

Clothing and equipment information

This is a list of clothing and equipment that we recommend for climbing Kilimanjaro or Mount Meru:

- Lined, waterproof hiking shoes with firm upper material and robust thick sole (The shoes have to be WELL RUNNED in. We also recommend to wear the trekking shoes on the flight, in the unfortunate event that your luggage arrives late or should be lost. YOUR SHOES ARE THE MAIN PART OF YOUR EQUIPMENT)
- 3 pairs of warm socks
- 3 pairs of thinner socks (to wear under the thick socks)
- 1 - 2 pairs of lighter hiking or running shoes for exploring the camps (with matching socks)
- A warm hat (balaklava) with a brim to protect the face and neck from the sun and a sun hat (you will need both)
- 1 pair of lined hiking or skiing gloves
- A warm down jacket or Gore-Tex jacket
- 2 sets of warm underwear (ideally a lighter set for skin contact and another thicker set for additional warmth)1 warme winddichte Hose

- 1 lighter pants
- 1 pair of shorts
- 2 wool or cotton shirts with long sleeves
- 1 or 2 warm fleece sweaters
- 2 lighter shirts (or T-shirts)
- 1 light rain jacket with a hood (rain can occur in the lower regions at any time)
- Light, small water tank / water bottle to fill up
- Water disinfectant solution / tablets
- 1 small daypack in which you carry water, camera, film etc. during the trek (a backpack with an integrated chamber for drinking water see above is recommended)
- A medium-sized, sturdy backpack to stow equipment and clothes (the carriers will carry it for you, but they DO NOT carry rigid suitcases or bags with metal rods)
- 1 well insulated sleeping bag for temperatures down to -10 degrees Celsius (the sleeping bag should fit in the backpack with the equipment)
- Camping pillow (if desired)
- Emergency blanket (optional)

- Flashlight (with additional batteries); a headlamp can especially helpful for the last part of the climb at night
- 2 walking sticks
- 1 pair of gaiters against dirt
- Dark sunglasses with a high UV protection factor or snow goggles (only lightly tinted glasses cannot protect against snow blindness!)
- Sunscreen with a high sun protection factor
- Lip balm with UV protection
- Small towel, soap and two rolls of toilet paper
- Paper towels and wet wipes
- UV filter for your camera (necessary for taking pictures at higher altitudes)
- Energy snacks (such as granola bars, chocolate or instant hot drinks)
- A small plant manual (if you are interested in botany)

Clothing of different thicknesses is recommended because it is best to dress in layers (take off layers when you warm up by running, put on extra layers when you get colder after breaks). Most mountaineers find it most comfortable to wear t-shirts and shorts for the first two days. From the third day it can get very windy and the temperatures drop below freezing at night. A

limited selection of equipment can be borrowed at the base. Nevertheless, we recommend everyone to bring all equipment themselves.

In addition, it is highly recommended that you carry a small first aid kit with you. You should get **advice from your travel doctor** regarding the content.

The following things can be useful:

- Sufficient aspirin (for height-related headaches)
- Medicines for altitude sickness - as recommended by the doctor
- Broad-spectrum antibiotic - as recommended by the doctor
- Antibiotic ointment (for cuts or scratches)
- Dressing material and gauze bandages, scissors, tweezers
- Cold / runny nose medicine, cough lozenges, clinical thermometer
- Medicine for stomach problems and dehydration