

Kilimanjaro Preparatory Information



Activus Outdoors use high-end mountaineering equipment to ensure that you are comfortable and warm during your Kilimanjaro climb. Tents are rated for use in harsh environments with sub-zero temperatures and strong winds and equipment is regularly inspected and replaced where necessary. Moreover, all our staff are highly trained in safety issues: we employ Wilderness First Responder Certified guides, and First Aid certified porters.

Sleeping Equipment

- Mountaineering sleeping tents - North Face Summit Series tents: VE25, Mountain 25, Mountain & Him 35
- One three man tent for every two guests
- Pillows
- Cold weather sleeping mattresses
- Mess Tents
- Marmot Lair 8P for large groups
- Mountain Hardwear Satellite for small groups

Living Equipment

- Tables
- Chairs with backs
- Dining tent
- Toilet tent
- Water filters

- Staff tents
- All necessary kitchen items
- Shower tent rental (\$300 per group)

Safety Equipment

- First Aid kits
- Pulse oximeter
- Two-way radio communication
- Portable altitude chamber on Crater Camp ascents

During the climb our porters will transport your gear as well as the food and equipment from camp to camp. We use large waterproof bags to store your personal gear and equipment to protect it from any rainy weather on the mountain. It is not necessary for you to purchase an expedition pack for the climb; a soft sided duffel bag without wheels is sufficient. Pack your sleeping bag and clothing inside plastic bags for extra protection in case of heavy downpours.

Also, check the detailed packing list for your personal gear. We have many items for rent including 0 degree Fahrenheit sleeping bags, summit jackets, walking poles, balaclavas, fleece jackets and pants, rain gear, mountaineering gloves, and many other items. Our guides perform a gear check prior to your climb to ensure that your equipment is adequate and all in good working order.

Because of weight restrictions on porters' bags, each climber's gear bag must weigh **no more than 15 kg**. Porters will walk ahead of you on the trail. The same porter will carry your bag each day and will place it in your tent's vestibule. Your tents will be set up when you arrive at camp, but you will unpack your own gear bag. For Mount Meru, you will receive your gear bag when you arrive at the rest station. You will not have access to the luggage carried by the porter until you reach the camp/hut each evening.

In addition to your gear bag, please pack a day pack to carry during the hike each day. Be sure your day pack has a waist strap and good back and shoulder support. We recommend carrying the following items in your day pack:

- Waterproof rain gear
- 2 - 4 litres of water
- Camera
- Lunch
- Extra fleece jacket
- Passport
- Money

The five items below are available for rent in Tanzania.

- 0 degree Fahrenheit sleeping bag: \$30 each
- Insulated jacket or soft shell/insulated layer combination: \$30 each
- Walking sticks (pair): \$25 each
- Jackets and pants: \$15 each item
- Hats, gloves, gaiters and balaclava: \$10 each item

Personal Packing List

1. 1 pair of waterproof hiking boots
2. 1 pair of tennis shoes or light hikers
3. 5 pairs of wool or polypro socks - medium/heavyweight
4. 2 polypro shirts
5. 2 pairs of sock liners
6. 2 sets of polypro long underwear (top & bottom)
7. 2 pairs of hiking shorts
8. 1 pair of hiking pants
9. 1 pair of fleece pants
10. 3 wool or fleece sweater/pullovers
11. 1 water/wind-proof (Goretex) shell jacket
12. 1 pair of insulated rain/wind (Goretex) climbing pants
13. 1 pair of wool or fleece gloves - medium weight
14. 1 pair of wind/waterproof gloves - heavy weight
15. 1 windproof wool or synthetic stocking cap
16. 1 sun hat
17. 1 balaclava
18. 1 pair of gaiters
19. 1 pair of sunglasses
20. 1 pair of walking sticks
21. 1 expedition pack or duffel bag for gear
22. 1 day pack
23. 1 sleeping bag (rated to 0 F)
24. 1 headlamp & spare bulb
25. 1 camp towel
26. 1 pocket knife
27. 4 x 1 litre water bottles
28. 1 sun cream - 30+SPF
29. 1 sunproof lip balm
30. Some large plastic garbage bags
31. Some ziploc storage bags of various sizes
32. lightweight toilet articles - toothbrush & paste, floss, soap
33. 6 extra batteries
34. 1 travel wallet
35. 1 camera
36. Several energy bars, electrolyte powder & snacks (energy gel is best for summit day) 2 per day

Personal First Aid Kit

- Anti-malarial medicines
- Cipro (general antibiotic)
- Topical antibiotic
- Diamox (altitude)
- Headache medicine (Ibuprofen)
- Imodium (diarrhoea medicine)
- Pepto or Antacid (Rolaids) rolls (stomach acid medicine)
- Flu/sinus medicine
- Neosporin (cuts)
- Plasters
- Moleskin foot pads

