



# Walking – Info & Packing List

**WEATHER:** Dry seasons in Tanzania are January through March and mid-June through October, although it can rain at any time, especially on the lower slopes of Kilimanjaro. Heavy rains fall in April and May with the lighter rainy season in November and December. Even rainy season days can be sunny. Hiking days will have highs in the high 70s F (24-26° C), though in the direct sun it will feel much warmer. Nights and mornings are cool to chilly on the slopes of Kilimanjaro and in the Ngorongoro Conservation Area.

**PACKING LIST:** We walk only in daylight and in all weather unless trails are impassable. Be prepared and bring clothing for all conditions; dress in layers. You will carry what you need for the walking day (in addition to water and snacks, you should have sunscreen, rain gear, etc.). Use camping dry sacks for any day pack items that absolutely need to stay dry.

This list is not comprehensive but includes items we suggest along with clothes and toiletries you would normally pack (underwear, toothpaste, etc.). Adjust the number of items according to the length of your trip.

## ***Clothing and Equipment.***

- Sleeping bag rated to 40° F (5° C) (rental bag available for \$30).
- Light back pack or hydration pack for your daily gear (snacks, camera, sunscreen, rain jacket, etc.).
- Comfortable hiking boots or walking shoes.
- Sturdy shorts.
- Cotton pants.
- Long and short sleeved shirts.
- Light sweater/sweatshirt.
- Rain jacket (rain pants optional).
- Hat with brim.
- Bandanas.
- Sunglasses that block UV rays.
- Swimsuit.
- Small quick-drying towel and washcloth.
- Small container of liquid laundry detergent for hand laundry.
- Thin rope and clothes pins or safety pins for hanging clothes.
- Headlamp and spare batteries (for camp; we do not walk in the dark).
- Sandals or flip-flops (for showers).
- Powdered sports drinks.
- Energy snacks.

## ***Personal First Aid Supplies.*** Consult with your physician as necessary.

- Sunscreen (SPF 30 or higher).
- Lip balm with sunscreen.
- Hand wipes or hand sanitizer.
- Insect repellent.
- Hydrocortisone cream for itching (check for sun sensitivity).
- Aspirin, ibuprofen, or *Tylenol*. Ibuprofen is also an anti-inflammatory.
- Moisturizing cream.
- Band Aids and topical antibiotic.
- Antibiotic, such as Cipro.
- Pepto-Bismol tablets for stomach problems.
- Feminine protection.
- Contact lens wearers also bring a pair of glasses for back-up.