

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- Day sack 25-30L
- Large Rucksack/Duffle bag
- Waterproof liner*

SLEEPING

- 2-3 season sleeping bag
- Sleeping mat (**not** Thermarest)
- Sleeping bag liner*

FOOTWEAR

- Walking boots with ankle protection. Tough soles to resist acacia thorns and sharp rocks.
- Hiking sweat-wicking socks
- Training/comfy shoes for evenings
- Spare laces*
- Gaiters*

CLOTHING

- Very light weight waterproofs
- Wicking t-shirt
- Long-sleeve shirt
- Trekking trousers (not jeans)
- Buff for the dust
- Wide brimmed hat
- Casual clothes for around camp
- Hiking shorts
- Smart clothes for the celebratory meal*
- Swimwear dependant on hotel*

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snack bars, dried fruit, chocolate, nuts
- Dry bags/ziplock for keeping clothes and docs dry
- Walking poles*
- Camera*
- Contact lenses (plus spare glasses)*
- Gaffa tape*
- Alarm clock/watch*
- Ear plugs*

SMALL FIRST AID KIT

- Your own medication
- Malaria tablets under advice from your GP
- Pain killers
- Plasters
- Zinc oxide tape
- Blister pads such as Compeed
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Talcum powder
- Dextrose tablets for extra energy*
- Deep heat*
- Knee supports*

TOILETRIES

- Personal toiletries
- Tissue/toilet paper
- Insect repellent containing DEET
- Sun screen (min factor 30), Aftersun/moisturiser
- Anti-bacterial hand wash
- Dry wash*

DOCUMENTS

- Passport
- Visa
- Tickets
- Photocopy of passport
- Debit / credit card
- Copy of travel insurance

KEY * Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at **Outdoorhire**. They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

MAKING THE MOST OF YOUR KIT

PLASTIC BAGS

The government of Tanzania has implemented a ban on plastic bags. Visitors should avoid carrying plastic carrier bags or packing items in plastic carrier bags in the suitcase or hand luggage before embarking on visit to Tanzania. Carrying items in 'ziploc bags' specifically for things such as toiletries are allowed as long as they remain within the possession of the carrier and are not disposed of in the country.

PACKING

Remember that the porters/mules are only able to carry duffel bags or soft kitbags up to 15kg, so don't overpack! Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

You can take up to 23kg of luggage on the plane and should be able to leave a small bag at the hotel with fresh clothes to wear at the end of the challenge.

CLOTHES

Temperatures can fluctuate enormously from day-night and throughout the different campsites. Lots of light layers are key, as well as a synthetic or down jacket. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

SLEEPING

Look for a sleeping bag 'Comfort Rated' up to 2 or 3 seasons. One with a cotton liner would be best. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. A foam mat is provided.

HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor.

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well. Good hand hygiene is very important on any sort of challenge and will help to prevent tummy problems. Wash your hands whenever you eat and use anti-bacterial hand gel or dry wash gel when washing facilities are not available.