



Item	Features	Tips	
<b>Clothing</b>			
Hiking Boots	<ul style="list-style-type: none"> <li>• Light to medium weight</li> <li>• Waterproof / Goretex</li> </ul>	Should be worn in before arriving to the mountain to improve comfort	Ensure boots fit with your thickest socks to guarantee comfort and warmth
Thermal Base Layer	<ul style="list-style-type: none"> <li>• Merino wool or synthetic</li> <li>• Enough pairs to last you (personal preference)</li> </ul>	Merino is effective a regulating temperature and minimising odour and can be worn comfortably for multiple days and remain fresh	Consider packing a light weight base layer for the majority of hiking and a heavier weight base layer for summit day
Socks	<ul style="list-style-type: none"> <li>• Wool hiking socks</li> <li>• Various thicknesses</li> <li>• Extra thick pair for sleeping</li> </ul>	Wool socks are great for moisture management and will keep your toes warm	Increase thickness as you get higher up the mountain
Beanie	<ul style="list-style-type: none"> <li>• Merino wool or synthetic</li> </ul>	Technical headwear is also appropriate	
Buff	<ul style="list-style-type: none"> <li>• Synthetic or merino wool</li> </ul>	Useful for protecting the face and ears from wind chill and sunburn	
Glasses	<ul style="list-style-type: none"> <li>• Dark tint</li> </ul>	Recommend using glacier glasses up to Spectron 4 to protect eyes from UV light	At altitude there is less atmosphere to disperse UV rays, the light from the sun is far more potent
Hat			
Gloves	<ul style="list-style-type: none"> <li>• Thin gloves for hiking</li> <li>• Thick windproof gloves for summit day</li> </ul>	Thin gloves are optional considering personal preference	Warm, windproof gloves are a necessity for summit day
Hiking Pants	<ul style="list-style-type: none"> <li>• Synthetic</li> <li>• High breathability</li> <li>• Zip off legs</li> </ul>	Zip off legs allow you to complete the trip with a single pair of versatile pants	Should be durable and loose fitting to allow base layers to be comfortably worn underneath
Hiking Shirt	<ul style="list-style-type: none"> <li>• Merino, synthetic or smart blend</li> </ul>	Long sleeves to provide protection from the sun	Light weight and highly breathable is recommended
Rain Jacket	<ul style="list-style-type: none"> <li>• Hard outer shell</li> <li>• Goretex or Event</li> <li>• Large enough to fit layers</li> </ul>	Constitutes your harsh weather protection on the mountain	Thinner Goretex jackets are lighter and more compressible

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Rain Pants	<ul style="list-style-type: none"> <li>• Hard outer shell</li> <li>• Goretex or Event</li> <li>• Large enough to fit layers</li> </ul>	Your outer shell layers need to be sized considering warm layers should be worn beneath	For minimalist layers, Pertex can also be used
Light jacket	<ul style="list-style-type: none"> <li>• Pertex outer with synthetic fill</li> </ul>	Used as your go to warmth layer when it is cooler or windy	Jackets with fleece panels in high sweat areas work well
Down Jacket	<ul style="list-style-type: none"> <li>• Big thick jacket</li> <li>• Your warmest layer</li> <li>• Water resistant material outer</li> </ul>	High loft down will provide more warmth for less size and weight	Hydrophobic down provides some weather / sweat resistance, wet down doesn't work!
Fleece Jumper	<ul style="list-style-type: none"> <li>• Technical layer</li> <li>• Polartec power fleece</li> <li>• Grid pattern</li> <li>• Fitted above base layer</li> </ul>	Fleece layers make an excellent addition to your base layer. They are warm and highly breathable	Polartec power fleece is extremely effective at regulating temperature, and is available in a variety of brands
Soft Shell Pants	<ul style="list-style-type: none"> <li>• Fitted over your base layer leggings</li> <li>• Weather resistant layer</li> <li>• Fleece lined</li> </ul>	When your base layer and hiking pants are no longer enough, soft shell pants are the next step for lower warmth	Can be used as a mid layer when it is cold enough
<b>Equipment</b>			
Hiking Poles	<ul style="list-style-type: none"> <li>• Lightweight adjustable</li> </ul>	Adjustable poles are great for traversing uneven ground	
Day Pack	<ul style="list-style-type: none"> <li>• 25 - 35L</li> </ul>	Can be used as your carry on for the flights	Only needs to carry warm and outer layers, some water, camera and snacks etc.
Large Pack	<ul style="list-style-type: none"> <li>• 80 - 120L</li> </ul>	Is used for your flights	
Dry Bag	<ul style="list-style-type: none"> <li>• Variety of sizes</li> <li>• Compression sacks</li> </ul>	Used to keep your belongings safe and dry	Compression sacks can be used for sleeping bags and down jackets
Head Torch	<ul style="list-style-type: none"> <li>• Bright with red light function</li> <li>• Adjustable angles</li> </ul>	Red light is used at night inside tent to avoid waking others and to preserve night vision	Adjustable angle used to avoid pointing at others when walking at night
Spare Batteries	<ul style="list-style-type: none"> <li>• For torch, camera, phone etc.</li> </ul>	Lithium is less affected by cold weather	Power banks and solar panels are extremely useful
Camera	<ul style="list-style-type: none"> <li>• DSLR</li> <li>• GoPro</li> <li>• Smart Phone</li> </ul>	GoPro and Smartphone cameras are suitable	SLR cameras can be bulky and fragile
<b>Bedding</b>			
Sleeping Bag	<ul style="list-style-type: none"> <li>• 0 degree comfort rating recommended</li> </ul>	Down or synthetic fill can be used. The warmer the rating the heavier and bulkier the bag will be. Consider a light bag and wearing layers if you get cold.	The nights aren't typically cold enough to justify a large sleeping bag, unless you are a cold sleeper
Sleeping Mat	<ul style="list-style-type: none"> <li>• High R value</li> </ul>	Your sleeping mat will protect you from the cold ground	Inflatable mats generally have a high R value while providing thickness to give you a good nights sleep
Inflatable Pillow		Can be substituted by clothes or stuff sacks	
Sleeping Bag Liner		Optional, recommended for those who are cold sleepers	Can add up to 5 degrees of warmth to a sleeping bag rating

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<b>Toiletries</b>			
Sun Screen	<ul style="list-style-type: none"> <li>• SPF 30+ minimum</li> </ul>	As you go higher, there is less atmosphere between you and the sun	Essential for summit days. Don't forget to apply under your nose and the back of your ears
Insect Repellent		There is a malaria risk in East Africa	Careful use of long clothing and insect repellent will reduce likelihood of mosquito bites
Vaccination Card		Kenya has a yellow fever risk	Can be purchased at the borders for \$50 USD
Wet Wipes		Used for daily cleaning and wiping hands before meals	Can substitute hand sanitiser
Hand sanitiser			
Toothbrush			
Toothpaste			