

## KILI CLIMB IMPORTANT CHECK / PACK LIST

### **Health Requirements**

Please note you will need a Yellow Fever Inoculation; this must be done no later than 10 days prior to departure if you are coming from endemic countries (countries from South America and Africa). Also, if you have had any previous history of Liver Disorders you must consult your physician first. Malaria prophylactics are a must.

### **Travel Insurance**

Please ensure you have sufficient Medical Cover for the duration of your trip and in particular to cover you while doing the Kilimanjaro Climb.

We recommend [Global Rescue](#) [AMREF-Flying-Doctors](#) OR [World Nomad](#)

### **TIPPING**

**Tipping is highly appreciated at the end of safari/ hiking:**

Tips will vary depending on the length and complexity of the trip, the number of staff on the trip and the number of clients on the trip. Generally, groups like to meet before the end of the trek to discuss how much they would like to tip each staff member based on their individual trek experience.

You should prepare an envelope after your trek for your tip money at the Springlands Hotel. You can use US dollars, Euros, TZ Shillings or a combination of these. The envelope will be submitted to mountain coordinator or chief guide;

The following are daily rates for each climber recommended to tip per staff member:

- Per Chief Guide: **\$15- 20** Per day
- Per Assistant guide: **\$10- 15** Per day
- Per Cook **\$10** Per day
- Per Porter: **\$8-10** Per day

### **RECOMMENDED TIP:**

**Each climber should expect to tip between US\$ 250 – US\$ 350 for the entire climb.**

**NB: These are just guidelines and tips can be given to safari staffs/mountain crew per services provided.**

For all Kilimanjaro routes except Marangu you will have:

1 climber: 1 guide, 3 porters, 1 cook

2 climbers: 1 guide, 6 porters, 1 extra assistance guide, 1 cook

3 climbers: 1 guide, 9 porters, 1 extra assistance guide, 1 cook

4 climbers: 2 guides, 9 porters, 1 extra assistance guide, 1 cook, 1 waiter

**For Marangu you will have:**

1 guide and 1 cook for each 8 climbers, 1 extra assistant guide per each 3 climbers, 2 porters per climber

- The pack that the porters carry is limited to 15 kg (35 pounds)
- Store electronics in sealed water-proof bags (double sealed if possible)
- Wrap clothing in plastic bags
- In the day pack, take along water, camera, binoculars, rain pants and jacket at a minimum. Add any other items you might need during the day because you may not see the porters until the end of your trek for that day.

### **Mount Kilimanjaro climbing check list**

(Personal Things for Clients to remember)

#### **Documents**

- Passport
- Yellow fever certificate
- Entrance visa
- Medical insurance

#### **Clothing**

- Jersey
- Waterproof jacket
- Water proof pants
- Shorts
- T-shirts
- Jeans
- Warm jacket
- Thermal underwear
- Balaclava
- Gloves

- *Sunglasses*
- *Woolen socks*
- *Hiking boots*
- *Light shoes*
- *Cap/hat*
- *Towel*
- *Underwear*
- *Socks*

### **Equipment**

- *Sleeping bag*
- *Day pack*
- *Water bottle*
- *Toilet paper*
- *Torch and batteries*
- *Pocket knife*

### **Food**

- *Energy drinks*
- *Chocolate*
- *Sweets*
- *Fruit*
- *Nuts*
- *Energy snacks*

### **Photographic**

- *Camera*
- *Spare batteries*
- *Film*
- *Different lenses*
- *Video camera*
- *Binoculars*
- *Video tapes*

### **First aid/medical**

- *Aspirin*
- *Assorted plasters*
- *Sun protection cream*
- *Anti-malaria tablets*
- *Insect repellent*
- *Lip salve*

- Water purification tablets
- Antiseptic cream
- Bandages
- Adhesive tape
- Throat lozenges

### **Personal items**

- Toothbrush& paste
- Matches
- Candles
- Soap
- Address book
- Travelerscheque
- Travel insurance
- Miscellaneous
- Walking stick
- Notebook
- Pens
- Plastic bags
- Pencils
- Cash dollars (smaller bills)

### **Footwear**

- Be sure to break in your shoes before the hike.
- Take trekking shoes for hiking during the day, preferably warm (leather), waterproof, and with ankle-support
- Take tennis shoes or sandals for lounging in the evening
- Gaiters
- Hiking socks
- Wool socks

### **RENTAL EQUIPMENT**

- Rucksack/Daypack: \$ 12
- Balaclava:\$ 7
- Mont bell Sleeping Bag -25-35C.Temp\$ 40
- Poncho – Heavy/Western/Europe \$ 18
- Poncho – Light/Local: \$12
- Socks: \$ 4
- Duffel Bag: \$ 6
- Hiking Poles (2) \$ 12

- Gaiters: \$ 8
- Torch/Flashlight (We have Few) \$ 8
- Gloves: \$ 6
- Sweater \$ 5
- Sunglasses (We have Few in Store): \$ 8
- Long Underwear (We have Few) \$ 5
- Raincoat: \$ 6
- Raincoat - G.T, Waterproof \$ 12
- Rain Pants: \$ 12
- Hiking Boots: \$ 9
- Water Bottle: \$ 5
- Fleece Pants: \$ 6
- Warm Jacket G.T: \$ 12
- Warm Jacket/Down Jacket \$ 8
- Hat or Neck Scarf: \$ 6

We provide **Tents** and **Foam Sleeping pads** at no charge.

- **Sunglasses** are available for purchase in the gift shop for \$ 12 - \$15.
- Each Oxygen Cylinder - available for \$ 12/ Day / @ group of 4 Pax.
- Hyperbaric Pressure Bag (Gamow Bag): \$130/group.
- Private (portable/tented) toilet: \$ 120 /@ group of 4 Pax.

**YOU ARE MOST WELCOME AGAIN TO ADVENTURE WITH US**