



PACKING LIST

The following packing list has proven itself during our numerous journeys. But it is only meant as a guideline and shall help you while packing. Don't pack more than 15 kg. (Then you will have more space for souvenirs when returning!)

Please pay attention to the fact that clothes and equipment shall be hard-wearing and in dark colours. Bright colours are not only unfavourable for animal watching but the dust from the African bush is likely to make white colours look like grey. Dark green, brown and khaki coloured clothes are ideal. On your way you will also have the possibility to wash several clothes.

Our recommendation:

- Travelling bag, duffel bag or big backpack as main piece of luggage
- 1 little back bag for the day

Clothes:

- Light windbreaker / rain shield
- Warm pullover
- 2 sweatshirts or light pullovers
- 2 trousers for replacement, comfortable and hard-wearing
- Chemises, t-Shirts
- 2 short trousers
- Pyjama
- Underwear, socks
- Swim suit
- Headgear

Shoes:

- Solid sneakers or light hiking boots
- Thongs or sports sandals

Others:

- Photo equipment
- Flight tickets
- Vaccination card
- Films (memory chips for digital cameras)
- Traveller cheques, hard cash, credit card
- Binoculars
- Passport (valid for at least 6 months)
- Glasses for replacement
- Adapter
- Sun glasses
- Replacement batteries
- Little writing pad and pen
- First-aid kit (medicine for insect bites, diarrhoea, dressing material etc.)
- Travelling clock
- Medicine
- Insect repellent
- Malaria prophylaxis
- Suncream (with high sun protection factor)
- Washing accessories



Our recommendation for your Kilimanjaro trekking:

Bags/Sleeping bag

- Sleeping bag (comfort zone to -15°C); sleeping bags with comfort zone of only -7°C should necessarily be combined with a warm inlet
- Travelling bag/trekking rucksack or kitbag with a maximum of 12 kg! We recommend to additionally secure your belongings in single plastic bags to protect it from humidity! (Hard-top cases or travelling bags with rolls cannot be carried by the porters)
- Rucksack for the day with rain cover

Clothes

- Rain jacket and – trousers (we recommend Gore-Tex or similar)
- Warm fleeces-/ thermo- or softshell jacket
- Fleece pullover
- Solid trekking trousers
- Sports or functional underwear
- Functional shirts, short and long
- Long leggings or thermo pants
- Warm gloves/mittens/thin gloves to wear underneath or as a sun protection
- High and hydrophobic hiking boots (well broken in), take care of enough space for your toes
- Gaiters (to keep out snow, ice, dirt and little stones)
- Trekking socks
- Warm hat or full coverage face hat/base cap or sun hat/scarf or headband

Miscellaneous

- Sunglasses
- Hiking or trekking poles
- Water or thermos bottle
- Pills to disinfect water
- Headlights (preferably with LED batteries) and spare batteries
- Sunscreen/ lipstick with sun protection with a minimum factor of 20
- Wash bag / towel
- Energy- or cereal bar/ nuts or chocolate; vitamin – and mineral pills
- Toilet paper
- Emergency whistle
- Earplugs
- Photo equipment / adapter and charging cable
- Card game, book or similar

Bag pharmacy

- Malaria prophylaxis
- Insect protection (Autan, Bonomol, Tabbard)
- Medicine against diarrhoea and headache
- Band-aids in different sizes
- Leucoplast
- Triangular bandage
- Elastic bandage
- Elastic gauze bandage
- Compression bandage
- Medicine to disinfect injuries
- Painkillers
- Rescue blanket



Things we do not use for the Kilimanjaro climb:

- Portable hyperbaric bag or tent/ Gamow bag
- Oxygen systems
- Pulse-Oximeter/ stethoscope

Photography and filming:

Please have in mind that you experience Africa in the most intensive way when not always seeing through your camera. But of course your own pictures are a wonderful memory which you will watch over and over again through the years.

Compact digital camera If you want to take a compact digital camera with you have made a good choice. The small companion is always ready and at hand. It is well suitable for breathtaking landscape pictures in the African bush, sunsets and animal photos.

Our recommendation: Take at least another battery for replacement. You should also think of enough memory capacity. In the camps and lodges you have the possibility to recharge the batteries.

Digital reflex camera You are an ambitious photographer? You want to photograph animals and birds from close distance) Then the digital reflex camera is the right choice. Besides a better quality you have the possibility to compose incredible pictures.

Our recommendation: ISO 200 films are suitable for fast shoots in tele mode. A few ISO 400 / 800 films are great for pictures during twilight.

Video If you want to take your video camera, please remember to bring lots of additional batteries. Also carry enough tape with you. It's no problem to bring some empty tapes back home with you. But you will be angry when you realise that you have no tape left – just when it's getting especially interesting.

