



MOUNTAIN CLIMBING

(REQUIREMENT)

A) INITIAL

- Trip Receipt
- Passport
- Visa (available at JRO)
- Immunization Papers
- Insurance Documents.
- We have all these gears in our store for hire, it's cheaper than buying new ones, ask us to send you a packing list with prices.
- Equipment's provided by Parklorers Tanzania are Tents, kitchen tent, dining/mess tent with (camping chairs, camping table and lanterns), and kitchen utensils, cooking gas canister.

B) TECHNICAL CLOTHING

- Waterproof Jacket, breathable with hood (1)
- Insulated Jacket, synthetic or down (1)
- Soft Jacket, fleece or soft-shell (1)
- Long Sleeve Shirt, light-weight, moisture-wicking fabric (2)
- Short Sleeve Shirt, light-weight, moisture-wicking fabric (1)
- Waterproof Pants, breathable - 1 (side-zipper recommended)
- Hiking Pants (2)
- Fleece Pants (1)
- Shorts - 1 (optional)
- Long Underwear – 1 (moisture-wicking fabric recommended)
- Underwear, briefs - 3 (moisture-wicking fabric recommended)
- Sport Bra (women) - 2

C) HEAD WEAR

- Brimmed Hat, for sun protection (1)
- Knit Hat, for warmth (1)
- Balaclava, for face coverage – 1 (optional)
- Bandana – 1 (optional)

D) HANDWEAR

- Gloves, warm – 1 (waterproof recommended)
- Gloves, thin (1)

E) FOOTWEAR

- Hiking Boots, warm, waterproof, broken-in (1)
- Gym Shoes, to wear at camp – 1 (optional)
- Socks, wool or synthetic (3)
- Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters – 3 (optional)
- Gaiters, waterproof – 1 (optional)

F) ACCESSORIES

- Sunglasses or Goggles (1)
- Backpack Cover, waterproof – 1 (optional)
- Water Bottle – 1 (Nalgene, 32 oz.)
- Water Bladder – 1 (Camelback type, 3 liters)
- Towel, lightweight, quick-dry – 1 (optional)
- Pee Bottle, to avoid leaving tent at night – 1 (recommended)

G) STUFF SACKS, DRY BAGS OR PLASTIC BAGS, VARIOUS SIZES, TO KEEP GEAR DRY AND SEPARATE EQUIPMENT

- Sleeping Bag, warm, four seasons* (1)
- Trekking Poles, collapsible – 1 (highly recommended) *
- Head lamp, with extra batteries (1)
- Duffel bag, 50-90L capacity, for porters to carry your equipment (1)
- Daypack, 30-35L capacity, for you to carry your personal gear *may be rented on location (1)

H) OTHER

- Toiletries
- Prescriptions
- Sunscreen
- Lip Balm
- Insect Repellent, containing DEET
- First Aid Kit
- Hand Sanitizer
- Toilet Paper
- Wet Wipes (recommended)
- Snacks, light-weight, high calorie, high energy (optional)
- Electrolytes, powder or tablets (optional)
- Camera, with extra batteries (optional)
- Paperwork