






Kilimanjaro Expedition Equipment List, 2012

Having the right equipment on your expedition will make almost as much difference to your safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your hometown do not have first hand knowledge of high-altitude climbing, so be sure to balance their advice with what you read here. And do not hesitate to call us for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!



For the best personalized shopping experience with a climbing and mountaineering gear expert, contact Alpenglow Sports' Brendan Madigan at 530.583.6927 (w), 530.414.1472 (c), or Brendan@alpenglowsports.com. Located in Tahoe City, CA, Alpenglow Sports is a gear shop dedicated to great customer service and unparalleled knowledge of the products they sell. They either stock or can quickly order everything you might need for your trip. And of course they will be happy to ship to your location if you are not fortunate enough to regularly be in the Tahoe area! Be sure to let them know you are going on an Alpenglow trip. They are very familiar with our expeditions, our gear preferences, and the mountains we climb.

Finally, a note on our recommendations: these are not the only good brands out there. They are products which our guides have used extensively and been happy with. For the safest shopping experience, choose these specific items and you can be confident you have the right tool for the job. Enjoy your shopping!






HEAD

<input type="checkbox"/>	Baseball cap- Bring your favorite baseball cap for shelter from the blazing sun. No white under-brim—the reflection off of it from the sun is blinding.	
<input type="checkbox"/>	Balaclava- We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.	Marmot- Lightweight Balaclava Outdoor Research- PL 100 Balaclava™ 
<input type="checkbox"/>	Polar fleece or wool hat- A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet.	Marmot- Summit Hat Patagonia- Big Mountain Beanie 
<input type="checkbox"/>	Sunglasses- Should have very dark lenses (85%+ visible light blocked). Minimal light should come in below, above, or around the sides of the lenses. While traditional “glacier glasses” with leather/plastic side shields are not necessary, “bug-style” wraps are best. Ventilation is also important. Be sure to have a retainer strap (Chums or Croakies).	Kaenon- Rhino, Lewi Julbo- Nomad, Explorer 
<input type="checkbox"/>	Headlamp- L.E.D. headlamps are recommended. Make sure they have 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp.	Petzl- Tikka® XP headlamp Black Diamond- Spot LED Headlamp 


HANDS

<input type="checkbox"/>	<p>WINDSTOPPER® Gloves- You will rarely take these gloves off. They should be snug-fitting, made of WINDSTOPPER® fleece, and have some sort of reinforced palm.</p>	<p><u>Marmot-</u> Windstopper Glove <u>Black Diamond-</u> Windweight Glove</p> 
<input type="checkbox"/>	<p>Big Mountain Gloves- These gloves should be full GORE-TEX®, with a removable fleece liner (so you can take the liner out and dry it at night). The warmer the liner the better. A warm pair of ski gloves are sufficient.</p>	<p><u>Marmot-</u> Expedition Mitt <u>Black Diamond-</u> Mercury Mitt, Absolute Mitt <u>Black Diamond-</u> Guide Glove</p> 

FEET



<input type="checkbox"/>	<p>Liner Socks (2 pair) - A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.</p>	<p><u>Patagonia-</u> Ultra Lightweight Hiking Crew Socks <u>Bridgedale-</u> Liner sock</p> 
<input type="checkbox"/>	<p>Hiking Socks (2 pair) - Your everyday sock, good for day hikes, trekking, and in-town. NO COTTON.</p>	<p><u>Patagonia-</u> Midweight Hiking Crew Socks <u>Bridgedale-</u> Endurance Trekker</p> 
<input type="checkbox"/>	<p>Warm Socks (2 pair) - A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON.</p>	<p><u>Bridgedale-</u> Endurance Summit <u>Patagonia-</u> Ultra HW Mountaineering Socks</p> 
<input type="checkbox"/>	<p>Hiking boots- These light to mid-weight boots are for every day use. The ideal boot is comfortable enough to wear for days and scrambles decently on rock. A Gore-tex lined boot often stays drier when hiking in rain or snow.</p>	<p><u>Montrail-</u> Torre GTX™ <u>Sportiva-</u> Thunder II GTX</p> 
<input type="checkbox"/>	<p>Gaiters- GORE-TEX® or Schoeller® calf-high, durable gaiters are recommended. VELCRO® calf-closure is preferred.</p>	<p><u>Outdoor Research-</u> Crocodiles® Gaiters <u>Black Diamond-</u> GTX FrontPoint Gaiters</p> 




UPPER BODY

<input type="checkbox"/>	<p>Silkweight- Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.</p>	<p><u>Patagonia-</u> Capilene® 1 T-shirt <u>Marmot-</u> Lightweight Crew SS</p> 
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<input type="checkbox"/>	<p>Mid-weight (2 pair) - A poly-pro mid-layer that you will never take off. Fitted, lightweight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.</p>	<p>Patagonia- Capilene® 2 Zip Neck Marmot- Midweight Zip Neck LS</p>	
<input type="checkbox"/>	<p>Expedition-weight top – Warmer than your mid-weight, but still breathable and lightweight.</p>	<p>Patagonia- R2® Jacket Marmot- Reactor Full Zip Jacket</p>	
<input type="checkbox"/>	<p>Warm jacket (optional)- A polarguard or fleece jacket. Warmer than your expedition weight top, but not as extreme as your big puffy jacket. Full zip is recommended.</p>	<p>Patagonia- Lightweight R4® Jacket Patagonia- Micro Puff Jacket Marmot-Baffin Jacket</p>	
<input type="checkbox"/>	<p>Softshell Jacket (optional) – While we do not require this item, we also know that those that don't have one will wish they did! These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation. A windshirt is also an effective option for this optional layer.</p>	<p>Marmot- Super Hero Jacket Patagonia- Talus Jacket Marmot- DriClime Jacket</p>	
<input type="checkbox"/>	<p>Gore-Tex® jacket- A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it. PacLite® is preferred for lightweight.</p>	<p>Marmot- Minimalist Jacket Patagonia- Stretch Element Jacket</p>	
<input type="checkbox"/>	<p>Down parka- A hooded puffy that will keep you warm in the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight. Some 8000-meter parkas are too big and bulky for all but 8000-meter peaks!</p>	<p>Marmot- Ama Dablam Jacket Patagonia- DAS Parka</p>	


LEGS

<input type="checkbox"/>	<p>Quick-dry shorts- Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.</p>	<p>Patagonia- Baggies™ shorts Marmot- Yonder Short</p>	
<input type="checkbox"/>	<p>Mid-weight (2 pair) -- Fitted, lightweight and quick drying. The mid-weight will be a base-layer that will get you through a wide range of temperatures.</p>	<p>Patagonia- Capilene® 2 Bottoms Marmot- Midweight Bottom</p>	

<input type="checkbox"/>	<p>Expedition-weight bottoms -- Warmer than your mid-weight, but still breathable and lightweight. These will be worn around camp and on summit day.</p>	<p><u>Patagonia</u>- R1® Pants</p> 
<input type="checkbox"/>	<p>Soft Shell pants- You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. We prefer lightweight models.</p>	<p><u>Patagonia</u>- Guide Pants <u>Marmot</u>- Scree Pant</p> 
<input type="checkbox"/>	<p>Hard Shell pants- Your waterproof bottom layer for extreme weather days. Make sure you have water-resistant zippers, crampon patches + good pockets. Bibs are unnecessary – lighter weight (Paclite material) is best.</p>	<p><u>Marmot</u>- Exum Pant <u>Marmot</u>- Oracle Pant</p> 

GEAR

<input type="checkbox"/>	<p>Daypack- Mid-size summit pack for day climbs, city days and trekking. 2,000-3000 cu in. (30-40 liters) Streamlined, neat and lightweight.</p>	<p><u>Marmot</u>- Eiger 35 <u>Camp</u>- X4 Evo</p> 
<input type="checkbox"/>	<p>Hydration System- Must have shoulder straps + be insulated. Should carry 70-100 ounces. On summit days this will be worn <u>under</u> your gore-tex layer, not in your pack, so choose the lowest profile model you can find.</p>	<p><u>CamelBak</u>- Zoid</p> 
<input type="checkbox"/>	<p>Duffle Bag- Your bag should be durable, waterproof, and big! You should feel comfortable leaving it in a puddle! Remember dry clothes are hot commodities in the mountains!</p>	<p><u>Marmot</u>- Long Hauler Duffle Bag XL <u>Gregory</u>- Long Haul™ Duffle XL or XXL</p> 
<input type="checkbox"/>	<p>Sleeping Pad- 72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad.</p>	<p><u>Therm-a-rest</u>- ProLite™ Plus</p> 
<input type="checkbox"/>	<p>Sleeping Bag- Rated to at least 0 F. Choose an 800+ Fill Premium Goose Down bag. Make certain that the sleeping bag is the right length. DON'T FORGET A COMPRESSION SACK FOR THE SLEEPING BAG. Many climbers also like a silk liner.</p>	<p><u>Marmot</u>- Col Eq <u>Granite Gear</u>- Compression stuff sack</p> 

<input type="checkbox"/>	Trekking poles- Must be collapsible poles. Make sure that they are durable, lightweight + easily adjustable.	<u>Black Diamond</u> - Contour Trekking Pole 
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MISCELLANEOUS: Underlined items are required

- PASSPORT** (with visa, if necessary) and one extra passport photo
- TRAVEL WALLET POUCH (waist or neck)
- 2 LUGGAGE LOCKS**
- LEATHERMAN/ SWISS ARMY KNIFE
- INSULATED MUG
- WATER BOTTLE**: plastic (Lexan) 1 liter bottle with a wide-mouth
- WATER PURIFICATION TABLETS (iodine or equivalent) or WATER FILTER (must be rated for international use)
- 1 LIGHTER
- BANDANAS
- NON-COTTON UNDERWEAR (men- polypro boxers or briefs / women- poly-pro sports bras, cotton or polypro briefs are fine)
- SNEAKERS (lightweight and comfortable, for wear in camp and in town)
- 4 HEAVY DUTY GARBAGE BAGS (at least)
- ZIP LOCK BAGS (large size, for organizing small items and waterproofing)
- STUFFSACKS (assorted sizes, for organizing your clothes and gear)
- SUNSCREEN: SPF 30 (or higher) LOTS**
- LIP BALM with SPF 15 (or higher) dermatone, blistex**
- INSECT REPELLENT
- PERSONAL FIRST-AID KIT** (Band-aids, Ibuprofen, Cough Drops, Moleskin, Pepto-bismol, Immodium, Personal Medications)
- TOILETRIES [Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Pural Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)]
- SNACK FOOD (trail mix, balance bar, GU, candy, powdered drink mixes – don't bring a whole suitcase, but bring a variety of things you know you can eat while in the mountains. Carbohydrate energy gels are essential for summit days. 10 packets should be sufficient unless you love the stuff!)

IN TOWN:

- T-SHIRTS
- SHORTS
- SKIRTS (WOMEN)
- GOING-OUT CLOTHES (for a celebration night out in town, clothes that will not go into the mountains)
- LONG PANTS
- UNDERWEAR
- SOCKS
- WARM SWEATER (or fleece that does not go into the mountains)
- WARM HAT (that will not go into the mountains)

- SWIMSUIT
- SOME NICER CLOTHES FOR EVENINGS ON SAFARI
- SPENDING MONEY at least \$500** (souvenirs, visa fee, departure tax, staff/guide tips)

OPTIONAL:

- IPOD
- SOLAR CHARGER: **Solaris™ i6 Foldable iPod® Charger** (make sure if this is how you are charging your camera as well that it has the proper charger)
- EAR PLUGS
- JOURNAL/ BOOKS/ GAMES FOR PERSONAL ENTERTAINMENT
- LANGUAGE PHRASE BOOK OR DICTIONARY
- CAMERA (with all necessary accessories)
- BINOCULARS
- SANDALS (flip-flops, chacos or tevas)
- HANDWARMERS
- THERMABANDS

A NOTE ON PACKING

For your international flights we recommend that you pack all of your equipment in your duffle bag and another bag or suitcase. Do not simply pack your backpack (since its straps can be damaged by baggage handling machines). It is important to lock these bags for their trip. Depending on airport, you may be able to put your travel locks on after they have been searched. If not, lock the bag with zip ties. If the TSA cuts off the zip tie to search your bag, they will replace it. You will still need travel locks to lock your bags in the hotel and on the trek. Generally, you will take one duffle on the mountain, and leave one in the hotel with your belongings for town.



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