

Berg Adventures International Kilimanjaro Climb and Safari Gear List

Top quality mountaineering clothing and equipment are an investment that will see you through years of adventure. It is wise to choose carefully, and not to skimp on quality. At BAI we do not recommend specific manufacturers or models. The companies and products you see listed below can serve as starting points of reference for you. There are many other good brands and options. Use our suggested name brands as examples for comparison. Take this list to your local outdoor specialty shop, or call the experts at Barrel Mountaineering or Mountain Magic (contact info below).

GEAR RENTAL - Items shown in **red** are available in our gear rental program.

FOOTWEAR

- q Running Shoes or Lightweight Trail Shoes: For travel and easy walking. Some days on the mountain you will hike in these shoes. It is important to be able to change footwear to aid in prevention of blisters and other foot discomforts.
- q Hiking Boots: Leather with sturdy mid-sole and a Vibram sole. ½ or ¾ shank. Boots should be warm and fit well over light and heavy sock combination. Combination fabric and leather trail shoes that come over the ankle for support might also be acceptable. Fit is much more important than brand. Take time to select a pair that fits, and break them in well.
- q **Gaiters**: For mud in the forest and scree on summit day. Short, simple gaiters are best. (Outdoor Research: Rocky Mt. Low)
- q Sport Sandals: Excellent in camp during evenings and on Safari, open toe model that can be worn with socks. (Teva)
- q Camp Booties: (Down or synthetic) Optional luxury, any brand with thick foam soles. Mountain Hardware Chugach Booties are excellent.
- q Lightweight Socks: 3 pairs Synthetic/Wool Blend (Bridgedale, Patagonia, Smartwool)
- q Heavy Socks: 3 pairs Synthetic/Wool Blend (Smartwool, Bridgedale)

CLOTHING

It is very important that your clothes fit loosely and comfortably so you can layer your clothes appropriately. This is key for maintaining a comfortable body temperature.

- q Lightweight Pants: 1 pair (any brand Supplex or "stretch woven" pant)
- q Hiking Shorts: 1 pair (any brand of Supplex short). Will often be worn over lightweight long underwear bottoms.
- q Lightweight Long Underwear Top: (Patagonia Capilene, REI, Mountain Equipment Co-op)
- q Midweight Long Underwear Top: Zip-T neck design is good. Light colors are better for tops because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers. (Patagonia Capilene, North Face, Mountain Hardware)
- q Lightweight Long Underwear Bottom: Dark colors are preferable. (Patagonia Capilene, REI, Mountain Equipment Co-op)

- q Midweight Underwear Bottom: Dark colors are preferable because they do not show dirt. (Patagonia Capilene, REI, Mountain Equipment Co-op)
- q Briefs: 4 pairs synthetic or cotton. Running shorts also work well for underwear.
- q Short-Sleeved Shirts: 2 synthetic; most nylon running shirts or athletic shirts work. (North Face Tek Ware, Patagonia Tech Dri, or any brand of synthetic athletic wear).
- q Fleece or Synthetic Jacket: Polartec 100 or 200 is good. An even better alternative is a synthetic fill jacket made of Primaloft or Polargard. (Wild Things, Moonstone, Patagonia)
- q Synthetic Fill Pants: Pants such as Mountain Hardware Chugach 3D. Full side zips are recommended. Fleece pants are an acceptable alternative, but they will be heavier, bulkier and not as versatile.
- q **Down Insulated Jacket:** A medium weight jacket with a hood is preferred. (Moonstone Uber, Feathered Friends Frontpoint, North Face Lhotse Jacket or Summit Jacket)
- q Waterproof/Breathable Jacket & Pants: Such as Gore-Tex. Jacket must have hood, it is recommended that pants have full-length side zips. These garments should be large to fit over your other layers.

HEAD & HAND GEAR

- q Liner Gloves: Lightweight Synthetic (Patagonia Capilene or any brand of PowerStretch)
- q Windstopper Fleece Gloves: Any brand of Windstopper fleece.
- q Mittens w/ pile liners: (Outdoor Research)
- q Bandana: Traditional cotton, 2 or 3. Very important item, large size is best. For sun protection and washing up.
- q Sun Hat: Any lightweight hat with a good brim or visor.
- q Wool or Fleece Hat: Any brand of warm hat that can go over ears.
- q Balaclava: To keep face warm on summit morning. A thin one is fine. Should fit underneath your wool or fleece hat or be thick enough to be worn alone.

ACCESSORIES

- q Sunglasses #1: For high altitude. 1 pair of high quality 100%UV and 100%IR with a minimum of 80% light reduction sunglasses. Side shields such as those found on "glacier glasses" are not required, but size and shape of lens should offer maximum coverage of the eyes to protect them from bright light on snow.
- q Sunglasses #2: 1 pair high quality 100%UV and 100%IR, for safari and lower elevations, also as a backup. It is important to have a spare pair of sunglasses.
- q Headlamp w/ spare bulb: (Petzl or Black Diamond) plus two sets of batteries
- q Umbrella: Useful for hikes in the forest during the rainy season. Large size will cover your pack as well (Crazy Creek or Go Lite)
- q Pack Cover Optional. A coated nylon pack cover fitted to your pack is useful on rainy days as well.

CAMPING GEAR

- q Backpack: 3000 cubic inches or more, internal frame. Top opening mountaineer's rucksack style is best. Avoid large zipper openings and excessive outside pockets. Larger packs are better than smaller, because they are easier to pack with cold hands and they distribute loads more effectively.
- q **Sleeping Bag** -10F to 0F (-17C to -24C) Down 700 fill minimum (Marmot, Mountain Hardwear, Moonstone, The North Face)

- q **Sleeping Pad:** Inflating, full-length (Therm-a-rest).
- q **Foam pad:** (Ridgerest)
- q Water Bottles: Two one- liter, leak-proof wide-mouth (Nalgene Poly or Lexan bottles)
- q Lightweight Steel Thermal Bottle: One liter size. Optional but very nice on the long summit day. Water in Nalgene bottles will freeze unless kept next to the body; it is easier to stay hydrated with warm drinks at 19,000 ft. (Zojirushi "Dura Bottle", Nissan, Outdoor Research)
- q Pee Bottle: This is optional but recommended. One liter size with a leak-proof wide-mouth. (Nalgene Poly or Lexan bottles)
- q Pee Funnel for Women: Optional but highly recommended. (Freshette)
- q Pack Towel: Small or Medium size (PackTowl). Do not bring "terrycloth", bandanas work in a pinch.
- q **Trekking Poles:** Useful for going up and down steep, muddy trails in the forest, and general trekking in the higher elevations. Adjustable poles are best so that you can strap them on your pack when not in use. Remove the ski baskets; you will use them for walking. (Leki 3-section, Black Diamond)
- q Swiss Army Knife: Remember not to leave in carry on bags for any international or domestic flight. Scissors are probably the most useful features; you will seldom need the knife blade.

MEDICAL & PERSONAL

- q Sunscreen: SPF 30 or higher, non-oily. Bring small containers; you should not carry large quantities in your day pack. It is heavy and will freeze.
- q Lip screen: SPF 30 or higher, any brand
- q Toiletry Kit: toothbrush, toothpaste, lotion, alcohol-based anti-bacterial hand sanitizer (Purell), anti-bacterial soap, comb/brush, shave kit, lighter, small long-burning candle, needle/thread and throat lozenges (bring travel size bottles to keep you kit small).
- q First Aid Kit: Ibuprofen/aspirin assorted band-aids, moleskin, Neosporin-type suave, Nu-skin spray, small gauze pad, roll of adhesive tape, tweezers, safety pins, small bottle of water purification tablets. Include any prescription travel meds that might prescribed by your doctor. (antibiotics, Diamox, malaria meds, sleep aids)
- q Zip-loc bags: They can be very useful so bring plenty.
- q Baby wipes
- q Ear plugs: Very useful if teammates snore in nearby tents. Available in most drug stores and hardware stores.
- q Water Purification Tablets: Such as Potable Agua brand iodine tablets. Our staff will prepare plenty of purified water for you each day of your climb, but one bottle of backup purification tablets is always a good idea for your travels. They are especially useful in hotels. You should not drink untreated tap water anywhere in Africa and bottled water in some rare cases might not be available.

TRAVEL ITEMS

- q **River Dry Bag:** 115 liter size. This will be the bag carried by porters on the mountain. (Cascades Design Boundary Bag, Cabella's, REI, Mountain Equipment Co-op)
- q Large Expedition Duffel Bag: For flying to Africa with your dry bag and other belongings. This bag will be stored at you hotel in Arusha while you are on the Mountain and again while you are on safari. (Eagle Creek, Wild Things "Burro Bag" North Face Expedition Duffel, XL). Hockey bags also work.
- q Small Travel Bag: Important. Your duffel bag will stay in Arusha while you are on safari. You will take this small bag in the Land Rover for nights while you are away on safari. (Wild Things "Carry On", North Face, Eagle Creek)

- q Nylon Stuff Sacks: Bring 2 or 3 for organizing, light colors preferable for labeling.
- q Clothes for safari: Bring 2 or 3 three changes depending on the length of safari. Comfortable travel clothes. Days are dusty, cool in the mornings, warm in the middle of the day. At the end of the day we return to our lodge where you will shower and change for a nice dinner.
- q Lightweight Travel Jacket: Simple wind shirt or light fleece. Average evening temperatures in Arusha, Tanzania and Nairobi is in the 40's F (5C to 8C) in July and August. December and February are warmer, but evenings and mornings at higher altitudes on safari are always a little cool.
- q Work-out clothes and/or bathing suit: Simple and versatile items which are good for hotels.
- q Passport Belt/Pouch
- q Book(s)
- q Journal
- q Binoculars: Optional. High quality, 8X32 or 10X42 is recommended and great for safari.
- q Camera, Lenses, Video Camera: Bigger lenses and cameras for Safari can be stored in Arusha if you prefer.
- q Film and / or Memory Cards for Digital Camera: Bring plenty, as well as plenty of camera batteries. Film is expensive in East Africa and memory cards generally not available. Be sure to keep film in your carry-on luggage, in clear zip lock bags so that it can be inspected.

For our equipment needs we rely on our friends and partners at Barrel Mountaineering in Bozeman, Montana and Mountain Magic in Banff, Alberta. Feel free to call them with your questions, or for advice and suggestions.



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