

# Appendix iv - Full Packing List

Tick?	Travel Documents/Items	Tick?	Essential Items
	Valid full passport (Must be valid for at least six months from date of entry)		Large backpack or holdall (65-80 litres) - large enough for all climbing gear and clothing. To be carried by the porters
	Visas (These can be obtained in advance or on entry to the country)		Small luggage locks - to lock zippers
	Airline ticket (E-Ticket will be provided)		Day backpack - between 20 - 35 litres. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing.
	health card with immunizations (Yellow fever certificate - essential)		Sleeping bag to -18 degrees (You can hire this - see page 21)
	Travel insurance (This must include high altitude trekking)		Thermal Sleeping Mat (You can hire this - see page 21)
	Medical insurance		Water bottle / containers
	US\$ cash / Travellers Checks / Credit Card		Kilimanjaro map (Can be bought at Park gate)

Tick?	High Altitude/Hiking Gear	Tick?	High Altitude/Hiking Gear
	Waterproof, breathable & windproof jacket (like Ventex, Gore-Tex or Jeantex outer wear)		Thermal water flask
	Waterproof, breathable & windproof pants (outer wear)		Shorts
	Polar fleece (middle layer)		Hiking pants
	Thermal underwear (under layers)		Regular underwear
	Thermal Jacket (Can be hired in UK)		T-shirts
	Mittens or warm gloves		Raincoat or Poncho
	Glove liners (personal choice)		Water resistant semi-stiff hiking boots - mid weight boots work great
	One pair thermal (Polartex) socks		Shoes for overnight camps - i.e. sneakers, running shoes
	Balaclava		Quality walking socks - using inner/liner & outer socks can help prevent blisters.
	Gaiters		

## THE NASIO TRUST

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Tick?	General Equipment	Tick?	Personal Items
	Sun hat or similar (with a brim)		Toilet kit (soap, tooth brush, toilet articles, wet wipes, etc.)
	Collapsible ski stick (optional but highly recommended)		Towel
	Water bottles - two or three (total capacity at least 6 litres)		Sun screen and lip protection, SPF 30+
	Head lamp, good strong one with spare batteries and an extra light bulb		Ziploc bags, to protect camera, binoculars, etc. from dust
	Water purification tablets		Toilet paper
	Sunglasses, good quality dark lenses for the climb, with a securing strap		Money belt for passport and valuables
	Flashlight (torch) with spare batteries		Sanitary Napkins/Tampons if needed

Tick?	Medical/First Aid	Tick?	Optional Items
	Headache - Painkillers		Camera, extra lenses
	Altitude sickness - Diamox (if not allergic to sulpham) please discuss when you visit your GP		Binoculars
	Diarrhoea - Imodium		Powdered sports drinks for the climb
	Nausea - Valiod		Pocket knife
	Anti-malarials		Notebook & pencil
	Antiseptic cream		Plastic bags to keep clothing dry (+ duct tape)
	Sprains, abrasions blisters & cuts - Plasters & bandages		Energy snacks and sweets
	Flu & Cold - Night/Day Nurse etc.		Video camera
	Eye irritation - Eye Drops		
	Insect Stings/Bites - Insect repellent		

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