

# GEAR GUIDE



This gear guide is for your **reference** and act as **guide** for your gear purchase and by no mean you must followed to the bone. As there are many brand of gear out and each are unique and specific. Also I am by no mean just promoting one brand here but merely because there is only one

such shop and brand that is available here at the moment. Shopping for the right take time and advice is that you should start looking and compile your own requirement base on this **BASIC GUIDE**

## Upper Body

Headwear ( protection from sun and other element )



**BaseBall Cap or Sun Hat**



**Balaclava**  
a must wind stopper material



**Buff / Bandana**



**Glacier Glasses**  
polarizes and anti glaze also have retainer strap



**Head lamp**  
for midnight summit but also useful for night use at camp or tent. Recommend 50 Lumen and at least 35m and 140h or more.

## Hand Wear

( protection from sun and other element )



**Lightweight liner gloves**  
1 pair, quick dry material should thin and wind stopper and fit inside heavy mint or big glove



**Heavy / Big Mountain glove or Ski glove**  
Gore-Tex with insulated removable

## Footwear

( protection from enviroment and weather )



**Cross Trainer or sneaker**  
1 pair of comfortable trainer or a sneaker for camp usage



**Hiking Boot / Mountain Trek Shoe**  
1 pair high cut durable, water proof insulated linear hiking shoe that you will using for 6-7 days. Prefer less time to break - in the shoe should start wearing at least a **few week before going to Kilimanjaro.**



**Gaiter**  
1 pair very reliable and Gore -Tex is possible and knee length a must or calf high to keep shoe and linear dry away from dirt and rock esp in certain route in Kilimanjaro. Make sure the strap is durable.



**Sock**  
prefer a 1 pair for each day of climb and on last day wear 2 pair. \*Make sure no cotton - reason smell and material and blister

Hiking sock	7 pairs: recommend expedition sock
Linear sock	1 pairs for summit climb
Sleeping sock	1 pair or 2 pair for sleeping use warm wool socks.

## Technical Bodywear

( protection from weather )



### Lightweight long underwear

2 pair ( top & bottom ) Capilene, synthetic or wool ( **no cotton** ). Dry fit or anti-bacteria and quick dry material **\*remember you will wearing these for 7 days!** **Not include sweat and odor.** Definitely one single set for summit assault night. However most will put 2 pair on assault nite but if you have a good outer layer and wind proof jacket else 1 pair is sufficient.



### Gore Tex Jacket ( a must )

Lightweight/waterproof/breathable with hood that can withstand **EXTREME** weather condition – a Full-zip version preferred. To be use over fleece



### Down or Synthetic Parka with hood

Lightweight but still have higher quality down filling ( meant to keep you warm in coldest weather esp during camp nite out and evening ) I used during camp stopover and also for camp mawenzi used it for sleeping. Good use for stationary place where one is not walking etc.



### Synthetic / Soft Shell Jacket ( optional )

Mid to Heavy ( Breathable or Wind Proof ) meant to accompany trekking usage during the day, also shield against slight wind or rain. Meant to compliments trekking fleece.



### Heavy Warm Jacket / Fleece

Polartec or Polarguard or Fleece jacket ( Full Zip suggested )



### Shirt

recommend or suggested 1 pcs for each day of climb but for last 2 days use heavy weight shirt prefer long sleeve ( so that the sweat and odor will not affect your outer fleece)



#### Light weight / silk weight shirt

for first 2 days of climb ( Ultra light ) repel moisture and dry fit or quick dry ( \*light color good for sunny days, Prefer to have long shelve )

## Technical Legwear

( protection from weather )



#### Shorts

Quick dry and UV protected possible only usage is 1<sup>st</sup> day and last decent from Marangu Camp. However set-back is once weather change it is difficult to change ( prefer to have long pant )



#### Softshell Pants

Breathable / weather-proof / water proof /quick dry / light weight ( 2 pairs )



#### Expedition Gore Tex Pants

Breathable / lightweight but very warm and wind stopper ( use for summit climb or around camp ) However Hard Shell is an optional in Kilimanjaro as there is no snow unless you are going during raining season.

\*Suggestion: I wore 1 new pant for each day except summit nite, For some maybe 2 pair of light weight and 1 pair of heavy is enough



#### Softshell Pants

Breathable / weather-proof / water proof /quick dry / light weight ( 2 pairs )

\*Picture of Gears are supplied by



## Personal Equipment Gear

Adjustable ski/trekking pole

1 pair – shock absorbable is recommend – collapsible / durable / adjustable / lightweight.

Day Pack – Midsize 35 - 40litre ( 2,500-3,000cu in ) lightweight / storage flexible and with extra pocket for other MISC. also prefer to have side pocket for water bottle as back- up – CamelPak slot for daily water intake

Hydration System – water drinking system eg CamelPak – word of caution – during summit climb CamelPak will freeze also – better to put inside Day Pack but since water bottle is convenient why not use water bottle? Nalgene bottle ( another use for them is substitute for heater warmer: pour Hot water then use them for sleep )

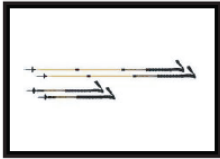
Large Duffel bag – Durable Heavy duty and must be water proof/tear proof.

\*Medium or small duffel bag – light weight –this bag is to storage things that you will not take to the mountain or climb but leave in the hotel or place of start. Prefer to have a small lockable lock.

Heavy Duty Sleeping Bag – 4 season grade is recommended Rate below minus – Grosse Down and Compression sack for the sleep bag – Liner for those renting sleeping bag.

\*I rented my sleep bag with ground operator and brought my own sleeping bag/travel liner as rental one we do not how clean they are.

Sleeping pad is optional as most ground operator will provide one – although not that 100% good as an inflatable one.



## Miscellaneous

Digital Camera – Compact and easy to use – 5 megapixel and above should be sufficient. Bring spare battery \*pls note certain camera used different type of battery – info lithium or AA ( both have their advantage )

Travel Wallet Pouch ( waist or neck )

2 Luggage Locks – no need to be TSA grade

Swiss Army Knife \* remember to check this item in as check-in items

2 Water bottles with wide mouth eg Nalgene Bottle capability

Water Purifications tablets – Iodine tablet - 2- 3 packs

Lighter

2-3 Heavy Duty Garbage Bag

8-10 Zip-lock Bag ( mixture of medium and large size )

2-3 stuff sack for laundry – organizing used clothing

Sunscreen – SPF 50+ 2 tube ( although I only used half )

Lip Balm

Insect Repellent

Personal First Aid Kit / Toiletries

Snack Food – essential esp summit day make sure it will not freeze easy

## Optional

Ear Plug ( I highly recommend this ) u might need this for sleeping time.

Flip Flop

Journal Book ( useful to note daily event during meal or in between meal in the tent )

Ipod or Walkman ( advisable however note that most model do not have long play-back and also get a solar charger by Solar )