



Guided High Altitude Expeditions

# Kilimanjaro – The Roof of Africa

Catalogue 2010



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## About Tanzania

The United Republic of Tanzania lies on the east coast of Africa and shares borders with Kenya, Mozambique, Malawi, Zambia, DRC, Rwanda, Burundi and Uganda.

The mainland area was a German colony until the end of World War I when it was passed on to be governed by Britain under mandate from the League of Nations. In 1961, the territory of Tanganyika declared independence from Great Britain and formed the Republic of Tanganyika. A year later the Republic of Tanganyika was inducted into the Commonwealth.

The offshore islands of Zanzibar gained independence from Great Britain in 1963 and a year later joined with Tanganyika to form The United Republic of Tanganyika and Zanzibar which was later renamed to its present name.

The country has a population of around 37 million people with the mainland mostly comprising of African ethnicity and Zanzibar mostly Arab Muslim. Swahili and English are the two official languages of Tanzania. Dar es Salaam is the country's biggest city and has been the capital since independence. However, the inland city of Dodoma has been ear-marked to become the new national capital and is now the legislative capital of Tanzania.

Tanzania has an extremely rich natural heritage which is protected within 14 national parks covering more than 42,000 square kilometres under the authority of Tanzania National Parks (TANAPA). This includes the world famous Serengeti National Park which sees the annual migration of millions of wildebeest and other wildlife. The Ngorongoro Conservation Area is another worthwhile place to visit with plenty of natural wonders to behold.

The monetary currency is the Tanzanian shilling which consists out of 100 cents. 1 US dollar would buy roughly 1305 shillings and 1 rand would buy roughly 174 shillings (17 October 2006). The country's main industries are agriculture (including coffee, sisal, cotton, nuts, bananas and tobacco), mining (gold, diamonds and tanzanite) and tourism. The increasingly popular precious stone, Tanzanite, was discovered in the Arusha region in 1967 and has since become internationally sought after. Tanzania has an established and growing mobile communication sector and Vodacom provides cellular coverage on Mt Kilimanjaro – the highest GSM mobile covered point in the world.



## About Kilimanjaro

Mt Kilimanjaro is an extinct volcano located in the Kilimanjaro National Park in the north of Tanzania and consists of three cones namely Kibo, Mawenzi and Shira. The Uhuru peak on the Kibo-rim is at 5895m a.m.s.l. Africa's highest point and also marks the world's highest free-standing mountain.

Situated roughly only about 300km south of the equator, the region has no distinguishable seasons in terms of temperatures, but rainfall is more common during certain months. Mt Kilimanjaro (which is Swahili for *Shining Mountain*) with its permanent ice cap almost looks out of place in this tropical location. Sadly, this ice cap is rapidly receding due to global warming and may completely disappear within a couple of years' time. The

Kilimanjaro is a natural wonder in the sense that its slopes can be distinctly divided into six different ecological zones. The rich volcanic soil has attracted people to settle at, and cultivate the slopes up to about an altitude of 1800m. Above these cultivated areas, a lively rainforest stretches up to about 2800m. This rainforest receives an average of 2000mm annual rainfall which mostly falls during the monsoon of March to May and then also during October and November. The forest then opens up to a heath landscape which stretches up the slope to a height of 3300m. Above this height, the landscape opens into a rocky moor land which stretches up to 4000m. From 4000m upwards, vegetation becomes scarcer due to a dry, desert climate and big temperature differences between night and day. This region is called the Alpine desert and it stretches up to an altitude of 5000m. From 5000m upwards is the Summit region which is covered in snow and permanent glaciers.

The first ascent to the summit of Mt Kilimanjaro is credited to German Hans Meyer and Austrian Ludwig Purtscheller in 1889 with local scout Johannes Kinyala Lauwo as their guide. Lauwo has reportedly reached the summit nine times before the Meyer-Purtscheller expedition.

The town of Moshi can be found at the southern foot of Mt Kilimanjaro. With a population of about 150,000, it is the capital of the Kilimanjaro region. Moshi is mainly populated by the Chaga and Maasai people. The Chaga is a tribe of Bantu origin, whose main activity revolves around agriculture. Their main crops are Arabica coffee and bananas. The Maasai is traditionally a semi-nomadic tribe and pastoralists with cattle- and goatherds being their primary possessions. Maasai are one of the best known African tribes internationally, with their brightly coloured clothing and warrior jumping dances being especially recognisable. Moshi is a Swahili word meaning *Smoke* and the town is named so because of the clouds mostly covering the summit of Mt Kilimanjaro from this, the southern side.

To the west of Moshi, and situated at the foot of Mt Meru, lies the city of Arusha with a population of roughly 280,000 people. Arusha is the capital of the Arusha region. It is a far more industrialised town than Moshi with tourism and floriculture being thriving industries. Apart from the indigenous people, Arusha also has a large community of people from Indian descent. The word Arusha is Hindi for *Rising Sun*. The city's clocktower supposedly marks the halfway mark between Cape Town and Cairo.

Halfway between Moshi and Arusha lies the Kilimanjaro International Airport, which receives flights from, amongst others, Air Tanzania and KLM. It is a modern airport which was opened in 1971 as part of Tanzania's tenth anniversary of independence celebrations.



## Venture Forth and Kilimanjaro

Venture Forth specialises in arranging private group climbs of Kilimanjaro. We also offer a very limited number of open enrolment tours every year. We arrange trekking expeditions on the mountain via four different routes and also technical mountaineering ascents on request.

We are a small company offering personal service and professional advice based on our own mountaineering and trekking experience all over the world. All our staff members are professional, qualified mountain guides who can offer you real advice on all aspects of your expedition from preparation, fitness training and equipment purchasing to what to expect on the mountain and how to deal with possible emergencies. We are one of South Africa's oldest accredited mountaineering schools and mountain guide services and thus we can provide you with the best service before, on and after the expedition.

Venture Forth does not aim to provide the cheapest options to climb Kilimanjaro and neither do we aim to put the most people onto expeditions. We are the choice of the connoisseur traveller who wants peace of mind, personal and comprehensive service from A to Z and the best and safest chance of summit success.

We offer **two options** for guided Kilimanjaro expeditions:

### 1) **Standard Package**

This package includes all the basic services for climbing Kilimanjaro as well as our full assistance with preparation and planning. Your party will be guided by our experienced Tanzanian mountain guides who are all registered with the Tanzanian authorities as Kilimanjaro guides. The package includes porters, accommodation, meals, permits, rescue fees etc.

### 2) **Premier Package**

This is our most comprehensive Kilimanjaro service package and your best guarantee of safety and enjoyment on the mountain with the highest chance of summit success. Your tour will include the services of a Venture Forth qualified and registered South African mountaineering guide as tour leader and co-ordinator. This guide will play an integral role in your preparation program and be with you on the mountain every step of the way to ensure your safety and make sure things run smoothly. You will still have all the services of the Standard Package but you will have the benefit of the experience and service of a qualified mountain guide who will look after the group and deal with any possible emergencies. This guide will also ensure smooth liaison with the Tanzanian guides and crew as well as the ground operator. Our guides are all trained in emergency medical care and rescue.

## Kilimanjaro Route Options

### **Marangu Route**

This is the most popular and “easiest” route for ascending Mt Kilimanjaro, which is why Marangu route is also nicknamed the Coca-Cola route. Accommodation on Marangu is in huts with beds and mattresses at every camp and the hiking days are the shortest (except for the summit attempt) of all the routes. Venture Forth only offers the Marangu Route as a six day option (4 days ascending, 2 days descending) with an additional acclimatisation day included.

On day one, you are transported from the hotel to the Marangu Park gate (1800m asl) where you sign in and then start your ascent of Mt. Kilimanjaro. On this day you will be hiking approximately 10km through the rainforest and gain an altitude of 1000m. Your first night is spent at Mandara Huts.

The next day you will start your hike from Mandara, walking about 15km through the heath- and moorlands with stunning views of Mawenzi and Kibo until you reach Horombo Huts after another 1000m elevation gain.

Day three is a very important acclimatization day where you will walk up to Mawenzi Huts at an altitude of approximately 4600m and then return to Horombo Huts for the night. This aids greatly with acclimatisation and much improves your chance of summit success.

Day four will be quite a long day, so you will set off earlier than the previous mornings, walking through 16km of alpine desert up to your camp for the night, Kibo huts (4700m).

From Kibo Huts, early the next morning, you will make your attempt to stand at the highest point in Africa, Uhuru peak. You will be woken at roundabout midnight. By far the most difficult day, you have to walk over steep and rugged terrain at an extreme altitude. Gilman’s Point should be reached at dawn and Uhuru Peak is another 2 hours’ hike further on.

A short time is spent on Uhuru Peak allowing you time for savouring this amazing personal achievement! You will then head back down to Horombo Huts where you will spend the night.

The final day is another long day, but a lot easier going downhill, with the air getting richer with every step. You will walk back down to Marangu Gate where your transport back to the hotel will be waiting.



## Machame Route

This route, which is also known as the Whiskey route (considered “harder” than the Coca-Cola Route), approaches Kibo from the south-western side and is widely regarded as a very scenic route to climb Mt Kilimanjaro. Accommodation is in tents, erected every night by your support team, and meals are served in a dinner tent or on a blanket outside. The Machame route can be done in six days, but an extra day is recommended for proper acclimatisation, and allowing more time for rest before the summit attempt. The hiking days on the Machame Route are longer than on the Marangu Route except for the summit attempt, which is little shorter.

On day one you will be transported to the Machame gate at 1700m where you will sign in before setting off on your hike through the rainforest. Your first night will be spent at Machame Camp (3000m asl).

On day two you will hike from the campsite through the heath- and moorlands up to the Shira campsite at an altitude of approximately 3800m. The Kibo Cone as well as Mt Meru can be seen from here.

On the third day you will walk into the alpine desert region, up to the Lava tower at an altitude of 4600m before descending down to Barranco camp (3900m). This day aids in the acclimatisation process and, if you feel strong, gives you the opportunity to scramble to the top of the impressive Lava Tower!

The next day you will start by scrambling up the imposing Barranco Wall from where you will have amazing views of the surrounding landscape. You will continue on to the Karanga campsite where you will overnight. (If you choose to do Machame in six days, you will not overnight at Karanga, but instead continue on to Barafu Camp)

On day five you will hike from Karanga to Barafu (4600m) which will be your summit camp. This is a short 2 – 3 hour hike, but the terrain gets gradually steeper all the way to Barafu camp. By taking the 7 day option you are afforded a lot more time to rest at Barafu before your summit bid. You will be woken at around midnight for your summit attempt on day six. This will be the hardest of the trekking days so far with a long slow push up to Stella Point which you should reach at dawn with another 2 hour hike to Uhuru Peak. After enjoying your moment on the Roof of Africa, you will descend by the same route to Barafu camp and then down the Mweka Route to Mweka camp where you will overnight.

Your final day sees you hiking down the mountain through the beautiful and lively rainforest to Mweka Gate from where you will be transported back to the hotel.



## Rongai Route

The Rongai Route is relatively easier and also more scenic than the Marangu or Machame routes, and the associated success rate is very high. Accommodation is in tents, erected by your support staff, and meals are served in a dinner tent or on a blanket outside. The route starts on the northern side of the mountain just south of the Kenyan border, and is one of the least utilised routes. The descent is down the Marangu Route on the south side of the mountain, so climbers see the mountain from two sides.

On day 1 you are transferred from the hotel to Nale Muru village (1950m asl) where you sign in and start the hike. You will hike through agricultural fields and a pine forest before the track starts climbing gently but steadily through the rain forest to the edge of the moorland zone where you will overnight at 2600m with extensive views over the plains of Kenya.

Day 2 ascends steadily to Second Cave (3450m) with suburb views of Kibo and the Eastern Ice Fields on the crater rim. From here we leave the main trail and head out on a smaller path towards the jagged spires of Mawenzi until we reach Kikelewa Camp situated in a sheltered valley at 3600m.

Day 3 starts with a short, steep climb up some grassy slopes which is richly rewarded by spectacular views and a true wilderness feeling! You will leave the greenery behind before reaching the next camp at Mawenzi Tarn (4330m) situated dramatically below the towering Mawenzi. The afternoon is spent relaxing or exploring the surrounding area.

We spend an extra day here (day 4) and camp for two nights in the same place. We hike up and around Mawenzi to aid your acclimatization and see this seldom visited area. This greatly aids with acclimatisation and gives you a better chance of summit success.

On day 5 you will cross the lunar desert of the saddle between Mawenzi and Kibo to reach Kibo campsite (4750 m / 15,584 ft) at the bottom of the crater wall. The remainder of the day is spent resting in preparation for the final ascent before a very early night!

Summit day will be by far the steepest and most demanding part of the climb and you will set off around 1am. The route follows a switchback trail through loose volcanic scree to reach the crater rim at Gillman's Point (5685 m / 18,652 ft). Here you enjoy the spectacular sunrise over Mawenzi before making the three hour round trip to Uhuru Peak (5895 m / 19,341 ft), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to Kibo Huts (4700m) is surprisingly fast and, after some refreshment, you continue the descent to reach the final campsite at Horombo Huts (3720 m / 12,205 ft).

The final day takes you through the forest to the Park gates where the transport will be waiting.



## Lemosho Route

The Lemosho is often considered the more remote “mountaineers option.” It is a longer 8 day trek allowing for better acclimatisation than most of the other routes. Accommodation is in tents, erected by your support staff, and meals are served in a dinner tent or on a blanket outside

On day one you are transferred from the hotel to Londorossi Park Gate (2250m) from where a 4x4 track leads to the Lemosho Glades (2100m). You will then hike along the forest trails for approximately 3 hours until you reach Mti Mkubwa Camp for the night.

On day 2 the trail becomes gradually steeper and you enter the moorland zone. The trail crosses a number of streams until you gain the Shira Ridge (3600m) and then drop gently down to Shira Camp 1 located on the Shira Plateau.

Day 3 takes you on an easy walk across the plateau to Shira Camp 2 situated on the moorland meadows near a stream. You can choose to do any of a variety of walks along the Plateau to aid with acclimatisation.

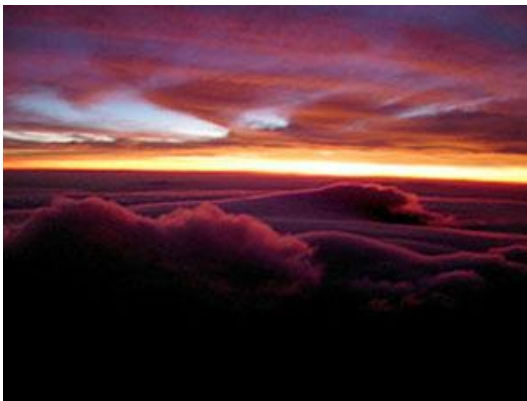
The next day you continue towards the east and later towards the south-east in the direction of Lava Tower. From here you continue towards Arrow Glacier (4876m) and then downwards to the Barranco Hut (3860m) where you will overnight. This day will dramatically increase your acclimatisation for the rest of the trek.

On day 5 you will scramble up the imposing Barranco Wall affording you magnificent views across the mountain and then you will continue on to Karanga Valley Camp (4200m) for the night.

The next day takes you on a 2 -3 hour hike with the route getting gradually steeper to Barafu Camp (4600m) where you will rest and prepare for your summit bid.

Early on day 7 you will leave for your summit attempt which will first take you to Stella Point and then on to Uhuru Peak (5985m) and the highest point in Africa! After a short period on the summit you will descent via the same way and then continue to Mweka Camp (3100m) for your final night on the mountain.

On day 8 you will descend to Mweka Park Gate where the transport will be ready to take you back to the hotel.



## **How to choose a route:**

**Do you want the relative luxury of a hut and bunk bed at night?**

Only the Marangu Route offers this as all the other routes have tented accommodation.

**Do you want a more wilderness experience with less people on the route?**

Then choose Lemosho or Rongai.

**Do you have a day or two more to spend on the mountain?**

Then choose Lemosho or Rongai.

**Would you like a chance to see wildlife?**

Then choose Rongai.

**Would you like to walk through the crater?**

Then choose Rongai.

**Would you like a lively route with lots of new people to meet?**

Then choose Marangu or Machame.

**Would you like the most social experience on the mountain with lots of opportunity to meet people from other parties?**

Then choose Marangu.

**Would you like to climb the easiest route on the mountain?**

“Easiest” on Kilimanjaro is a relative term. The most exhausting part of climbing Kilimanjaro is dealing with the altitude. So, if you want the best chance of making the top then choose a longer route with extra days which aids acclimatisation. All the routes have hard summit days.



## Kilimanjaro Expedition Price List – Valid until 31 December 2010

Standard Packages						
Route Name	Time on Mountain		Cost per person (US Dollars)			
	Days	Nights	1 Person	2-5 Persons	6-9 Persons	10-15 Persons
Marangu	6	5	US\$1820	US\$1655	US\$1600	US\$1535
Machame	6	5	US\$1770	US\$1600	US\$1540	US\$1485
	7	6	US\$1990	US\$1825	US\$1765	US\$1715
Rongai	5	4	US\$1655	US\$1490	US\$1425	US\$1370
	6	5	US\$1875	US\$1710	US\$1470	US\$1590
Lemoshi	7	6	US\$2110	US\$2060	US\$1960	US\$1900
	8	7	US\$2325	US\$2280	US\$2185	US\$2120
Deluxe Packages						
Above rates plus additional US\$2950 per group						

**Note:** The above prices do not include flights. As many of our Kilimanjaro clients come from all over the world to climb with us we do not include flight costs in our prices. These prices are ex-Kilimanjaro International Airport. If you would like Venture Forth to quote on flight costs please let us know and we will gladly do so.

**Note to our South African clients:** Venture Forth can arrange flights ex-Cape Town and ex-Johannesburg to Kilimanjaro International Airport directly with Air Tanzania. Please ask for a flight quotation if you would like us to include this service.

### Costs Include:

Road transfer from Kilimanjaro Airport to hotel return; 2 Nights accommodation at Keys Annex Hotel or Kenyatta Court Hotel (1 night before climb; 1 night after climb) on a bed & breakfast basis; National Park entrance fees; camping or hut fees; rescue fees; National Park commission; 3 meal per day while on trek; guides, porters and cook fees; road transfer from hotel to park gate return; free fitness assessment (either in person or online) by our fitness expert Andre Hawarden of [www.fitnessman.co.za](http://www.fitnessman.co.za); training and fitness advice; 15% equipment and clothing discount voucher from Mammoth Outdoor; personal equipment and clothing selection advice procurement assistance from our mountain guides; personal preparation advice and assistance

### Costs Exclude:

Flights; tips for guides and porters; climbing equipment & clothing; additional meals or drinks not mentioned above

### Deluxe Packages Include:

Personal preparation assistance and on the mountain guidance from a fully accredited and qualified mountaineering guide provided by Venture Forth. This guide will carry advanced medical equipment and is fully trained in emergency medical care and rescue.

### Why do we quote prices in US Dollar?

Because of the continuous fluctuation of the Rand/Dollar exchange rate we price all our international tours in US Dollar. If you are paying in another currency then you will have to do so at the exchange rate of the day when you make the payment. Please discuss this with us if you have any questions.

## **FAQ** (Frequently Asked Questions)

### **How long in advance should I book?**

We can make the booking of a standard package climb on relative short notice subject to availability. Flight bookings to Kilimanjaro Airport can however be a problem and we suggest you book at least 6 months ahead of time. Deluxe package bookings should be made at least 6 months before departure. Most people take between 6 and 12 months to prepare themselves for the expedition and we suggest you make your bookings and start preparing as soon as possible.

### **Do I need a lot of expensive equipment?**

No, you do not need to overextend yourself with equipment and clothing purchases. If you are already an active hiker you may have most of the items you need already and you need relatively few specialised items for Kilimanjaro. You do need good quality warm clothing for the summit day specifically and a decent and comfortable pair of trekking boots is highly recommended. You also need a sleeping bag rated for cold conditions. Please view the equipment list in the back of this catalogue for all the requirements.

### **Do I need to bring a tent?**

No, tents are provided on the camping routes.

### **Can I die on Kilimanjaro?**

Yes, Kilimanjaro has the same dangers as any big mountain. The biggest danger on Kilimanjaro is the possibility of getting Altitude Sickness due to fast ascent times and the extreme height of the summit. It is very important to understand the effects of altitude and the possible medical emergencies that can arise due to this. When you book with Venture Forth we will supply you with a booklet with all the latest, up-to-date information on altitude related conditions and we will also discuss this with you personally. One of the reasons our deluxe packages are so popular is because of the safety provided by a qualified mountain guide who can monitor your condition and give advice as the trek progresses up the mountain. This guide can make life-saving decisions when you may be unable to do so.

### **How good are the local Kilimanjaro Guides?**

This is a question which is often asked and debated and every so often it even makes the news around the world. Venture Forth hires only very experienced local guides in conjunction with our Tanzanian ground operator. All Kilimanjaro Guides are certified by the Parks Authority to guide on Kilimanjaro usually after completing a training program and gaining substantial experience working as an apprentice guide. Many of these guides have climbed the mountain hundreds of times while looking after clients. The guides are generally good-natured, friendly and very helpful and attentive of their clients.

### **Then why do people pay extra to take an international mountain guide along?**

Although the local Kilimanjaro Guides are mostly excellent at client care problems often occur when they have to deal with emergencies. Mostly their training is not to the standard of international guides and quite often they are ill-equipped to deal with medical or trauma emergencies. Problems have also occurred where clients have offered additional money to influence the better judgement of a local guide or where communication problems occur between clients and local guides due to language barriers. The local guides are under immense pressure from clients and some operators to get as many people to the top as possible and this often proves to be disastrous. International mountain guides are very used to making decisions under pressure and provide a higher level of security due to their advanced emergency care and rescue training coupled with a much higher level of technical mountaineering competence.

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As well as looking after you on the mountain, when you hire a Venture Forth guide as part of your deluxe package the guide will deal with the Tanzanian ground operator, hotel staff, transport operators, and mountain staff on your behalf. The guide will carry advanced first aid supplies and look after any possible emergencies on the mountain. The guide will monitor your health and acclimatisation on an ongoing basis. As part of the package you will have personal contact with your guide from the time of booking to get the best advice and personal preparation assistance.

**What credentials should a South African mountain guide have if I will be paying extra to have one along?**

By law South African mountain guides should be registered with the Department of Environmental Affairs and Tourism as a mountain guide. They should also hold the appropriate THETA qualification for the task at hand. For guiding Kilimanjaro a South African mountain guide should hold either unit standard TG25 National Mountain Walking Guide or unit standard TG26 Mountaineering Guide. It would be advisable that they hold an appropriate qualification from the SA Mountaineering Development & Training Trust (MDT) as well. This will include the MDT Advanced Mountain Walking Leader award and higher. Do not accept a guide's word that he holds certain qualifications; ask to see his/her original certificates and DEAT registration card. If a "guide" claims to hold a certain qualification but does not have the certificate to prove it then please check with THETA on [www.theta.org.za](http://www.theta.org.za) and the MDT on [www.samdt.co.za](http://www.samdt.co.za).

**How fit must I be to climb Kilimanjaro?**

It is obviously of benefit to be in good condition and have a high level of fitness for the climb. It is however not necessary (or even recommended) to be marathon running fit. Ideally your training should be aimed at delivering strength endurance rather than serious muscle building and you should not be underweight when you depart for the mountain. If you are currently very overweight losing a few kilo's is recommended.

**Will Venture Forth help me with a training program?**

Yes, when you sign up with us you will get a free session with our fitness instructor, Andre Hawarden of [www.fitnessman.co.za](http://www.fitnessman.co.za). If you are not based in Cape Town, Andre will do an online fitness assessment and tailor-make a program just for you to make sure you get the right advice. You are also welcome to speak to any of our guides about your preparations and we will provide you with general training advice in your information pack when you book.

**Can you guarantee that I will get to the top?**

No, definitely not. We will do everything possible to help you achieve your goals of standing on the Roof of Africa but we cannot guarantee that you will get there. We will help you prepare, give you the correct advice and provide the best possible service before, during and after your climb but we will not compromise your safety and we will not drag you to the top.

**Do you conquer Kilimanjaro?**

You do not conquer Kilimanjaro or any other mountain. You plan and prepare carefully, you approach the mountain with respect and then the mountain may grant you access to the top.

**Is it worth the effort?**

There is precious little in this world that compares to the feeling of standing on top of a huge mountain, having gained its summit with great physical effort. The closest experience to that is watching the sun rise over Africa. Kilimanjaro offers both opportunities.

## Kilimanjaro Guided Expeditions – Trekking Routes

### CLOTHING & EQUIPMENT CHECK LIST

<u>Item:</u>	<u>Qty:</u>	<u>Notes/Recommendations:</u>
<i>Mark ✓</i>		
<input type="checkbox"/> Full Shell Gear (Jacket & Pants) Mountain Hardwear	1 set	First Ascent, Cape Storm, Rab,
<input type="checkbox"/> Light Weight Down Jacket	1	First Ascent Glacier Jacket
<input type="checkbox"/> Fleece Jacket	1	First Ascent Ice Serac or similar
<input type="checkbox"/> Fleece or Powerstretch Pants Powerstretch Pants	1	First Ascent Trail Pants or
<input type="checkbox"/> Thermal Tops and Bottoms	2 sets	First Ascent Polypropylene or Wickdry
<input type="checkbox"/> T-shirts (wicking)	2	First Ascent Wickdry
<input type="checkbox"/> Shirt	1	Capestorm Tecware
<input type="checkbox"/> Pants	1	Nylon zip-off trekking pants
<input type="checkbox"/> Socks – Cold Weather	1	Falke TK4
<input type="checkbox"/> Socks – Liners	2–3	Falke Liners
<input type="checkbox"/> Socks – Trekking	1–2	Falke TK2
<input type="checkbox"/> Underwear	2–3	Falke or First Ascent or similar
<input type="checkbox"/> Boots – Trekking GTX	1	La Sportiva Tibet or Montrail Torre
<input type="checkbox"/> Gloves – Thermal & Waterproof	1	Black Diamond Mercury Mitts or similar
<input type="checkbox"/> Gloves – Liners	1	Black Diamond Powerstretch Liners
<input type="checkbox"/> Gaitors	1	Black Diamond or Outdoor Designs
<input type="checkbox"/> Balaclava	1	First Ascent Windbloc
<input type="checkbox"/> Sunglasses	1	100 UVA and UVB protection; Julbo
<input type="checkbox"/> Sun hat	1	Wide brim
<input type="checkbox"/> Backpack	1	Small and light 30 – 40 litre
<input type="checkbox"/> Duffel Bags with locks	2	Large, 80 Litre Red Mountain or similar
<input type="checkbox"/> Sac Liners	6	For waterproofing packs and duffels
<input type="checkbox"/> Sleeping Bag	1	First Ascent Ice Breaker or similar
<input type="checkbox"/> Sleeping bag liner	1	First Ascent Polartec Liner
<input type="checkbox"/> Headlamp with spares	1	Petzl Tikka Plus or better
<input type="checkbox"/> Trekking Poles	1 set	Komperdell or Black Diamond

**On guided expeditions Venture Forth supplies:**

Mountaineering tents and sleeping mats.



### Venture Forth International

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