

## CARLETON COLLEGE Kilimanjaro Climb & Safari

*Join Carleton alum Eric Simonson ('77) and Phil Camill, Associate Professor of Biology & Environmental Studies on a unique trip to the Top of Africa!!*

Eric and his company IMG have organized well over 150 expeditions to Kilimanjaro and have been 100% successful in reaching Uhuru Peak, the top of Africa (19,340' / 5896m). There are a lot of companies offering Kili climbs and each does it differently. As you investigate the different Kili options on the market, keep the following in mind:

- Kili, while non-technical, is very high and must be taken seriously. Climbers are at health risk from the altitude. We always have a Gamow (hyperbaric) Bag, pulse oximeter, and supplemental oxygen in case of Altitude Sickness. A couple hours in the bag can turn around Acute Mountain Sickness before it forces you down or becomes life threatening.
- Every one of our climbs is led by a top-notch American high-altitude mountain guide, supported by African guides from the Chagga tribe. The African "guides" do a great job, but if you have a problem at 18,000 feet, it's good to know that you have a real pro with you, one well-trained in all elements of climbing as well as wilderness medical procedure.
- We have a first class staff of African guides and porters, all local people from the Chagga tribe who live right at the base of Kili. Many of them have been on dozens of IMG trips over the years. They know we'll be coming back, they like working with us, and they deliver top service.
- We don't rush our ascent! Our program gives you a seven-day climb. We have learned that the extra time is well worth it for a successful and fun trip to 19,340 feet, giving climbers a far greater chance of standing on top and far less chance of altitude sickness.
- We do four days/three nights on safari, and this is plenty for most people. Serengeti and Ngorongoro are classic African Game Parks with great animal viewing. Our safari drivers really know the game habits and where to find the critters, and the safari lodges and deluxe tented camps we use are vintage and luxurious, a great reward after a tough climb.
- We add the benefit of a beautiful one-way Serengeti flight over Africa (easier, faster, more time to see animals, less time wasted on bad, bumpy roads). Our groups either drive out/fly back or fly out/drive back to Serengeti and then stop at Olduvai and Ngorongoro along the way, depending on the time of year (safari plans are subject to change).
- For comments from past trip participants, please see: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

This is going to be a fun trip, and I am looking forward to personally leading it for Carleton Alumni Affairs. I hope you can join the trip. If you have questions, please contact us.

Eric Simonson, IMG Kilimanjaro Program Director

### Kilimanjaro: Just The Facts

**Summit:**

19,340' • 5896m

**Set Your GPS:**

3° 04' S • 37° 21' E

**Size Does Matter:**

Kilimanjaro is the highest mountain in Africa, and is composed of three dormant volcanoes: Kibo (the highest), Mawenzi and Shira. It rises 4800m above a plain that is 1000m above sea level. After reaching a height thought to be 5900m during its last major eruption 360,000 years ago, Kibo has been eroded by glaciers, rivers and landslides to its present height.

**First Boot-Prints on Top:**

In 1889 by Hans Meyer and L. Purtscheller

**Like Nowhere Else:**

The climb begins in pastures, plantations, and grasslands with plentiful wildflowers and small wild animals like galagos, genet, tree hyrax. Higher up in the rainforest are orchids and butterflies. Giant heathers grow up to 10m in the upper forest. Though buffalo, elephants and big cats have been seen, bird life is especially prolific on the Shira Plateau, and you may see buzzards, eagles, alpine swift, and the striking scarlet-tufted malachite sunbird.

**Just You and the Lichen:**

Only lichens survive on the upper mountain. Wild animals are rare, but in the 60's a leopard was found frozen in the snow, and three climbers were accompanied to the summit by five African Hunting Dogs who disappeared as the climbers began their descent.

## Expedition Summary

### Carleton Kili and Safari

August 3 – 17, 2008

**Landcost:** \$5,400; Climb only \$4025

**Costs included:** Guides, porters, group equipment (kitchen, tents, etc.), Kilimanjaro National Park entrance/use fees, Game Parks entrance/use fees, all meals except personal snack food and beverages, charter flight to or from Serengeti, double accommodation in hotels and tents, all ground transportation

**Costs not included:** International airfare and airport taxes, Visa fees for Tanzania (about \$50), contribution to the group tip pool for the African porters (we suggest \$100 per team member), alcoholic and bottled beverages during the trip, personal shopping and snacks, items of a personal nature.

### Program Details

This information should answer many of your initial questions and also guide you through the next stages of preparing for the climb. If you have any questions, please feel free to contact us.

#### CLIMB DESCRIPTION

We will normally climb the Machame Route. The Kilimanjaro National Park staff has done a lot of work in recent years on this trail (it is now much better drained, so less muddy than in the past). The camps have also been improved, and there are Park rangers stationed at the camps to ensure that porters are not overloaded and that rubbish is removed. There is also emergency rescue available (by jeep) from the second camp (Shira Plateau). We have also led climbs via the Umbwe, Lemosho, and Western Breach Routes for special groups. If you have a private group, please contact us for a custom quote. Please keep in mind that Kili very physically demanding. The group equipment and most of our personal equipment will be carried by our Chagga porters. Our Chagga staff will also take care of the cooking chores. The Machame Route takes us past some of Kilimanjaro's most spectacular scenery. It also keeps us away from the crowds on the normal route. Since we have a large difference in altitude between the start of the climb and the summit, we get the opportunity to go through many vegetation zones. We will descend via the Mweka Route. This is the descent route required by Kilimanjaro National Park.

#### The People of Tanzania

Tanzania has a population of over 26 million with 120 African ethnic groups, none of which represent more than 10 per cent of the population though virtually everyone speaks Swahili in addition to their native tongue.

**The Sukuma** are the largest group and live in the north-western part of the country, south of Lake Victoria. They prospered with a mix of cotton farming and cattle herding.

**The Hadzapi** of northern Tanzania have built a society based on hunting and gathering food.

**The Iraqw** live in the central highlands of Mbulu and are known for their statuesque, immobile posture and sharply delineated features. They grow their own food and tend cattle.

**The Masaai** are perhaps the most well known of East Africa's ethnic groups and are pastoralists whose livelihood and culture is based on the rearing of cattle which are used to determine social status and wealth. They dominate northern Tanzania but only occupy a fraction of their former grazing grounds in the north, much of which they now share with national parks and other protected areas. They are easily recognised by their single red or blue garments and their ochre covered bodies.

**The Wachagga (or Chagga)** live north of the Masaai steppe, on the slopes of Kilimanjaro, where they farm.

**The Makonde** are internationally famous for their intricate wood (ebony) carvings (sold over much of East Africa). They live along the coast on the Makonde plateau and their relative isolation has resulted in a high degree of ethnic self-awareness.

**The Nyamwezi** whose name translates into "People of the Moon", were once great traders. The 19th century European explorers regarded them the most powerful group in the interior.

**The Haya** located along the shores of Lake Victoria, grew and traded coffee long before the arrival of the Europeans and today have established tea and coffee processing plants. Haya women are famed for excellent handicrafts.

**The Ha** live in an area of forest and bush, and retain a deep belief in the mystical. They live in relative solitude with their long-horned cattle, and dress in hides or fibers of bark. They are well known for their artistic expression, especially their dances and celebrations.

## EXPEDITION LEADERSHIP AND STAFFING

You climb will be led IMG owner and Senior Guide, Eric Simonson, assisted by a registered African Guide and 3-5 additional assistant African guides. We also employ a chief cook, several assistant cooks, tent porters (responsible for pitching the tents), servers (responsible for meal service), and many porters to carry it all.

## LOCAL CONCERNS AND RESPONSIBILITIES

We take great pride in the long term relationships we have build with our local staff. They do a great job, we pay and tip them well, and they enjoy working for IMG. IMG supports the Recommended Guidelines for Proper Porter Treatment of the International Mountain Explorers Connection's Porter Partnership Program ([www.hec.org](http://www.hec.org)): We make sure that the IMG porters have adequate clothing, equipment, shelter, sleeping arrangements, food, cooking equipment and water. Sick or injured porters are properly cared for. All loads are weighed to ensure that porters are carrying loads that don't exceed their physical ability or legal limits. Porters are paid a fair wage for their work and are paid tip money directly from the tip pool at the end of the climb (no middleman taking a cut). We encourage our team members to observe and participate in the staff tipping session at the end of the climb.

## LEAVE NO TRACE

IMG is committed to Leave No Trace. On Kili this means working with the Kilimanjaro National Park staff to ensure that the Park regulations are followed. Garbage is carried down from the climb and turned into the Park Rangers, per the regulations. Pit toilets are used at the camps to ensure that human waste is disposed of correctly.

## CLIMBING SKILLS

No previous climbing experience or technical climbing skills are required. The hiking is on rough trail. A small amount of snow may be encountered below the summit but it does not necessitate the use of crampons or an ice ax. Trekking or ski poles can be very useful. Some very short and relatively easy sections of rock scrambling are also encountered, requiring "using of your hands" in a couple places.

## CONDITIONING

Good conditioning is the primary requirement for the climb of Kilimanjaro. This is a strenuous trip. Participants must be in sound "hiking shape" and capable of traveling for a full day with a modest pack (clothing, lunch, water, camera, etc). Don't underestimate this mountain. We're going high and the summit day is long. Follow a conditioning program that will strengthen your lungs, legs and heart. Any hiking you can do before the trip will be of the most value. At home, we recommend stair climbing, bike riding and running hills. Conditioning is a process that should continue throughout the year.

## EQUIPMENT

The equipment list is meant to help you compile your personal gear for a high altitude trekking trip. You'll notice that the gear is essentially the same as that required for a summer ascent of Rainier without the inclusion of any technical climbing gear. Most items are required, while a few are optional. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by Phil Ershler and Eric Simonson, the expedition organizers. Don't cut corners on the quality of your gear.

## WEATHER

January and February and mid-June through mid of October are normally very stable weather periods. That said, it is always difficult to predict the exact weather conditions we will encounter during our ascent. Warm rain can occur down low and we can experience cold and windy conditions higher on the mountain any time of the year. It is not unusual for the temperatures to be well below freezing on summit day before the sun comes up. **A down jacket (or equivalent) is required.** We expect that the weather will be perfectly reasonable but it is important to prepare for all possibilities. Safari and travel days should be comfortably warm and the evenings may require a light sweater or jacket.

## IMMUNIZATIONS

Just one is required, but they all are cheap insurance to be on the safe side. Start preparations now so that these vaccinations can be completed before your departure. For more info consult your physician, travel clinic or the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov). You might consider:

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International Mountain Guides ♦ [www.mountainguides.com](http://www.mountainguides.com) ♦ email: [office@mountainguides.com](mailto:office@mountainguides.com)

PO Box 246 ♦ 30416 SR 706 ♦ Ashford, WA 98304 ♦ phone: (360)569-2609 ♦ fax: (360)569-0824

- ❑ Tetanus-Diphtheria, Polio, MMR: You should already have these. Do you need a booster?
- ❑ Meningitis: Ask your physician/travel clinic for advice.
- ❑ Hepatitis A and B: Recommended. Ask your physician/travel clinic for advice.
- ❑ Yellow Fever: Now required. PLEASE BRING YOUR SHOT RECORD.
- ❑ Rabies and Typhoid: Good to be on the safe side, the new vaccines are easy.

Malaria: We have never had a problem with this, but there IS occasional malaria in northern Tanzania, so chemoprophylaxis is worth considering. Bring some bug juice, and wear pants and long sleeves in the evening. We are above the Malaria zone when climbing on the mountain. If you plan on traveling at lower elevations in Africa, then malaria chemoprophylaxis is highly recommended (we suggest Malarone).

### **ADDITIONAL MEDICAL INFORMATION**

While it's always nice to have a doctor as a participant on our trips, we cannot guarantee a doctor's presence. We ask that you carefully complete the Medical Information form included in the registration materials. We need to be informed of any allergies you may have, medicines you are currently taking and any medical conditions that could possibly effect your ability to safely participate on a climbing expedition. In addition to the first aid items listed on the equipment list, there are a few additional medications that you should consider. These should be discussed with your personal physician and some will require a prescription. We want everyone to bring some of the antibiotic Ciprofloxacin and some Immodium in case of bad traveler's diarrhea. Please consider both of these medications as part of your REQUIRED equipment list. A pain medication such as Tylenol #3 with codeine can also be useful for bad headaches or stomach cramps with diarrhea. A sleeping medication can be useful for napping on the international flights and for the first few days in Africa (due to the big time change). We do not recommend the automatic use of Diamox while climbing but you might find a small dose (125mg) useful if altitude sickness symptoms appear. Discuss this and your other medication requirements with your physician. Any medication should be used only if necessary and use should be discussed thoroughly with your physician and with your guide before you take the medication. Water purification is also very important. An effective and inexpensive method is the use of iodine crystals or tablets. These are available commercially at mountaineering stores as a product called 'Polar Pure' or 'Potable Agua'. Filters, such as the ones made by MSR, are also good. Either can be used or both can be used in combination. Bottled water is also readily available while on safari. We also recommend that each participant bring a small bottle of a hand disinfectant such as Purell. Anything that we can do to stay healthy is worthwhile. Health issues will be discussed during the expedition and we encourage you to contact us if you have any questions before or during the trip.

### **FOOD**

All meals on the climb and during our safari are included. You will be responsible for your bottled drinks and alcoholic beverages. You may want to bring powdered drink mixes for flavor in your water bottles. We recommend you bring a modest personal stash of your favorite trail and snack foods (nuts, candy bars, granola bars, salami, etc.) primarily for summit day and also to supplement the lunches provided by our African staff on the climb. The Chagga cooks prepare meals using local food and the quantity and quality are excellent.

### **VISAS**

Your passport must be valid for 6 months after the trip and have empty pages. Advanced visas are not required for entry into Tanzania or Kenya. We all take care of the necessary paperwork upon our arrival at the airport in Tanzania. You will be charged approx. \$100 (cash) for the Tanzanian visa.

### **FLIGHT INFORMATION AND TRAVEL PLANS**

Our program itineraries take advantage of the daily direct flights from Amsterdam into Kilimanjaro International Airport on Northwest/KLM. We encourage participants to work with CTT Destinations, an agency that specializes in our group travel. We've worked with them for years, they know our programs, and we highly recommend them to help make your air travel plans. CTT Destinations is linked from our web site or you can contact them at (800) 909 6647 or by email at: [img@cttdestinations.com](mailto:img@cttdestinations.com). Ask for Pirjo, who works directly with our programs. Flights into Kilimanjaro can be in short supply during the popular climbing seasons, so it is very important to book your air reservations early. Lost luggage is a pain, so make sure that your flight connections aren't too tight and try to keep the number of connections

to a minimum. When you are making travel plans, use the same airline or their partners as much as possible. We will meet the group at the arrival gate at Kilimanjaro International Airport.

### **PACKING AND TRAVELING SUGGESTIONS**

We usually carry a small daypack/rucksack as carry-on luggage and check two lockable bags. One of those bags can stay at the hotel while climbing for storage of your travel clothes. The other bag will be used by the porters to carry your gear on the climb. We limit this to 30 pounds maximum per climber. Most climbers find the 30 lb. allowance to be quite reasonable for a climb of Kilimanjaro. The welfare of IMG porter team is of prime importance and your bag will be weighed prior to the beginning of the climb to be in compliance with Kilimanjaro National Park porter regulations. Climbers who feel they absolutely need more than the 30 lb. allowance will be charged an additional fee to cover the increased porter requirements. Additionally, we suggest that you use a travel wallet that you can hang around your neck and place inside your shirt. This is a safer way to carry your money and travel documents. Leave expensive jewelry and watches at home. Experienced travelers will also carry a couple of extra passport photos with them as well as a photocopy of the first pages of your passport. These should be carried in a place separate from your passport. Having these available will greatly facilitate the replacement of your passport if you lose it. Carry a pen with you for completing travel forms. Get to the airport early and make sure your luggage gets checked through to the correct destination.

### **TIPS AND GIFTS**

We ask each participant to contribute \$100 into the group tip pool. In addition, the Chagga porters always gladly accept used shoes, clothes, gear, etc. that you might want to bring. They are great guys and you'll really enjoy their help and friendship. It feels good to meet with them after the climb, buy a couple of beers, hand out some tip money and leave some extra clothing items with them. You can also throw some pencils or pens into your luggage. The kids we meet love them.

### **CAMERAS**

A small camera is perfect for the climb. While on safari, the longer the lens the better (bring some fast film for low light conditions.) A pair of binoculars is great for the safari, too. Sometimes it's more fun to just watch the animals than try to take pictures. On safari you will be standing up in the back of the "pop top" vehicles, leaning against the roof. In this situation, serious photographers will find that a sandbag type stabilizer is much more useful than a tripod.

### **SAFARI NOTES**

Casual, loose, cool and comfortable clothes are perfect. You will get hot and dusty. Cotton is OK. We stay in both lodges and tented camps. The lodges are more formal, so you will want some nice casual clothes for the dining room. We don't have much time to do laundry between the climb and safari so bring enough clothes for both. A light jacket or sweater can come in handy during the evenings. Our longtime African outfitters use 4WD "pop top" vans and "stretch land cruisers" for the safari that allow participants to stand up for viewing and photography and the drivers do a great job of finding the critters for some world-class game viewing. For the airport transfers, our local operators use a bus. Seat belt use is uncommon in Africa, and they are not available on these vehicles.

### **MONEY TO BRING**

We recommend about \$500 (or more if you plan to do gift/memorabilia shopping). Nice shops will accept credit cards. We know some fun shops and we also have a couple of good places to shop for tanzanite. We suggest carrying personal money in the form of smaller denomination, new condition bills, in US dollars (twenty \$1.00 bills and the rest in \$10's and \$20's).

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*"I wanted to let you know I had a great time on the Kilimanjaro trip. It went just as planned, we all made the summit, and the safari was great fun too... Thanks also to you for pre-arranging everything so perfectly..."*

—Patrick W.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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## Kilimanjaro Climb & Safari Itinerary

- Aug 3** Depart USA on Northwest/KLM to Amsterdam. Arrive in Amsterdam early on the morning of Day 2 in Amsterdam. (Some team members may choose to depart a day or two earlier than the group in order to explore Amsterdam and to avoid jet lag.)
- Aug 4** Transfer in Amsterdam to flight to Kilimanjaro International Airport (JRO). Flight leaves at 10:35 am, arrives JRO at 8:20 pm. We will meet in the arrival area at JRO and arrange group pickup at the airport and vehicle transfer to Keys Hotel in Moshi. Overnight at Keys Hotel.
- Aug 5** Free morning to relax, stroll around Moshi and explore a bit. Group meeting in afternoon. Pack personal gear into duffel bag for porters (up to 30 pounds or so). Leave one bag with travel and safari clothes, etc. at the hotel in storage. Dinner / overnight at Keys Hotel.
- Aug 6** After breakfast, we'll drive by 4WD vehicles to the Machame Gate, where the climb begins. The first day is a nice hike through the rain forest to Machame Hut (10,000').
- Aug 7** We climb out of the forest to the Shira Plateau (12,000') in the zone of "weird plants" native to high mountains of Africa, ie. Lobelia and Groundsel. Wild!
- Aug 8** We climb to over 14,500' and then drop back to 13,000' on the Machame route. We'll camp at Baranco Hut (13,000'). This is really neat hiking.
- Aug 9** Cross the Baranco Wall (a bit of pretty steep scrambling in a few places, sporty!) and traverse below the Southern Glaciers. This is our favorite day on the approach, with great scenery and rugged hiking. Overnight at Karanga Valley (13,000').
- Aug 10** By now we're well acclimatized and we move up to High Camp at Barafu Hut (15,000').
- Aug 11** Summit Day! Start climbing around Midnight with about 8 hours to the true summit (Uhuru Peak at 19,340'). Descend to Mweka Hut in the forest. A long and rewarding day.
- Aug 12** Continue descent via the Mweka route to Mweka Gate. 4WD vehicle pickup and transfer to Keys Hotel. Shower and celebrate our climb! Overnight at Keys Hotel.
- Aug 13** Morning pickup from Keys Hotel and transfer to Arusha for flight to Serengeti. Game drive in afternoon on the way to Serengeti Wilderness Camp for overnight.
- Aug 14** All day Serengeti game drive with overnight at Ndutu Safari Lodge.
- Aug 15** Visit to Olduvai Gorge en route to Ngorongoro and Crater Tour. Overnight at Ngorongoro Farmhouse.
- Aug 16** Return back to Arusha in the afternoon in time for some final shopping, re-packing, and dinner. Transfer to JRO airport for evening flight to Amsterdam.
- Aug 17** Connect in Amsterdam for flights back to USA.

## KILIMANJARO Personal Equipment List

The equipment list is meant to help you compile your personal gear for a high altitude trekking trip like Kilimanjaro or Everest Base Camp. Most items are required, while a few are optional. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by Phil Ershler and Eric Simonson, the expedition organizers. Don't cut corners on the quality of your gear. In order to assist our clients in understanding and selecting the appropriate equipment for this program, IMG has worked with outdoor retailer Mountain Gear. Visit their online store at [www.Mgear.com](http://www.Mgear.com) or place telephone orders at 800.829.2009.

### Travel Items

- Duffel Bags: Two duffel bags with name tags. One of the duffel bags goes on the climb with you and will be carried by the porters. Expect for it to get wet and muddy, so a rugged, waterproof duffel is good. You will store the other bag at the hotel with your clothes for travel and safari so it does not need to be as robust. Bags with wheels are nice for the airport, but the porters don't like to carry them, so don't bring two wheeled bags.
- Daypack: Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport. It needs to be big enough to hold everything you'll need for an overnight stop.
- Locks: You'll want padlocks in Africa, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties).
- Travel Wallet: A secure travel wallet is a must for carrying your important documents including passport, extra photos, duffel inventory list, and money. We suggest that you use a travel wallet that you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- Passport. Carry a photocopy of the first two pages and an extra photo in a separate location.

### Trekking Gear

- Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack.
- Backpack: You need a pack big enough for your clothes, water, camera, food, etc during the day. We like the Lowe Alpine packs in the 50 liter / 3000 cu in range. Not too big, not too small.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to 10 degrees Fahrenheit. Synthetic is better in case of rain.
- Sleeping Pad: (e.g. ThermaRest, or good closed-cell foam pad, e.g. Deluxe Ridge Rest.)
- Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.

### Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, another fleece jacket, shelled vest, etc, that can be worn in conjunction to the other layers). We wear Lowe Alpine.
- Warm Pants: Look for construction that provides freedom of movement and/or stretch materials. Fleece is good. Wear over longjohns with shell on top for cold weather.
- Shell Jacket: Waterproof/breathable jacket with hood. We wear Lowe Alpine.
- Shell Pants: Waterproof/breathable pants (full side zips are best). We wear Lowe Alpine.
- Parka: **REQUIRED** (it gets **VERY COLD** on summit morning!). Down or synthetic. This should be big enough to go over other garments.
- Rain Poncho: Nice for hiking in the forest if it rains; a cheap plastic one is fine.
- Hiking Clothes: Light hiking pants and / or hiking shorts - NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.)
- Casual Clothes: For travel/safari/meals in dining rooms. You'll want a shirt or two with a collar to wear

on flights and in the lodges. A sweatshirt or light jacket might be nice in the evening.

- Bathing Suit: Some of the hotels have pools.

### **Clothing Accessories**

- Gloves and Mittens: Light gloves for hiking and around camp, warm ski gloves or similar, and down or warm insulated mittens for summit day.
- Hats: Warm wool or heavy fleece hat, sun hat and bandana.

### **Footwear**

- Lightweight Shoes: Running/tennis shoes for camp, around town, safari, etc.
- Hiking Boots: Medium-weight hiking boots (NOT plastic double boots), waterproofed and broken-in. We like Asolo.
- Gaiters: To keep snow, mud, and scree out of your hiking boots. We've used the OR Crocs for years.
- Socks: 3 complete changes of socks, in a combination that you have used and know works for you. Make sure your boots are roomy enough for the sock combination you intend to use. Tight boots will make your feet cold.

### **Camp Accessories**

- Headlamp: With several sets of extra batteries and bulbs. The small LED headlamps are great for reading in the tent, but for climbing you might appreciate something a bit brighter. The Petzl Myo 3 and the Black Diamond Gemini lamps are good options that use AA batteries.
- Water Bottles: 2 water bottles with foam insulation shells (OR water bottle parka).
- Water Treatment: Iodine tablets (Potable Aqua or similar), iodine crystals (Polar Pure), or the new Chlorine Dioxide (made by Potable Aqua) for water purification.
- Camera: With spare batteries, and film or memory cards.
- Pocket Knife.

### **Personal Accessories**

- Wrist Watch: With alarm. We like the Suunto ones.
- Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Africa.
- Skin Care: Maximum SPF sunscreen and lip balm, (you are on the Equator!)
- First Aid: Hand sanitizer (Purell), moleskin, tape, aspirin / ibuprofen / acetaminophen, Imodium for diarrhea, Band-Aids, small towel, antacid, insect repellent, ear plugs, and several rolls of toilet paper.
- Prescription Medications: 1) Antibiotic such as Ciprofloxacin; 2) Diamox for acclimatization, 125mg tabs recommended, enough for one week; 3) Sleeping pills for jet lag (one week); 4) Tylenol 3 or similar for severe headaches; 5) Malaria Chemoprophylaxis (Malarone), if needed based on travel plans; 6) Asthma medication, if any history.
- Personal Snack Food: You should bring some extra snacks for the climb, especially for summit day, and some drink mixes if you like these to add to your water bottle.