



Equipment

We recommend the following individual equipment list to climb Mt. Kenya. Your equipment will be checked by the guides before departure.

Please note: What you bring in your back pack will be carried by a porter. Porters will only carry 18 kg and no more so please make sure that this is all you have in weight list. There will be a good opportunity to wash all your necessary clothing's after the climb in your base.

Basically, you will need to keep as warm and as dry as you can while climbing. It is recommended that you wear layers of clothing which you can remove as you walk and heat up. We recommend that you print this list out and check it against your packed list.

Tracking Gear

Qty	ITEM	PACKED
1	Duffle bag or back pack (60-90 Litre) to keep climbing items in (to be carried by your porter)	
1	Day pack to keep items you will need on a day to day basis (30 Litre)	
1	Sleeping bag for extreme cold weather (-7 to -10 Celsius)	
1	Sleeping bag liner	
1	Over bag to keep bag dry	
1	Pair of walking/trekking poles	

Clothing

Qty	ITEM	PACKED
3	Pairs of Socks	
3	Polypropylene/silk liner socks	
3	Short sleeve shirts or t-shirts (Made from 'wicking' material to keep you dry)	
1	Gaiters	
1	Light wool/warm hat	
1	Fleece jacket	
1	Gore – Tex shell jacket / wind proof jacket	
1	Fleece or leather gloves	
1	Gore – Tex mitten shell / gloves	
1	Heavy trekking pants	
1	Balaclava	
1	Scarf	
1	Sun hat with wide brim for sun protection	
1	Tennis shoes/trainers to wear in camp	
1	Mountaineering boots – please break your shoes in well before you come to Kenya	
1	Waterproof jacket (with hood or rain hat) & trousers	
2	Quick dry pants (preferably with zipper legs)	
2	Long sleeved quick dry shirts	

Miscellaneous

1	Tube of sun block (SPF 30 or +)	
1	Head lamp for summit ascent	
1	Flashlight for camp use	
1	Pair of sunglasses (better with nose guard & side covers)	
1	Camera (including films and sufficient batteries)	
1	Swiss army knife (optional)	
1	2 Litre water bottle	

1	Alarm clock	
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Toiletries

1	Toothbrush, toothpaste, razor, soap and other personal items	
1	Lip balm	
1	Roll of toilet paper	
1	Camp towel	
1	Small mirror	
	Multi Vitamins (B, C, E, Iron and Zinc)	
1	Sewing kit	

Important Luxury Items

Pack biscuits	
Chocolate	
Sweets, nuts and dried fruits	
Glucose Powder and other energy rich packs	

Medical pack

Although we keep a pack with us to be used in emergencies, we suggest that you bring items marked with a (*). Please only bring items that you know when and how to use effectively.

Antihistamine for allergic symptoms, sedation, nausea *	
Decongestant: Sudafed for dry up noses and sinuses*	
Anti Diarrhoea: Imodium, Lomotil*	
Aspirin and Paracetamol (not ibuprophen) for minor aches and headaches *	
Cough and throat lozenges *	
Broad of spectrum antibiotics e.g. Cipro *	
Canesten cream for athlete's foot *	
Sun block to prevent sunburn at high altitude *	
Strapping and bandages	
Plasters for blisters *	
Ophthalmic: neo-cortef for conjunctivitis and snow blindness	
Tincture iodine for washing wounds	
Insect repellent against insect bites *	
Anti-Malaria (not to be taken on mountain but only once you have descended) *	
Mountain sickness: Acetazolamide (Diamox) for HACE and HAPE *	

You may want to liaise with members of your group so as not to repeat medical items and not to carry extra weight!