L) Soft-Sided Duffel Bag for the Climb** – Your porter will carry your duffel bag in our waterproof mountain bags. No wheels and no hard frames. Please remember that porters are limited to carrying a maximum of 42 lbs.
- Medium to Large (70-140L) Soft-Sided Duffel Bag for the Safari** – You can store your safari bag, or other non-mountain gear, securely in our office in Arusha and then switch bags upon your return from the climb.
- Locks for Duffel Bags (2)** – Locks should be TSA-compliant.
- Small (30-40L) Daypack** – Your daypack should be large enough for a jacket, raingear, water bottles, camera, snacks, and other items you want on the trail. It should be a shoulder pack with a supporting waist belt.
- Waterproof Cover for Daypack**
- Stuff Sacks or Dry Bags** – We recommend bags of various sizes to organize items in your duffel and keep gear dry.

## CLOTHING — UPPER BODY

- T-Shirts (2-3)** – Synthetic, moisture-wicking. Avoid wearing cotton which will get damp with perspiration and is hard to dry at high altitudes.
- Long Underwear Tops (2-3)** – Polypropylene, Capilene, or merino wool. 2 medium-weight, 1 thermalweight.
- Insulation Layers (1-2)** – Fleece jacket, wool sweater, or down/fleece vest. The Wilderness Travel Patagonia R-1 pullover (Available to purchase) is a great option. *\*A Fleece Sweater is Available to Rent*
- Outer Jacket** – Insulated down or synthetic jacket or parka.
- Shell Rain Jacket** – Should be waterproof (Gore-Tex), lightweight, breathable, with hood, and large enough to fit over a fleece or down jacket. *\*Available to Rent*

## CLOTHING — LOWER BODY

- Underwear (3-6)** - Moisture wicking.
- Long Underwear Bottoms (2)** – Polypropylene, Capilene, or merino wool. 1 medium-weight, 1 thermal-weight.
- Hiking Shorts** – (Optional) Quick dry. Good for hiking at lower elevations.
- Hiking Pants** – Synthetic. Pants with zippers to convert into shorts are a practical choice.
- Fleece Pants** – For use in camp, sleeping, and hiking in higher elevations. *\*Available to Rent*
- Rain Pants** – Should be Gore-Tex, waterproof, and breathable, with leg zippers (so that they can be taken off without removing your boots). *\*Available to Rent*

## WARM ACCESSORIES — HEAD & HANDS

- Warm Hat** – Fleece or wool. Should cover your ears and fit under a helmet which Wilderness Travel will provide on the day before the summit.
- Balaclava or Neck Warmer** – Quick drying and breathable. Recommend merino wool. *\*Available to Rent*
- Shade Hat** – We recommend a wide brimmed hat for more sun protection.
- Lightweight Gloves** – Light, warm, and wind-resistant. *\*Available to Rent*
- Shell Gloves** – Must be waterproof, insulated, and fit over your lightweight gloves / liners. *\*Available to Rent*

## FOOTWEAR

- Hiking Boots** – Medium to heavyweight hiking boots. Waterproof and fully broken in with ankle support. Wear your boots on the plane (in case of delayed baggage).
- Traction Cleats** – To aid in stability when walking over ice or snow. Particularly recommended for December to February climbs.
- Light to Midweight Sneakers** – For use in the campsites.
- Liner Socks (4-5)** – Very thin, wool or polypropylene liner socks. No cotton. To be used as base layer under thicker socks. Liner socks help to prevent blistering and allow you to wear thicker socks for multiple days and keep them fresh.
- Midweight Hiking Socks (2)**
- Thick Hiking Socks (2)** – Heavy wool or synthetic.
- Trekking Gaiters** – (Required) These prevent snow, small rocks, and mud from entering your boots and keep your feet and lower legs warm. *\*Available to Rent*



## HIKING BOOTS

Your boots are probably the most important item you'll take to the mountain, and they must be waterproof, warm, comfortable, and broken in! Please choose them carefully. It is a sensible precaution to wear or hand-carry your hiking boots on the plane. Nearly everything else can be replaced in case of baggage loss, but not a pair of well-fitted, fully broken-in hiking boots.

For this trip, you need medium- to heavyweight hiking boots designed for on- and off-trail hiking with multi-day hikes in mind. Lightweight boots don't offer the high degree of ankle support and foot protection you need. Full-grain leather is extremely water-resistant and durable and is preferable to split-grain leather or nylon. Remember that full-grain leather boots tend to be stiffer and will need a break-in period. If you are shopping for new boots, ask your store about boots with built-in Gore-Tex-type waterproof barriers that enhance water-resistance. If you have old full-grain leather boots, coat them with silicon waterproofing material to increase their water resistance. Waterproofing materials wear off over time and need to be re-applied. Gore-Tex boots are considered waterproof for one year unless the membrane is punctured.

If you're buying a new pair of boots, make sure a qualified salesperson gives you proper guidance in determining fit. Don't buy any boots that you are not permitted to return after wearing for several hours around the house. Blisters caused by improperly fitted or insufficiently broken-in boots are the most common and painful problem encountered on hiking trips. Before you depart, you should be able to wear your boots for a full, active day with no discomfort. Even boots you have owned for years can sometimes produce blisters when you are doing this amount of hiking. Limber up feet and boots before departure, and bring a blister kit with an ample supply of Second Skin and long-lasting gel-type bandages.

## TREK ACCESSORIES

- Reusable 1L Water Bottles (2-3)** – i.e. Nalgens. Wide-mouth bottles are easier to fill. Single-use plastic water bottles are not allowed on the mountain. *\*Available to Rent*
- Headlamp** – Quality LED headlamp. Bring plenty of extra batteries (3-4 extra sets) because cold temperatures on Kili significantly reduce their life. Bring a spare bulb as well.
- Collapsible Walking Poles** – Strongly recommended for the entire climb, and especially important for support on the descent. *\*Available to Rent*
- Sunglasses (2)** – We recommend sunglasses with side shields and 100% UV protection. A spare pair of sunglasses is invaluable should your first pair be broken or lost.
- Trail Snacks** – There is plenty of food on the trip, but for variety and snacks during the climb, we encourage you to bring a small supply of your own favorite trail snacks, such as raisins, hard candies, M&Ms, dried fruits, chocolate bars, granola bars, decaffeinated tea/coffee, powdered drink mixes, trail mix, and energy bars (we recommend 2 energy bars per day). Ginger candies or chews have been said to help with nausea that may come with the altitude.
- Carbohydrate Energy Gels & Chews** – At high altitudes, we find that high energy chews are key (easy to digest and high calorie). Clif Shot Bloks or Gatorade Prime Energy Chews are both good options.

## TOILETRIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Basic Toiletries** – Toothbrush, small tube of toothpaste, deodorant.
- Spare Contact Lenses and/or Prescription Glasses** – If applicable.
- Biodegradable Soap** – i.e. Dr. Bronner's or No Rinse body wash.
- Small to Medium Trekking Towel** – Small and quick-drying. Twice a day, your porters will deliver a basin of warm water so you can wash up in your tent using your bio-degradable soap or face wash and your small camp towel.
- Cleansing Wipes** – Wet wipes can be used for personal hygiene and washing your face.
- Anti-Bacterial Gel** – For hand sanitizing.
- Sunscreen** – Sunscreen is vital at high altitudes. Bring SPF 30 or stronger. At moderate to high altitudes on Kilimanjaro, we strongly recommend the additional use of zinc oxide.
- Insect Repellent** – Repellents with DEET are recommended. DEET content of about 30-35% is ideal (higher DEET content is not recommended). Wipe DEET off your hands before touching plastic surfaces (such as binoculars) as it can damage plastic.
- Moisturizer** – For dry air on Kilimanjaro.
- Lip Balm** – SPF 30 or stronger.

## PERSONAL FIRST AID KIT

- Basic First Aid Kit** – A small, basic First Aid kit can be purchased at REI, Eastern Mountain Sports, or your local outdoors store. Should include Band-Aids, Neosporin, blister bandages (i.e. Moleskin or 2nd Skin), and throat lozenges.
- Ibuprofen** – For muscle pain or headaches which are common at altitude. On the mountain, stronger medications such as Tylenol with codeine may mask symptoms of altitude sickness and are not recommended.
- Altitude Medication** – i.e. Diamox, Procardia, or Decadron. This prevents and combats altitude sickness. Please consult your physician.
- Anti-Malarial Prophylaxis** – Anti-Malarial medication is recommended for all travelers who will be arriving for a pre- or post-climb safari or other travels in Tanzania, including Zanzibar. You are highly unlikely to contract malaria on the actual Kilimanjaro Climb, which is too high and cold for the anopheles mosquito (the species that carries malaria); however, there is a risk of coming in contact with anopheles mosquitos at the Kilimanjaro Airport and in Arusha. Please consult your travel clinic to discuss your full travel itinerary and whether they recommend anti-malarial medication.
- Anti-Diarrheal** – i.e. Imodium. If you wish to also bring an antibiotic for diarrhea prophylaxis, please consult your physician.
- Anti-Nausea** – i.e. Compazine. (Suppositories work the best with nausea)
- Antihistamine for Colds** – i.e. Sudafed. Avoid codeine as a cough suppressant because it slows respiration.
- Prescription Medications** – Properly labeled.

## SLEEPING

Wilderness Travel provides a high quality sleeping bag (with stuff sack) and pad. We recommend that you use these items as they are high quality and will save space in your luggage. Let us know if you prefer to bring your own equipment.

- Sleeping Bag** – The Wilderness Travel bag is a Mountain Hardware Lamina sleeping bag rated to -30°F. At 18,800 feet (the summit campsite), you may be camping on snow and the cold is intense. If you bring your own bag it should be rated to at least -20°F (synthetic fill is better than down because it keeps you warm even if it gets wet). Stuff your sleeping bag into a standard “stuff sack”.
- Sleeping Pad** – The Wilderness Travel pad is a Therm-a-Rest pad (full length). If you bring your own pad make sure it is Ensolite or Therm-a-Rest (not foam), full length only.
- Sleeping Bag Liner** – This adds a lot of extra warmth to your bag. For clients who sleep warm, Wilderness Travel’s -30°F sleeping bag should suffice.

## KILIMANJARO OPTIONAL ITEMS

### Optional Electronics / Entertainment:

- Camera** – With extra memory card and battery.
- Smart Phone or MP3 Player** – To listen to music or audiobooks, take photos, use as a travel clock, etc. (If you use to listen to music – don’t forget earbuds).
- External Battery Pack** – If you would like to use to charge your electronics. There will be no outlets on the climb.
- Playing Cards** – For downtime in camp.
- Reading and Writing Material**

### Optional Clothing / Accessories:

- Knee Support** – If you anticipate knee problems, bring ACE bandages or knee braces for the descent.
- Bandana** – To protect your neck from the sun.
- Hand and Foot Warmers (3-5 sets)** – For high altitude days and cold nights.
- Down Booties** – To keep your feet warm at night in the tent. It can get muddy around the camp, so most climbers do not wear booties outside their tent.
- 2-3L Water Bladder** – i.e. Camelback. These are good at lower elevations and make it easier to drink frequently and stay hydrated on the trail. But they are prone to freezing at higher altitudes unless you have a tubing insulator. If you bring a water bladder, you should also bring at least 2 water bottles. Always use a cover on the mouthpiece. Mouthpieces are easily contaminated with bacteria and can cause sickness.
- Urine Bottle** – To urinate in a water bottle at night. This is helpful for the cold, high-altitude nights when you prefer not to leave the tent for the toilet tent.
- Money Belt or Neck Pouch** – Carry your passport, credit cards, and cash with you when you travel in a money belt or neck pouch tucked down inside your shirt. Not needed for the climb.

### Additional Suggestions for Women:

- Sports Bras (2)** – Moisture-wicking.
- Hair Ties**
- Feminine Hygiene Products**
- Panty Liners** – To keep underwear fresh for longer.
- Pee Funnel** – Some female climbers swear by the Sani-Fem Freshette or Go Girl, funnel-type devices that women can use to urinate into a bottle. This is helpful for the cold, high-altitude nights when you prefer not to leave the tent for the toilet tent.

### Optional Toiletries / Personal First Aid:

- Ear Plugs** – To block out snoring and camp noise.
- Small Nail Brush** – To keep hands and nails clean.
- Fingernail Clippers**
- Small Mirror**
- Tube of Vaseline** – To protect face and hands from dryness at altitude.
- Dry Shampoo** – Or No Rinse Shampoo. Twice a day, your porters will deliver a basin or warm water so you can wash up; however, it is difficult to wash your hair as often as you may like (and you probably won't want to get your hair wet at the colder high altitudes!), which makes dry shampoo a great option.
- Toilet Paper** – Toilet paper will be provided, but the local variety is very coarse. You can bring travel packets or a roll from home and remove the cardboard.
- Pepto-Bismol** – For heartburn or indigestion at altitude.
- Hydrating Eye Drops** – The mountain air is very cold and dry.
- Other First Aid Kit Items** – Antiseptic wipes/spray, tweezers, nonstick sterile pads, baby powder/foot powder, insect bite treatment, Aloe vera.

## ADDITIONAL EQUIPMENT & CLOTHING FOR SAFARI EXTENSION

On safari, most people wear shorts and a T-shirt during the day and long-sleeved shirts and long pants in the evening. In a few areas we visit, it can get quite chilly at night. If you are sensitive to the cold, bring a warm layer for early morning and late-night game drives, when riding in an open vehicle can feel cold. It is preferable that your daytime clothing be in neutral colors to blend in with the surroundings. White and bright colors tend to scare away the animals.

Limited overnight laundry service is available at the Mount Meru Game Lodge (Day 11) at an extra charge if you give them the laundry as soon as you arrive, otherwise it may not be done when you depart the next day (note this option is expensive). Laundry service is not available in safari camps. If you do not plan to do laundry at Mount Meru Game Lodge, we recommend that you bring separate clothes for the safari, since your trekking clothes will get quite dirty.

- Camera with Zoom** – With spare batteries or charger, spare memory cards.
- Binoculars**
- Plug Adaptor / Converter** – Bring Type D (3 Round Pins) and Type G (3 Rectangular Prongs). On safari, the main lounge tent will have outlets to charge camera batteries.
- Game Drive Attire** – Shorts, long pants, t-shirts, long-sleeved shirts, wide brimmed hats, and sunglasses.
- City / Hotel Attire**
- Lightweight, Waterproof Windbreaker**
- Texas or Rubber Thongs**

**Zanzibar Extension** – The climate is tropical; temperatures are warm to hot. For cultural reasons, please dress modestly in Stone Town, the capital. Female travelers in Stone Town should wear clothing that covers shoulders and legs.

## AVAILABLE TO RENT FROM WT

We have a selection of high quality gear available to rent in our local Arusha office. This is a great option for any equipment that you will not need to use again after the Climb or any equipment that you do not wish to carry with you to Tanzania.

### **Gore-Tex Wind/ Rain Shell**

Jacket – \$50

Pant – \$42

### **Warm Upper Body Layers**

Lightweight Crew – \$15

Midweight Zip – \$10

Fleece Climbing Sweater – \$30

### **Warm Lower Body Layers**

Midweight Bottom – \$18

Fleece Sweat Pant – \$16

### **Accessories**

Mountain Glove Shells – \$18

Dryclime Glove Liners – \$6

Balaclava Scrap Cap – \$10

Gaiters – \$10

Backpack – \$25

Water Bottle – \$15

Trekking Poles – \$30

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# Reading List

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## ESSENTIAL READING

### **The Snows of Kilimanjaro**

*Ernest Hemingway*

1995, 154 PAGES

Set in Africa, this collection of 10 prime Hemingway stories includes not just the famous title story but also *The Short Happy Life of Francis Macomber*, a chilling masterpiece about an American couple on a big game safari.

### **Kilimanjaro, A Photographic Journey to the Roof of Africa**

*Michel Moushabeck*

2009, 160 PAGES

In this spirited account, featuring 200 color photographs, Moushabeck and Schulz weave stories of their own trek on Kilimanjaro's scenic and less-visited Lemosho route with the history and nature of Africa's greatest mountain.

### **Kilimanjaro, To the Roof of Africa**

*David Breashears*

2002

This strikingly beautiful celebration of Kilimanjaro, originally presented in IMAX theaters, focuses on the history, nature and beauty of the mountain along with the experiences of the trekkers.

### **Kilimanjaro, A Trekking Guide to Africa's Highest Mountain**

*Henry Stedman*

2014, 368 PAGES

This indispensable guide includes practical information, an overview of history, nature and people of the region and chapters on preparation, perils and pleasures of the trek.

### **Kilimanjaro & Tanzania North Map**

*ITMB*

2013

A full-color topographic map of the great mountain at a scale of 1:62,500 with routes clearly indicated.

## ALSO RECOMMENDED

### **Altitude Illness: Prevention and Treatment**

*Stephen Bezruchka*

2005, 128 PAGES

Bezruchka, a mountaineer and M.D., includes case studies, frequently asked questions and simple methods of diagnosis and treatment in this indispensable pocket guide.

### **African Wildlife**

*James Kavanaugh*

2018

A laminated foldout guide illustrating almost 150 species of African animals, designed for quick reference in the field.

### **Kingdon Pocket Guide to African Mammals**

*Jonathan Kingdon*

2005, 272 PAGES

A conveniently compact edition of Kingdon's gloriously illustrated Field Guide to African Mammals. The guide includes abbreviated information on identification, distribution, ecology and conservation status and 480 outstanding color illustrations and maps.

### **Bradt Safari Guide Northern Tanzania**

*Philip Briggs*

2017, 424 PAGES

A compact, practical overview of the history, wildlife and attractions of the Serengeti and surrounding parks, including Zanzibar.

### **The Tree Where Man Was Born (Penguin Classic)**

*Peter Matthiessen*

2010, 368 PAGES

A classic portrait of East Africa, enthralling in its detail on nature and daily life. Includes Maasai, Ngorongoro, the Kenyan highlands and Matthiessen's field trips, safaris and adventures in the Serengeti.

### **Tanzania Map**

*Nelles*

2009

A double-sided map with neighboring Rwanda and Burundi.

### **Lonely Planet Swahili Phrasebook**

*Lonely Planet*

2014, 260 PAGES

A pocket phrasebook, dictionary and language guide for the traveler to East Africa.

### **Serengeti National Park Map**

*Ma Company (Tanzania)*

2014

This detailed, full-color sketch map of the Serengeti ecosystem includes camps, lodges, watercourses, habitat and topography.

### **The Kingdon Field Guide to African Mammals**

*Jonathan Kingdon*

2015, 544 PAGES

This stunningly-illustrated, comprehensive field guide by a leading authority includes over 500 of Kingdon's exquisite color paintings. Fully revised and updated with more than 1,100 species.

### **Wildlife of East Africa**

*Martin B. Withers*

2002, 256 PAGES

This take-along guide to 475 common species of birds, mammals, reptiles, insects, trees and flowers of East Africa features full-color photographs with detailed descriptions on facing pages.

### **Birds of Kenya and Northern Tanzania**

*David Pearson*

1999, 576 PAGES

Ideal for the Serengeti, this field guide features 124 stunning color plates.

### **Tanzania Travel Reference Map**

*ITMB Canada*

2017

A map at a scale of 1:1,300,000 with updated road information.

### **Kilimanjaro National Park Map**

*Ma Company (Tanzania)*

2010

This sketch map of Kilimanjaro, at a scale of 1:59,000, isn't just a handsome souvenir, it shows trekking routes, camps, geographic features and topography in detail.

### **Explore Mount Kilimanjaro**

*Jacquetta Megarry*

2013, 96 PAGES

An ingenious, water resistant, spiral-bound guide to the Marunga, Machame and Rongai trekking routes with foldout, color maps.



### **The Shadow of Kilimanjaro**

*Rick Ridgeway*

1999, 288 PAGES

Ridgeway recounts his walk from Mount Kilimanjaro across Tsavo National Park to the Indian Ocean in the company of Iain Allan (and an armed guard). It's a perceptive overview of Kenya, its wildlife and conservation by an appreciative observer.

### **Footprint Kilimanjaro & Northern Tanzania**

#### **Handbook**

*Lizzie Williams*

2016, 176 PAGES

A sturdy practical guide in the British Footprint series, featuring in-depth practical information, sketch maps and an overview of history and culture.

### **Treasure of the Golden Cheetah**

*Suzanne Arruda*

2010, 384 PAGES

Set in atmospheric 1920s East Africa, Suzanne Arruda's fifth Jade del Camerone mystery places her intrepid photojournalist on the slopes of Kilimanjaro, where a glamorous Hollywood film shoot is soon ruffled by a killing and what might not be the suicide it appears. Great fun.

Revised: December 12, 2019

### **Kilimanjaro National Park**

*Harms IC Verlag*

2013

A two-sided topographic map of Kilimanjaro National Park with the mountain on one side at 1:100,000 and insets of Arusha, Moshi, Kibo and the Tanzania Northern Circuit on the other side.

### **Kissing Kilimanjaro**

*Daniel Door*

2010, 244 PAGES

How far one man will go to impress a woman and conquer Africa's highest mountain? And what if it takes two attempts (Machame, followed by the Rongai Route)? Daniel Door's account of the climb with the love of his life captures the beauty and challenge of getting to Africa's highest mountain.