

Checklist for Mt. Kilimanjaro and Mt. Meru

Please note: any items marked with * are available at most Moshi equipment rental stores or from Shah Tour's office. This list is a guideline and may be **too much for some people** and **limited for others**:

Documents	✓		✓		✓
Passport (with 6 months validity after your proposed return date)		Cash in USD \$ (Bank notes printed after 2006, notes printed before this year are not accepted anywhere in Tanzania)		Yellow fever certificate (If transiting/travelling from a endemic country/region)	
Copy of passport		Airline travel documents		Health/travel insurance documents	
High altitude trekking insurance		Latest booking summary		Tanzanian tourist visa	
VISA / MASTERCARD card for emergency (surcharges applicable)					
Notes:					
Clothing	✓		✓		✓
Balaclava*		Fleece or hoodies*		Anorak / Down jacket / Water and wind proof jacket*	
Glasses (recommended instead of contact lenses)		Raincoat or Poncho*		Waterproof / wind-proof trousers*	
Hiking trousers / pants*		Shorts		Regular underwear	
Scarf* / Neck warmer*		T-Shirts*		Sports bra / underwear	
Sunglasses (UV filtered)*		Watch		Sun hat, warm hat*	
Thermal trousers and top		Waterproof gloves*			
Glove liners					
Notes:					
Footwear	✓		✓		✓
Light shoes (Trainers / sneakers, running shoes etc. for walking around the camp)		Water-proof hiking boots (Well worn-in)		Woolen socks / Thermal socks	
Hiking socks		Thin liner socks		Calf Gaiters*	
Crampons*					
Notes:					
Personal hygiene	✓		✓		✓
Deodorant		Hairbrush / comb		Sanitary products	
Soap / Body wash (no rinse)		Toothbrush + toothpaste		Wet wipes & tissue packets	
Vaseline		Towels		Toilet paper	
Notes:					

Personal First aid / Medical kit	√	Please consult your doctor regarding any medication listed below	√		√
Acetazolamide (Diamox) if required		Pain killers (e.g. Aspirin, Ibuprofen, Paracetamol)		Plasters / bandages / plaster tape	
Own prescribed medication		Sun protection cream (spf 30+)		Lip salve/balm (With UV protection)	
Malaria tablets		Anti-diarrhea tablets		Antiseptic cream	
Anti-nausea tablets		Blister pads		Small scissors	
Anti-acid		Water purification tablets		Other medicine / first aid contents	
Throat lozenges		Rehydration packets			
Notes:					
Food and drink	√		√		√
High energy snacks (e.g. Cereal bars, dried fruits, nuts, chocolates and sweets)		Powdered sports drinks / energy drinks		Water purification tablets (for 1-5 lts) / Water purification system	
Personal food products (e.g. for special dietary requirements, allergies etc)		Water bladder / Water bottle (hard plastic, metal etc. – no soft plastic bottles permitted on the mountain by National Park)			
Notes:					
Baggage and sleeping	√		√		√
Waterproof day pack (33-35 Lts capacity, for personal use on the mountain / daytime hike pack)*		Duffel bag* / large rucksack/ hold all – 109 L capacity to be carried by porters (not hard material)		Roll-able sleeping mattress*	
Ziploc bags (for cameras, binoculars etc.)		Sleeping bag (with at least a -10 rating or colder)*		Travel pillow	
Waterproof rucksack cover		Sleeping bag liner			
Notes:					
Other items	√		√		√
Binoculars		Head torch (with batteries)		Power bank for electronics	
Video / picture camera (with spare film / memory cards / batteries and a disposable camera just in case)		Torch / flashlight (with extra batteries)		Playing cards, books etc. (for evening entertainment)	
Mobile phone (there is some signal reception available on most parts of the mountain)		Luggage locks		Ear Plugs	
Walking poles (a pair)*		Purse / Wallet / Money belt		Notebook and pencil / pen	
Notes:					
Extras	√		√		√

Buying equipment working out to be expensive?

Why not rent some of the items for your trek, we can arrange for some essential equipment for you. Any items marked with a * on your check-list can easily be hired. Please contact us for more details and pre-bookings.

Rental prices (pre-order or select on arrival):

ITEM	BRAND / MODEL	PRICE (US \$, per item, per trip)
Anorak	Mixed brands	20.00
Balaclava	Mixed brands	8.00
Boots – walking / trekking	Mixed brands	20.00
Duffel Bag	Mixed brands	20.00
Hat	Mixed brands	5.00
Head Torch	Mixed brands	10.00 (excl. batteries)
Gaiters	Mixed brands	10.00
Gloves / warm mitts	Mixed brands	8.00
Glove liners	Mixed brands	5.00
Mattress (non-inflatable)	Mixed brands	10.00
Mattress (self-inflatable)	Mixed brands	50.00
Neck warmer	Mixed brands	7.00
Raincoat / poncho	Mixed brands	10.00
Rain / wind / waterproof trousers	Mixed brands	20.00
Ruck Sack / Day pack	Mixed brands	20.00
Scarf	Mixed brands	5.00
4 season sleeping bag (Synthetic filled)	Snugpak Soffie 15 Discovery (-4F or -20C low rating)	30.00
4 season sleeping bag (Down filled)	Marmot Wind River (-14.4F or -25.8C low rating)	50.00
Socks	Mixed brands	5.00
Sunglasses	Mixed brands	10.00
Sweater / fleece / jumper	Mixed brands	10.00
Travel pillow	Mixed brands	10.00
Walking poles	Mixed brands	10.00
Water bladder / Water hydration system	Mixed brands	15.00

Comfort upgrades (to be pre-ordered):

ITEM	BRAND / MODEL	PRICE (US \$)
Foldable travel bed (inc. additional porter)	Mixed brands	20 per person, per day
Single Light dome tent supplement	Custom-made tents	15 per person, per day
Upgrade to triple tent	Custom-made tents	15 per day of trek
Extra Emergency Oxygen Cylinder*	Summit Oxygen	150 (1 cylinder)
Pulse Oximeter	Mixed brands	10 per item per trip
Portable toilet (inc. toilet tent, porter, air freshener, toilet roll, cleaning chemicals, porter)*	Mixed brands	45 per day
Flying Doctors Emergency Evacuation membership	Flying Doctors Society of Africa (FDSA)	15 per person, 14 day period
Private Stretcher	-	45 per day
Personal private assistant guide	-	30 per guide, per day
Additional personal luggage porter (non-summit, max 15kgs)	-	15 per porter, per day
Additional personal assistance porter (summit, max 15kgs)	-	20 per porter, per day

Supplemental 'Altox' oxygen system (to be pre-ordered):

ITEM	BRAND / MODEL	RACK RATE (US\$)
Supplemental oxygen for a 5 day trek + extra porter	Summit Oxygen	310 per person, per trip
Supplemental oxygen for a 6 day trek + extra porter	Summit Oxygen	330 per person, per trip
Supplemental oxygen for a 7 day trek + extra porter	Summit Oxygen	350 per person, per trip
Supplemental oxygen for a 8 day trek + extra porter	Summit Oxygen	370 per person, per trip

Please note:

- All items are subject to availability
- All prices are valid between 01.01.2020 – 31.12.2020 subject to change per item / tour unless otherwise stated.
- Note that the Emergency oxygen package (in the event of an emergency) can only be used by a maximum of 1 passenger, as they would descend with the system and it cannot be sent back up the mountain.
- Additional equipment other than above may be available, please request anything that is not listed, and we shall advise whether it is possible to decide accordingly.
- Once reservations are made for equipment, they cannot be cancelled upon arrival.
- All equipment hired is non-refundable and items should be checked before departure and handed back in full working order to the equipment store, they are taken from. Clients can be charged for damages to our equipment on management's discretion.
- Items marked with a * include an extra porter required to carry the item
- Brands can change from time to time as equipment is upgraded and suitable alternatives may be offered where applicable.

Oxygen systems explained

Supplemental oxygen

An oxygen system that delivers a precisely measured dose of oxygen while you trek at the higher altitudes. The oxygen is delivered via an unobtrusive and comfortable silicone nasal cannula which allows you to eat, drink, communicate and continue to climb to the higher altitudes whilst receiving the benefits of supplementary oxygen. An extra porter will be included to carry the complete system during the trek while not in use.



Note: You (the client) will be required to carry the system in the personal backpack provided when in operation at high altitude. Your porter is only permitted to carry the system when not in use. The backpack you should carry weighs approx. 6kg.

Complete system comes with:
 2 x Oxygen Cylinders (each cylinder gives 12hours endurance)
 1 x Oxygen Regulator
 1 x Pulse Dose Delivery System
 1 x Silicone Nasal Cannula
 1 x Personal Backpack

The complete system is supplied in a protective Pelicase and backpack, carried by your porter when not in use. Guides are all fully trained in the use of the system.

Emergency oxygen

Emergency Oxygen is used to treat a whole list of medical emergencies as well as altitude related illnesses while on Kilimanjaro / Mt. Meru. Its uses are usually as a last resort, and in most cases descending to a lower altitude where the oxygen is richer is the best way to cure oxygen related altitude sickness.

Once receiving oxygen via the emergency system, you would need to descend immediately and would not be able to ascend further, or re-attempt ascension for your own safety.

The oxygen system will be carried by a guide who accompanies you on your trek, and the decision to use the system will be either guides as they are trained to detect symptoms of acute mountain sickness and are trained in using these systems or by yourself. There may be some instances where altitude symptoms have arisen however the emergency oxygen is not necessary and the guides will recommend you descend to a lower altitude instead, usually curing any problems faced over taking treatment from the cylinder.



1-cylinder package

Consists of a 2-litre lightweight carbon composite oxygen cylinder, supplied with a medical oxygen regulator, medical facemask and backpack.

2-litre cylinder endurance:

@ 2-lpm - 2hrs 30mins

@4-lpm - 1hr 15mins