



# HIKERS ARENA

## MT. KENYA/KILIMANJARO GEAR CHECKLIST

Mt. Kenya & Kilimanjaro give an ultimate hiking experience after testing slightly lower altitudes. You are welcome to join this experience any time we head to Point Lenana on Mount Kenya or Uhuru Peak on Mount Kilimanjaro.

This is a gear guide to help you get started and prepping.

From 2024, we shall be embracing “Hiking is not suffering”. Towards a better and prepared mountain experience.

## UPPER BODY

**NAME**

**IMAGE**

**DESCRIPTION**

**BANDANAS**



Protective and serve as sweatbands and protect the hair from covering the face or being disturbing, especially to the ladies.

**GLOVES**



These should be thermal and waterproof. Those with a fleece material inside will serve you.

**PONCHO/RAINCOAT**



It rains most of the time, even if it is not at all points. Stay ready.

**FLEECE JACKET**



You need the warmth since it is cold up there. Close to the summit you will wake up to snow instead of dew.

## WIND JACKET/WIND CHEATER



A thinner jacket, resistant to wind and light rain. Good when you don't need to bear the weight of a jacket.

## T-SHIRTS (4)



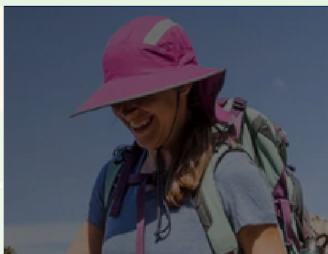
At least one for each/2 days.

## BALACLAVA



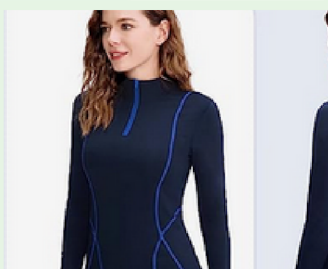
Locally known as bochori. Windproof and protects the head from cold and frostbites. Recommended is the one that leaves only the eyes open. They are adjustable.

## CAP/HAT



Protective from the sun, and sometimes rain.

## THERMAL TOPS



Keep you warm.

## LOWER BODY

## HIKING BOOT



Comfortable and waterproof. at least +1 size larger than normal shoes. Wear it a few days before the hike to ensure it is comfortable. Also, cut your toenails to be comfortable along the trail.

## THERMAL BOTTOMS



At least one for two days after the first day.

## LEG GAITERS



Prevent moisture and water into your shoes since it is hard to dry the hiking boots once wet.

## THIN SOCKS



Good for preventing you from the cold while your legs are relaxing.

## THICK SOCKS



Warm you when moving. Woolen or synthetic. Also, protect from blisters.

## SHORTS/TIGHTS



Optional and for comfort when hiking.

## SANDALS



Essential for cooling and relaxing the feet after a long walk.

## TROUSERS



At least 2, but depends on days on the mountain. They should be waterproof and should be quick-dry.

## ACCESSORIES

### HEAD TORCH



For light provision, in your tent, outside, or when trekking.



## SNACKS/CARBS



While carbs are not recommended normally, they are essential for this hike for faster energy generation. (no need to stock much, they are sometimes part of the light meals provided).

## WATER BLADDER



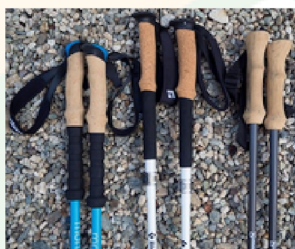
Capacity of at least 2 liters.

## HOT WATER CAN



Suitable for the night warmth.

## Hiking POLE



Comes in handy for support along the trails.

## DAY PACK



The bag carried by the hiker. It contains all they need to access during the day.

## PORTER'S BAG



It contains what is not accessed frequently, such as the hiker's gear.

## TOILETRIES

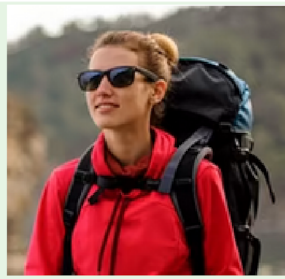


Like wet wipes to wipe oneself since bathing is challenging in the cold.

# OTHER RECOMMENDED ITEMS

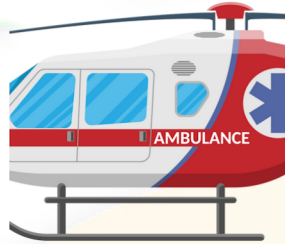


## SUNGLASSES



Protect from UV rays and snow reflection.

## EVACUATION/INSURANCE COVER



Essential. For potential emergency aero-medical evacuation.

## SLEEPING BAG



A must. For warmth throughout the night. It should support temperatures up to negative ten (-10 degrees Celcius).

## TOWEL



Good if the need for wiping be. Like when sweating

## PAINKILLERS



If needed/prescribed

## POLYTHENE BAGS



Good for holding your gear. Inserted as a waterproof shell in the porter's bag to prevent the clothes from soaking.

## POWER BANK



To charge your phone. You need to capture some of the best views along the trail.

## SUNSCREEN



For skin protection from UV