

Documents:	Footwear:	Personal First Aid Kit:
Passport & photocopy of passport	Hiking boots (water repellent)	Personal medication
1 passport sized photo/ photocopy of passport	Trainers/Light footwear	Malaria prophylactic tablets
Visas for Kenya	Trekking gaiters (optional)	Paracetamol
Visas for Tanzania	2 pairs medium/heavy weight socks thermal	Antihistamines / Antiseptic cream
US Dollars & Credit Card	Thin liner socks (2)	Plasters / Compeed
Insurance certificate & 24 hour emergency contact		Throat lozenges
Vaccination papers	Equipment:	Rehydration powder
	90-100 litre duffel bag	Muscle rub
Clothing:	Additional holdall (to leave at hotel)	Knee supports
Jacket (Goretex), waterproof with hood (can Hire)	Small rucksack (approx 30 litres)	Diamox
Insulated down Jacket long sleeve (vest optional)	Backpack cover, waterproof (optional)	Imodium
Soft Jacket, fleece or soft shell	Sleeping Bag (4 season)	moisture cream for hands and face
Long sleeve shirt (2)	Sleeping Bag Liner (optional)	ziplock bags to put all clothing in against rain
Short sleeve shirt (1)	Pillow (optional)	nappy sacs for sanitary items
Fleece trousers (1)	Foam mat or Thermarest self-inflating pad (can hire)	
Hiking trousers (2) zip off to shorts good	Stuff sacks	
Shorts (optional)	Travel towel (lightweight, quick dry) (optional)	MOUNTAIN BAG WEIGHT 15KG LIMIT FOR PORTER
Waterproof trekking trousers (optional) (can hire)	Trekking poles (can hire)	DAY PACK WEIGHT RECOMMEND 8KG FOR YOU
Thermal underwear (2)	Camelback water carrier (optional) with insulated pipe cover	
Underwear (3) quick dry	1-2x water litre bottles	
Clothes for gala dinner/hotels/travel	Head torch with spare batteries	brand XTM good for jackets
Swimsuit (hotel)	Sunglasses	sleeping bag MONT
	Camera with spare batteries and memory cards	stuff sacks Mountain design
Headwear:	Earplugs if light sleeper	
Peak/ Wide brimmed Hat (sun protection)	Snacks & Energy food (nuts, protein bars)	Toothbrush & paste
Knit hat	Mobile Phone w charger	Toilet paper
Bandana or scarf (optional)	power packs x2 for camera and phone	Sun screen, lip balm, after sun
Balaclava (optional)		
	Toiletries:	ISAGENIX 36g PROTEIN SHAKE Sachets
Handwear:	Anti-bacterial hand gel	ISAGENIX 18g PROTEIN BAR
Warm gloves (waterproof recommended)	(Soap/facewash/shower gel / shampoo- Base hotel)	NUTS mixed
Glove liners (optional)	Wetwipes / Tissues alcohol free prevent rash	ISAGENIX AMPED HYDRATE (ELECTROLYTES)