

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)	1 set	First Ascent, Cape Storm, Rab, Mountain Hardwear
<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	1	First Ascent Trail Pants or Powerstretch Pants
<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	1	La Sportiva Tibet or Montrail Torre GTX
<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	Petzi 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.

Clients can purchase all of the above equipment through Venture Forth at reduced prices.

