

Climb CHECKLIST

Please contact **Tourcan Vacations** with any questions about this list.

One of the important prerequisites of a successful summit attempt is being properly equipped. Ensure that you are well equipped - print the Checklist below and mark it off, it will be an essential part of your preparation for the climb. Please remember to limit the weight of your duffel bag and its content, to be carried by the porters on the climb, to 15 kg (30 lbs.) or less. Extra luggage, including clean clothes to wear after your climb, can be left at the hotel in Moshi. Please feel free to contact us should you have any further questions regarding the checklist. We also provide a complete and quality rental service on all the equipment required on the mountain, as a sensible alternative to purchasing.

Please see Gear Rental below for more information.

Please note: This checklist is only a guideline, provided by Tourcan Vacations. Make sure you have everything you need to help you successfully summit the Roof of Africa.

Travel Documents

- Valid passport and visa
- Airline ticket
- International health card with immunizations (Yellow fever)
- Travel insurance
- Medical insurance
- US\$ cash – IN SMALL BILLS / Credit Card

Essential Items

- Duffel bag - large enough for all climbing gear and clothing. To be carried by the porters. An extra bag to be left at the hotel with extra gear
- Small luggage lock - to lock zippers
- Day backpack - between 20 - 35 litres. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
- Sleeping bag
- Ski-pole / walking stick
- Water bottle / containers
- Kilimanjaro map (Can be bought at Park gate)
- High Altitude Gear
- Waterproof, breathable & windproof jacket (outer wear like Ventex, Gore-Tex or Jeantex)
- Polar fleece (middle layer)
- Thermal underwear (under layers)
- Mittens or warm gloves
- Glove liners (if necessary)
- One pair thermal (polertex) socks
- Balaclava

- Gaiters
- Thermal water flask
- Hiking Gear
- Shorts
- Hiking pants
- Regular underwear
- T-shirts
- Raincoat or Poncho
- Footwear
- Water-resistant semi-stiff hiking boots - mid-weight boots work great
- Shoes for overnight camps - i.e. sneakers, running shoes, etc.
- Socks - several pairs for the climb
- Liner socks - to keep your feet dry and limit the risk of blisters

Equipment

- Sun hat or similar (with a brim)
- Collapsible ski stick (optional but highly recommended)
- Water bottles - two or three (total capacity at least 6 litres)
- Headlamp, good strong one with spare batteries and an extra light bulb
- Water purification tablets
- Sunglasses, good quality dark lenses for the climb, with a securing strap
- Flashlight (torch) with spare batteries
- Personal Items
- Toilet kit (soap, toothbrush, toilet articles, wet wipes, etc.)
- Towel
- Sunscreen and lip protection, SPF 30+
- Ziploc bags, to protect camera, binoculars, etc. from dust
- Toilet paper
- Money belt for passport and valuables
- Medical and First Aid Supplies
- Headaches--Syndols
- Altitude sickness-Diamox (if not allergic to sulpha)
- Diarrhea - Imodium
- Nausea - Valoid
- Malaria - Prophylaxis
- Water purification tablets
- Painkillers
- Muscular sprains
- Abrasions blisters and cuts - Plaster, bandages
- Antiseptic cream - Betadine
- Flu and colds
- Eye drops
- Insect repellent

Optional Items

- Camera, extra lenses and film (ASA 200 film recommended)
- Binoculars
- Powdered sports drinks for the climb (ex. Game or Isotonic drinks)
- Pocket knife
- Notebook & pencil
- Plastic bags to keep clothing dry (masking tape)
- Energy snacks and sweets
- Video camera, tapes, battery packs and tri-po

Standard package - Mt Kilimanjaro gear rental from Tanzania - Prices quoted in US Dollars. THIS IS JUST A GUIDELINE, pricing is subject to change.

Contact Tourcan Vacations for more information.

Rental Item	COST IN US DOLLARS / 6-day climb
Sleeping bag (length 220 cm) Optional: Please supply your own liner	\$35
Summit jacket (Shell jacket)	\$10
Waterproof jacket	\$10
Waterproof trousers	\$10
Gaiters	\$10
Pair of walking poles	\$10
Headlamp (excl AAA batteries)	\$10
Balaclavas	\$5
Warm Gloves	\$10
Day Pack	\$15
Duffle Bag	\$20
Poncho	\$15

- A credit card number can be supplied as a guarantee for your deposit payment. The relevant deposit will be forfeited on all unreturned or damaged items.
- All equipment rental is subject to demand and the availability of rental equipment or specific sizes cannot be guaranteed. To avoid disappointment it is strongly recommended that all your rental equipment is booked well in advance of your planned trip.
- Important! Please note that NO equipment must be washed by the clients under any circumstances.