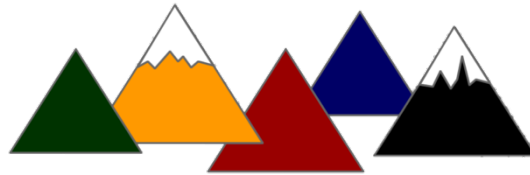


SUMMITS AFRICA



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PACKING GUIDE

*“On a long journey,
even a straw weighs heavy.”*

Spanish Proverb

MT KILIMANJARO / MT MERU / MT KENYA

For technical Mt Kenya ascents, a different Packing List must be referred to.

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INTRODUCTION

In this document you will find a list of items we believe to be essential for your ascent and a list of items that will make your trip more comfortable. While what follows is a fairly extensive list, clothing and equipment are also a personal thing. For example, some people prefer a down jacket to a fleece, others prefer a camelback to drinking from a water bottle. Therefore, when reading through the document keep this in the back of your mind.

EQUIPMENT – HIRE OR BUY?

Trekking can be an expensive hobby to undertake and we fully understand tackling a high altitude summit could well be a once in a lifetime adventure for some people. So where does that leave you? Generally speaking, most people already have a lot of the clothing required as they tend to hike as a hobby already. This leaves some of the more technical equipment like head torches, poles and layers to handle the extreme cold only left to buy.

We would definitely recommend buying your own pair of boots (for reasons see section on footwear). Anything else can be rented and is really down to your own personal choice. If hiring equipment though, please make sure it works beforehand and that you are comfortable using it. For example, if you have rented poles make sure that they extend fully and the latches aren't broken.

We have some kit to hire in Tanzania but it should only ever be used for people who have lost or forgotten their own equipment as we cannot guarantee we will have the kit spare.

LAYERS

Layering your clothes is essential when trekking anywhere and no less so on the mountain. By dressing in multiple lighter layers, as opposed to a single thick or bulky layer, the hiker is able to better adapt to a wider range of conditions. Layers can be removed or added according to the weather and/or exertion level at any given time.

Ideally your clothing selections should complement each other so that each layer works together as part of a flexible overall system designed to maximize efficiency and comfort.

IMPORTANT: If the conditions demand, you should be able to comfortably wear all of your clothing simultaneously.

When it comes to the outdoors, there are three principal layers: **Base Layer**, **Mid Layer** and **Outer Layer**.

BASE LAYER

- The foundation layer worn next to the skin.
- Keeps the skin dry by wicking away moisture.
- Ideally it should be lightweight and dry quickly.
- Avoid cotton which clings to the skin when wet, doesn't insulate and takes longer to dry.

MID LAYER

- The warmth or insulation layer/s. It keeps the warm air in and the cold air out.
- Can be multiple items, depending on the temperature and conditions.
- Common examples include fleece, down or synthetic insulation.
- Fleece is good for quick drying and breathable warmth whereas down is extremely effective in colder temperatures and great for low intensity activity or keeping warm in camp at night.

OUTER LAYER

- Provides protection from the wind, rain and snow.
- It should be both windproof and waterproof but also breathable to allow your base and mid layer to wick the moisture and heat away from your body.

FOOTWEAR

“When you have worn out your shoes, the strength of the shoe leather has passed into the fiber of your body. I measure your health by the number of shoes and hats and clothes you have worn out. He is the richest man who pays the largest debt to his shoemaker.”

Ralph Waldo Emerson

Footwear is, without a doubt, the most personal and important choice when it comes to trekking. Your jacket, a bit loose or a bit tight, for the most part it will still do its job. Your shoes however, too small and they could steal your toenails, too big and they will cause you irritating blisters. The British Army call their boots their land rovers – they are the most important piece of kit in one’s outdoor arsenal should not be sniffed at.

So how do we choose the right shoes for a mountain like Kilimanjaro? Especially with the hundreds of different options available staring blankly back at you from the shelves in the store. It can be a daunting experience even for the mountain savvy but after reading this section on choosing your footwear, hopefully you will be better armed when entering that mountain footwear arena.

GENERAL ADVICE

1. Go to a reputable adventure shop who knows what they are talking about when it comes to footwear.
2. Tell the shop attendant where you plan to use your boots and ask for his advice.
3. Your boots should have ankle support. Mountains are an extremely easy place to roll or even break an ankle. Not something you want to do on day 1 after travelling so far to conquer a mountain only to be defeated at the first hurdle; especially when it could have been so easily avoided.
4. Don’t rush buy your boots. Your boots are a big investment, if you don’t feel completely happy with them then try a different pair.

OPTIONS

It is said that each pound (0.45kg) on your feet equates to at least five pounds (2.3kg) on your back. That shouldn’t mean however that you sacrifice other important qualities in order to save a few grams on your feet. In our minds there are only really 2 options when it comes to mountain boots. That being said, we see a lot of people on the mountain with a third option, which works fine almost all of the time. However, if the weather closes in, the temperature drops and the rain clouds break, it will be the extremities of the body that are hit first.

The 3 options for mountain and high altitude trekking are:

B2 Alpine Boots

- Designed specifically for the mountain environment
- Weight: 1kg (2.2lbs) and up
- Stiffened mid-sole
- Higher ankle profile
- Thicker upper with the facility to attach crampons
- Great for someone who climbs mountains regularly and ventures above the snow line
- Expensive as more technical than other options.

Heavyweight Boots

- Usually all-leather.
- Weight – 1.5 kg (3.3 lbs.) and up. Considerably more if water gets inside after days of walking through mud and crossing rivers.
- Generally, require a long break-in period.
- The most durable, waterproof and warmest of all trekking footwear.
- Can be expensive

Lightweight Boots

- Generally, weigh between 1 (2.2 lbs.) and 1.5 kg (3.3 lbs.).
- Most popular footwear for backpackers.
- Often made from a fusion of synthetic materials, suede and occasionally split-grain leather.
- Require very little break-in time.
- Comfier, more breathable, and dry quicker than their heavier equivalents. Less so than trail runners and running shoes.
- Most high-end models come with a waterproof-breathable lining. Such linings usually work OK whilst the shoe is new, but lose their effectiveness after repeated wear.
- Not as durable as heavier, leather models, but more durable than trail runners.

THE MOUNTAIN

Now that we have discussed the types of boot, let us look more closely at the terrain we can expect on mountains like Kilimanjaro, Meru and Mt. Kenya.

Temperature

Varied. It can be as high as mid 20's (°C) during the day in the lower sections and down to -25°C (including wind chill) at the summit. Our advice would be to plan for the cold as it's much easier to deal with hot feet than a case of frost nip at the summit.

Rain

Rain is highly likely at some point at least during your hike on the mountain. Gortex or a similar waterproof boot is essential for your trek to keep your feet dry and warm.

Snow

Depending on the time of year you intend to climb will decide the amount of snow that there is at the higher elevations. This is where the B2 Boot comes into its technical element as you can attach crampons however, you can also purchase ice grippers, which will fit any non-technical boot. When walking on snow for a period of time, the cold WILL penetrate the boot so it is just as essential to have a good pair of thermal socks inside your boot as well.

YOUR FEET

Your feet are unique to you for a number of reasons and therefore a notoriously difficult subject to advise on. Depending on the type of arch you have, the length of your toes, the width of your foot and even the past injuries you have sustained all has a huge bearing when walking.

The gold standard of advice on all matters to do with feet would obviously come from a podiatrist and if you are serious about hiking we would strongly suggest an appointment with one as your feet can easily affect the rest of your body if not looked after correctly.

It is worth mentioning that different makes of shoes will fit different types of feet better. For example, one make will suit a wider foot whereas another will suit a thinner foot more.

SIZE

Over the course of a long hike your feet WILL swell. This is especially true when hiking in hot conditions. Shoes that feel nice and snug in the store, will most probably feel tight and uncomfortable after a few long days on the trail.

Many sales people will recommend a gap of one finger between your heel and the back of the shoe. This is a personal preference but you can go up to 2 fingers even. It is easier to wear another thin pair of socks until your feet swell than to have boots that are too tight. Tight boots also cause your toes to hit the front of the boots during the descent, which after time can lead to losing a toenail or 2!

If possible, try the shoes on with the same socks you will be wearing on the hike. Before purchasing walk up and down stairs, run around the store and wiggle your toes vigorously. If there is any tightness whatsoever, the shoes are too small. Most decent stores will have an area where you can simulate walking up and down hills. Some stores will also let you take the shoes home and walk around inside as much as you want to make sure the fit is correct, which is worth considering. Remember, your feet WILL swell.

BREAK THEM IN!

No matter what your choice in footwear, go for at least a few hikes before embarking on a multi-day trek. Your feet will need time to adapt. This especially holds true if you purchase boots, which may require weeks of regular wear before they feel completely comfortable. Blisters are much easier to deal with new boots after a single day's trekking. Blisters on the mountain, when you have another 4 days to hike, can be much more bothersome!





ESSENTIAL ITEMS CHECKLIST

#	Item	Quantity	✓
1	Thermal Hat	1	
2	Wide Brimmed Hat	1	
3	Sunglasses	1	
4	Scarf / Buff® (strongly recommend buff)	1	
5	Headlamp + spare batteries	1	
6	Waterproof Jacket with Hood	1	
7	Heavyweight Fleece	1	
8	Lightweight Fleece	1	
9	Hiking Shirts	2-3	
10	Thermal Gloves (a thin inner glove that can fit inside the waterproof outer glove)	1	
11	Waterproof Outer Gloves / Mittens	1	
12	Thermal Base Layer - Top	1	
13	Thermal Base Layer - Bottom	1	
14	Lightweight Trousers	2	
15	Waterproof Trousers	1	
16	Hiking Socks (1 pair per day)	6-8	
17	Waterproof Hiking Boots (worn in)	1	
18	Spare Shoes for in Camp (training shoes are fine)	1	
19	Gaiters	1 pair	
20	Walking Poles	2	
21	Water Bottle (1 Litre)	2-3	
22	Sun Cream > factor 25, preferably 40	1	
23	Small Towel	1	
24	Kit Bag – soft (so that we can put it in our custom designed porter bags easily). Porters carry this. It is highly recommended that you put all items in a large plastic liner, or even separate out in a few plastic bags to keep everything 100% dry.	1	
25	Daysack (around 30 litres for waterproofs / water and any other essentials when walking day to day)	1	
26	Medication	NA	
27	Insurance Details (reference number & telephone number)	1	
28	Emergency Contact Number	1	

SUPPLEMENTARY AND PERSONAL CHECKLIST

ITEM	QUANTITY	√

ESSENTIAL ITEMS – NOTES & TIPS

#	Item	Notes	Tips
1	<p>Thermal Hat</p> 	<p>A fleece or woollen beanie is ideal for the cooler temperatures in the evenings and will be invaluable in the event of cold weather and during the summit bid.</p>	<p>A beanie should be a snug fit with minimal loose ends</p> <p>Make sure the hat is from a reputable company as many of the “designer” brands will not be windproof and lose their thermal properties if they become damp.</p>
2	<p>Wide Brimmed/Sun Hat</p> 	<p>Your sun hat should be worn at the lower camps and should provide ample coverage for the face.</p> <p>A full brimmed hat is good for added shade and increased sun protection. Additionally, a neck scarf should also be considered to protect the back of the neck.</p>	<p>Too much exposure to direct sunlight, especially at altitude, can lead to sun stroke and being very uncomfortable during your climb.</p> <p>Sun block is essential too but a hat will provide the best protection from the sun.</p>
3	<p>Sunglasses</p> 	<p>Your sun glasses should have 100% UVA and UVB protection and should reduce glare as well as visible light.</p> <p>The frames should be lightweight with a wrap-around design for enhanced grip and staying power.</p> <p>Additionally, side shields are recommended to block peripheral light.</p>	<p>Polarised lenses are recommended as they help to reduce glare from the sun reflected off solid surfaces. At altitude this glare is greatly increased and by neutralising the glare polarised lenses will help you see objects more clearly.</p> <p>Polarised lenses also help reduce the harmful effects of UV light.</p>
4	<p>Scarf or Buff®</p> 	<p>A scarf or Buff® are essential to protect your neck from the elements and, in extreme weather, your face as well.</p> <p>During warmer climates a scarf can also be useful for protecting the back of your neck from the sun.</p>	<p>The type of scarf you take is down to your personal preference but it should be able to cover the face completely and stay in place during extremely cold conditions.</p> <p>Our recommendation is to bring a warm weather Buff® for the lower stages of the trek and a thermal Buff® for the colder stages as they pack up small, are lightweight and keep their thermal properties when wet.</p>

Headlamp

5



Headlamps are essential to keep your hands free after the sun goes down and for the summit bid as you will be walking during the hours before sunrise.

Look for ones that have multiple lighting levels, LED bulbs and uses AAA batteries.

We recommend bringing at least 3 sets of batteries for your headlamp as the cold will affect the lifespan of your batteries considerably.

Petzl® and Black Diamond® make several models of small and efficient head lamps.

Waterproof Jacket

6



Your waterproof jacket is your outer water-repellent layer used for when it rains and as a possible extra thermal layer if required.

Your jacket should not be insulated to keep the weight in your daysack down and should be used in conjunction with thermal layers beneath the jacket for full effect.

The jacket should be Gore-Tex® or something similar but must be windproof as well as waterproof and breathable.

We recommend the waterproof jacket should have a hood to keep your head warm and dry.

When used in conjunction with a hat it should keep your face covered from the elements.

Your waterproof jacket must be able to fit comfortably over the top of all your other layers. If your thermal layers are compressed, they will lose their thermal properties.

Heavyweight Fleece

7



A thick fleece will provide added warmth during the evenings as well as on cold morning starts.

This item will more than likely be packed away during the day and only used during cold temperatures when we are in camp or stationary. However, this item will likely be worn during your summit bid underneath your waterproof jacket.

We recommend a Polartec® 200 weight Fleece or similar.

Make sure this item fits comfortably over a base layer **AND** lightweight fleece **AND** under your waterproof jacket.

Fleece Light

8



A lightweight fleece should be used as a mid-layer over your base layer during colder temperatures.

It can be used as an outer layer when feeling cold and it is not raining.

A heavier base layer made of wool or capilene material to be worn at high camps for extreme cold conditions.

A Patagonia Wool 3 or 4 or capilene 3 or 4 are recommended.

Shirts

9



Your trekking shirt acts as your non thermal base layer.

The shirt should be moisture wicking, lightweight, and designed for multi-day hikes.

Shirts should be made of synthetic material and not cotton.

A lot of the travel/hiking shirts also have mosquito repellent built in. While this sounds perfect for a continent like Africa you will find no mosquitoes on the trek due to the altitude so don't let that be the deciding factor. Clearly, if you are going on safari after your climb then it would be prudent to have.

Thermal Gloves

10



Fleece gloves are essential. Look for gloves that are Polartec® 200 weight with a leather reinforced palm.

For more protection wind proofing is available and will add an extra layer of warmth.

Waterproof Outer Glove

11



These are used for extreme temperatures and primarily worn on summit day.

Be sure your gloves or mittens have a wrist cords as well as a reinforced palms to maintain grip during wet conditions.

A removable liner is essential for drying, washing, and replacing.

Thermal Base Layer: Top





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This will be your base layer for colder mornings, evenings, and days where the temperature drops considerably.

The material should be lightweight, tight fitting, moisture wicking, and comfortable.

Thermal base layers are good to sleep in at night due to their comfort and they are usually the cleanest items in your pack.

<p>13</p>	<p>Thermal Base Layer: Bottoms</p>		<p>This will be your bottom base layer for colder mornings, evenings, and days when the temperature drops considerably.</p>	<p>Thermal base layers are good to sleep in at night due to their comfort and they are usually the cleanest items in your pack.</p>
<p>14</p>	<p>Lightweight Trousers</p>		<p>These are your everyday trousers, which will go over your thermal base layer during colder sections.</p>	<p>The trend these days is to have tight trousers; this is not the best idea when looking for hiking trousers. Good hiking trousers should give you a freedom of movement and the versatility to perform in a range of environments.</p>
<p>15</p>	<p>Waterproof Trousers</p>		<p>The waterproof shell for your legs.</p> <p>Should be waterproof, windproof and breathable.</p> <p>You will most likely wear these during your summit bid to add extra warmth to your legs during the slow ascent.</p>	<p>Make sure your waterproof trousers fit comfortably OVER your thermal base layer AND lightweight trousers</p>
<p>16</p>	<p>Hiking Socks</p>		<p>These socks are for trekking in the warmest part of the day since they are made of a Coolmax® fabric.</p> <p>CoolMax® wicks moisture, dries quickly and breathes well, keeping your feet dry and preventing blisters.</p>	<p>Tip: Pack your socks into a dry bag with some foot powder. That way if the powder leaks it only leaks on to your socks...where it's meant to be!</p>

17	Thermal Socks		Your wool socks are ideal for around camp when the temperature drops as well as on cold mornings.	A good pair of thermal socks are almost as important as the boots they are in.
	Merino wool is very comfortable and dries quickly with fewer odours than synthetic blends.	It is a common misconception that boots have thermal properties. Obviously, above the snowline specific boots will be thermal also, however, the majority of trekking boots rely on the socks worn inside for thermal gain.		
18	Thin Sock Liners		The sock liners are worn when climbing to high camps underneath your wool socks and heavier mountaineering socks.	Note. While sock liners work for the majority of people very well, it does not agree with some people. If you have never used sock liners before, you MUST trial them out before your climb.
	These help reduce blisters and keep your feet dry.	The socks should be thin and moisture wicking.		
19	Hiking Boots		Boots should have high ankle support with a solid Vibram® or equivalent sole.	Bring a spare set of laces...just in case!
	Gore Tex® or other waterproofing is recommended to have for wet days as well as added insulation.	See section on footwear for heaps more information.	Be sure to break your boots in at least 4 WEEKS prior to departure.	
20	Trainers		For use in the evening to give your feet a rest from your boots.	If it weren't for the severely cold temperatures at night we would recommend flip flops.
	Any old trainers will do as they are not needed for walking but remember it could be muddy in the campsite and it could be very cold.			

21	Walking Poles 	Collapsible poles are great for steep downhill terrain and assistance up hill. If you have knee problems, they reduce the impact on your joints by 20-30%.	A nice soft foam grip will help prevent blisters and the ones with an aluminium shaft are durable and light weight.
22	Water Bottle 	A 1 litre water bottle is essential for hydrating at lunch, around the camp, and topping up your water intake throughout the day. Stay away from glass and heavy metals and look for lexan® for durability.	For the gentlemen sleeping on his own, a third water bottle might be considered for use as a potty at night and must be labelled accordingly. A spare Nalgene water bottle can also be used at night as hot water bottle for a bit of extra warmth in your sleeping bag.
23	Sun Cream 	30 SPF or higher is recommended as well as water proof and sweat proof. Sun cream should be protect against UVA and UVB	Typically, we carry one with 45+ SPF for our faces and a 30 SPF for other exposed areas. Banana Boat, REI, Kinesis and All Terrain are good options
24	Small Towel 	The camp towel should be of a polyester nylon blend that dries quickly and compacts tightly in your pack. The large (50 X 27 inches) is a good size and can be used to wash up at the end of the day. Stay away from house or beach towels as these will stay damp and start wo smell quickly.	

Gaiters

25



Your gaiters should be lightweight and durable.
Look for Gore Tex lined with the ability to fit over your boots.
Velcro or adjustable sides for easy access is recommended.

Gaiters are fantastic at keeping water, snow and small tones out of your boots, that being said, some trousers offer strong elasticated bottoms to them. This will be acceptable AS LONG AS your boots have support well above the ankle.

Without high sided boots the elastic bottoms will be useless and gaiters should be worn.

Kit Bag

26



One we will leave at the hotel / lodge to store non- essential gear when on the mountain, such as clean clothes for changing when off the mountain and for onward travel.
The other is for carriage by the porters.

IMPORTANT NOTE: Porters carry your bags in large rubberised duffels – they cannot find a hard case in their duffle. Therefore at least one of your bags must be a soft sided duffle. This is essential.

Daysack

27



One of the most important things to look for if you need to purchase a daysack is size - 35-40L is a good bench mark.
Daysack should comfortably fit: warm kit, wet kit, head torch, water, sun cream, hat, snacks and anything else you want to keep on you. E.g. Your camera etc.

Hydration pack compatibility, hip and chest straps, frameless, good padding on shoulder straps and water bottle holders are all good features to have.

Medication

28



Any specific medication you need to take should be kept in your daysack or on your person at all times.
Make sure your guide is aware of the medication you are taking so that in the unlikely event that something does go wrong they can pass it on to the medical team.

Insurance Details

29



Your guide should already have your insurance details but you should always keep the details either in your daysack or on your person as well.





Emergency Contact






30



Again, your guide will already have these details but it would also be prudent to have your emergency contact details with you at all times.

SUPLIMENTARY ITEMS – NOTES & TIPS

#	Item	Notes	Tips
1	<p>Platypus / Camelbak®</p> 	<p>Hydrators are ideal when hiking for several hours because they enable you to drink slowly and frequently. 2-3 litres is a good size and should fit easily into your pack.</p> <p>All Camelbaks® come with a bite valve, or on/off switch, as well as a large access port for filling.</p>	<p>Your tube WILL freeze on the summit bid, please bring at least 1 if not 2 wide mouth water bottles in addition to a Camelbak®</p>
2	<p>Down Jacket</p> 	<p>An 800 fill down down and a polyester shell fabric that's extremely tough and durable, lightweight, windproof and water-repellent.</p> <p>This jacket would be worn at the higher camps and on summit day.</p>	<p>Down jackets are very popular and for good reason. The higher end down jackets are water REPELLENT but not waterproof. Don't think this can be worn instead of a waterproof jacket.</p> <p>IMPORTANT: Make sure the waterproof fits over the down jacket without compressing it too much as this will cause the down to lose a lot of its heating properties.</p> <p>For those that get cold easily seriously consider adding this item</p>
3	<p>Hand Warmers</p> 	<p>Certainly a nice to have when it gets cold but certainly not essential if you have the right kit.</p>	<p>Clients should be very careful when using these that they are not left on the mountain and are disposed of correctly.</p>
4	<p>High Energy Bars</p> 	<p>While we provide snacks on the trail, it's always nice to have your favourite chocolate bar in your bag in case you feel peckish.</p>	<p>Protein/high energy bars are next to impossible to find in Tanzania so bring with you from your country of origin.</p>

5	Wet Wipes	Very useful addition to the kit bag!	Clients should be very careful when using these that they are not left on the mountain and are disposed of correctly.	
	Poncho / Umbrella	The umbrella is a favourite of guides and porters in East Africa, plus it looks pretty cool!		
6		The poncho is also a good addition but NOT replacement for waterproof jacket/trousers.		
It is good for keeping the rain off your daysack as well.	1 st Aid Kit	Your guide will of course have a 1 st Aid Kit in his pack but it can be a good idea to have more suited medication to your individual needs.	If you are prone to getting blisters then bringing the type of plasters that work best for you is a good idea.	
7		Water Flavouring	Once on the mountain our water is purified through a charcoal filter and the puritabs are added. This does give the water a slight iodine taste.	Extra concentrate flavouring is available in most supermarkets these days. These are great as they take up a 5 th of the space in your pack.
8		Water flavouring is a great way to keep the taste of iodine away if it bothers you.		
9	Electrolytes	Electrolytes are good for replacing salts lost through sweat but by no means essential, drinking water is perfectly sufficient.	Like the flavouring, extra concentrated travel sizes are available which will easily last your whole trek.	
	Alternate between electrolytes and normal water. Too much electrolytes can lead to loose bowels if not too careful			

Dry Bags

10



You can never have too many dry bags!

A 40 Litre + dry bag used as a bag liner is great for ensuring your personal items are safe in your daysack in case of rain.

Cameras, wallets, money and any other valuables can be kept dry at all times.

A dry bag filled with soft clothes and wrapped inside a fleece makes a great pillow.

The gold standard would be to have a dry bag to line your daysack and everything else to have its own sack so that everything has a redundancy in case the first waterproofing layer fails.

Pack Cover

11



The pack cover is an additional item we recommend everyone carry in case we encounter heavy rains.

The pack cover should have a drawstring cord and elastic edges to fit firmly over your bag.

A 40 Litre cover will work well on any day pack.

A pack cover is a less effective but much cheaper option to dry bags.

Playing Cards

12



During the long afternoons a pack of cards can be extremely useful while you acclimatise.

Ear Plugs

13



If you are a light sleeper, we would recommend in some earplugs.

There is not much we can do about the heavy snorers on the other side of the campsite unfortunately.

Pocket Knife

A knife or a multi-tool is always a useful addition to any pack.

14



Sandwich Bags

As previously stated, we have a strict “leave no trace” policy. If you find yourself caught short on trail and need to go to the loo, a resealable sandwich bag or dog poo bag are perfect for collecting tissue paper so that they can be disposed of properly once in camp.

15

