

Mountains / Safari Outfit Checklist

A Must on the mountain

1 day bag
1 pr of mountain boots
1 jogging suit
2 prs of woollen socks
2 pr of trekking trousers
2 cotton shirts
warm woollen underwear
1 warm pullover
1 woollen cap
1 pr gloves, woollen mitten
1 parka, extra large with hat
1 rain coat
1 sleeping bag up to 15°C
1 torch, headlamp incl. batteries
1 sun glasses
Plaster and sweets for extra energy.



Necessities on the mountain

1 trekking bag
1 pr of jogging shoes
minimal washing utensils
1 sun hat
Handkerchiefs
5 prs. of socks
1 pr. glacier goggles
Leggings up to the knee
Rain proof perlon zip trousers
Walking sticks
Photo equipment
Pocket knife
Appetiser

Drugs against:

Stomach upsets
Headache
1 elastic bandage, elastoplast
Water purification tablets
Vitamin C tablets
Sun lotion 6-12
Lip ointment

For Kili summit cross-over

- 1 pr of crampon proof mountain boots
- 1 ice axe
- 1 pr of crampons

For Mawenzi, Batian and Nellion peaks

- Rock climbing equipment up to grade 4
- Helmets

Necessities on safari

1 suitcase for safaris
1 pullover for evenings
1 pr of shorts
Informal clothing
Spare glasses
Writing items
Alarm clock
Passport, immunisation card and copies of it
Air ticket with copies
Traveller's chqs in US\$
Cash in chest bug
Washing utensils
Shaving utensils
2 Towels
Malaria Prophylaxes
Yellow fever , cholera vaccination



This list includes the essential items for your tour but does not restrict you from adding more !!!