

TIPS FOR TRAVELERS

DOCUMENTS

- **Passport**

Your passport must be valid for six month beyond for the duration of your visit in Tanzania.

- **Visa**

Visitors from many countries, including the USA and the United Kingdom, require a visa in order to enter Tanzania. Some visitors can purchase a visa at the point of entry, but some nationalities are required to obtain the visa in advance of arrival.

- **Vaccination Certificate**

Visitors arriving from endemic areas are required to have a valid yellow fever vaccination certificate in order to enter Tanzania, but you should also consult your doctor or travel agent about other recommended vaccinations.

- **Travel Insurance**

Travel insurance is compulsory for all Happy Kilimanjaro Adventure's travelers and should be taken out at the time of booking. Your travel insurance will provide cover against personal accident, death, medical expense and emergency repatriation.

CLIMBER PACKING LIST

CLOTHING

- **Short Sleeved Shirt**

Lightweight crew-neck t-shirt that wicks away moisture, to be used in warm conditions. Many fabrics are suitable from lightweight merino wool to full-synthetic models. Full-synthetic will wick moisture and dry more quickly, but are typically less durable and absorb underarm smells more quickly.

- **Long Sleeved Shirt**

The long sleeve trail shirt offers added warmth, more protection from the sun, and an additional layer for evenings and early morning starts.

- **Mid Layer Top**

Designed to be worn as a base layer in cold condition or over your light base layer shirt in very cold conditions, mid layer tops have a tight weight and breathable fleece-like weave which is moisture-wicking. Note that true pile fleece jackets are not breathable nor usually trim-fitting.

- **Soft-Shell Jacket**

The next layer donned after mid layer, the soft-shell jacket is a stretchy wind resistant or wind proof breathable layer constructed of woven or knit polyester & nylon. Soft shell jackets are designed to protect against light precipitation and wind.

- **Hard-shell Jacket**

A hard-shell jacket, also is known as rain jacket. Gore-Tex jacket or waterproof jacket primarily provides protection against rain or snow and secondarily provides protection from wind. Hard-shell jacket fabric must be waterproof/breathable (such as Gore-Tex, event, or Per-Tex).

- **Insulated Down Jacket**

Lighter than an expedition parka but still designed to offer significant insulation, an insulated down jacket is a mid-sized down insulated jacket designed for use in cold conditions or at moderate altitude. These are worn during breaks, around camp, and when climbing in cold conditions.

- **Base Layer Pants**

Worn against the skin but beneath an outer layer (like soft-shell pants), base layer bottoms are also known as "long johns" or tights. Base layer bottoms are made of either wool or synthetic material (not cotton), and are generally designed to be close-fitting for comfort beneath other layers.

- **Soft-shell Pants**

Weather resistant or air permeable, stretchy and durable soft-shell pants are the primary pants worn by mountaineers and cool-weather trekkers. These can be combined with a base layer for increased warmth, or a hard-shell layer when precipitation moves in.

- **Hard-Shell Pants**

Hard shell pants are designed to protect you from rain, snow and /or wind, and are worn as the outermost layer except when using insulated or Down pants. For mountaineering, hard-shell pants must offer full length side zippers; this allows for layering in changing condition without removing any footwear such as boots and/or crampons.

- **Insulated Synthetic Pants**

Synthetic insulated pants provide excellent warmth to weight ratio compress easily and insulate even when damp or wet. These pants are key to keeping your legs sufficiently warm in cold or windy conditions in the mountains, and are used when basic layering isn't sufficient, but expedition down pants would be unnecessarily warm.

FOOT WEAR

- **Hiking Boots**

Hiking boots should be waterproof with a flexible sole, while still offering cushioned comfort and support underfoot. Gore-Tex, Out Dry and Keen Dry or a similar waterproof membrane is recommended to keep your feet dry.

- **Mid-Weight Socks**

Designed for comfort and warmth at moderate altitudes and in moderate to cold weather these socks must be spun from merino wool or synthetic fiber (no cotton). Mid weight socks should be sized to fit snugly but without constricting any blood flow, and must be sized to fit over liner socks if you plan to use liner socks.

- **Water Shoes / Sandals**

Water shoes or sandals are required primarily for stream crossings. Emphasize lightweight designs with good traction. Open-toed or semi-closed toed models are equally sufficient. These can also be used for creek crossing that may be higher than the boot.

HAND WEAR

- **Light Weight Liner Gloves**

Generally very lightweight and moisture wicking, liner gloves represent the lighter hand wear used in the mountains. Liner gloves serve several purposes, when temperatures are warm but the sun is strong, they can serve to protect your hands from sunburn. When at high altitudes or in very cold conditions.

- **Soft-shell Gloves**

Often referred to as a "Skin glove", Soft-shell gloves come in a variety of weights, styles and warmth's but are generally designed to offer weather protection and insulation in cool to cold

conditions while minimally impacting dexterity. While many different soft-shell gloves can serve you well in the mountains.

- **Expedition Gloves**

For higher altitude climbing, a pair of thick insulated gloves with an insulated and removable liner is key. These extra warm gloves allow for sufficient dexterity while climbing even in very cold conditions.

- **Hand Warmers**

Disposable, one time use chemical heat packs that are immensely useful and for something can be absolutely necessary for higher altitude summits. In certain situations, only the extra warmth of a chemical heat pack will help your hands warm up.

HEAD WEAR

- **Nose Guard**

Completely optional but still preferred by a few mountaineers, a nose guard is a piece of fabric that attaches to your glacier glasses to provide a physical barrier from the sun and wind. Those who quickly sweat sunscreen away may wish to strongly consider a nose guard for high altitude expeditions.

- **Sun Glasses**

For trekking or travelling mostly on dry trail or below tree line, almost any pair of high quality sunglasses that provide 100% UV A/B protection will suffice.

- **Glacier Glasses**

Glacier glasses play a key role in any climber's kit, protecting your eyes from exceptionally bright and harmful UV rays, which are amplified by the snow reflection and grow increasingly with increased altitude.

- **Head Lamp**

All modern headlamps are LED powered. We recommend models with +100-250 lumens of output. You will use your headlamp to see at night in your tent and for sunrise starts. Weather resistant models offer a significant advantage in the harsh conditions of the mountains. Your headlamp should fit comfortably on the head. Rechargeable models can work well on short trips, but models with replaceable batteries are better for longer trips.

- **Heavyweight Balaclava**

A piece of fabric that cover the entire head and mouth. A heavy balaclava is made of thick synthetic or fleece fabric. Balaclavas are designed to block the wind, and should be able to vent moisture but provide warmth. A heavyweight balaclava is critical for avoiding frostbite to your face at high altitudes.

- **Sun Hat**

Any hat whether a baseball cap or sombrero style hat, can serve to protect you from the sun in the mountains. You will use this during the sunny days to keep your head, face or neck protected from UV radiation.

- **Wool Hat**

Choose a non-cotton wool hat that covers your ears and is comfortable when worn for several hours at a time. Your hat should be air permeable to allow moisture to evaporate from your head.

OTHERS EQUIPMENT FOR CLIMBER

- **Gaiters**

Used to keep snow and other debris from entering your boots, gaiters are a tube of fabric which fit over your boots. For most climbing trips we recommend taller gaiters designed for mountaineering.

- **Water Bottle**

For any outdoor pursuit, nothing beats the classic 1-liter, wide mouth Nalgene bottle. Nalgene bottles are extremely durable and can provide many years of reusable water carrying. Nalgene bottles are produced without BPA, so no harmful chemicals leech in to your liquids.

- **Sleeping Bag**

A sleeping bag must have a full side zipper, hood draft collar, zipper draft tube and head cinch cord. Only a down insulated bag should be chosen as synthetic insulation is too bulky and heavy in the quantities required to meet this temperature rating.

- **Large Duffel Bag**

Once we leave at the hotel in Moshi to store non-essential gear when on the mountain such as clothes for changing when off the mountain and for onward travel and the other for carriage by the porters when on the mountain, with its small lock.

- **Back Pack**

A backpack is used to carry your gear and is one of the most important items to own and practice using. Note that this guide will not refer to external frame back packs, which feature an exterior metal frame and low internal carrying capacity.

- **Water Proof Dry Bag**

A 20 liters+ dry bag is great for ensuring your personal items are safe in case of rain and are loved by porters worldwide, the water proof bag is generally a thick waterproof bag with backpack straps and roll-top closure for easily arrange in any environment.

- **Pack Cover**

The pack cover is an additional item we recommend everyone to carry in case we encounter heavy rains. The pack cover should have a drawstring cord and elastic edges to fit firmly over your bag.

- **Trekking Poles**

Collapsible poles are great for steep downhill terrain and assistance up the hill. If you have knee problems they reduce the impact on your joints by 20-30%. A nice soft grip will help to prevent blisters and the poles with an aluminium shaft are durable and light weight.

FIRST AID KIT CHECKLIST

Item	Amount
Anti Bacterial Cream	1
Antiseptic Wipes	1
Aspirin	20+
Cotton Wool	1 Roll
Crepe Bandages	X1, 6"x1, 3"
Detol (Optional)	1 Small
Eye Dressing	1
Gauze	5-10 Assorted
Gloves	5+ Pairs
Ibuprofen	20+
Note Book and Pen/Pencil	1
Ors	20
Paracetamol	20+
Pirition	10+
Plasters	Assorted
Safety Pins	10-20 Assorted
Sam Splints	1
Sanitary Towels	1 Pack
Scissors	1
Small Plastic Bags	10
Steri Strips	1
Surgical Tape (Optional)	1
Syringe	1
Triangular Bandages	2
Tweezers	1
Ventalin	1
Zinc Tape	1

PERSONAL HYGIENE

- **Toiletries**

Bring basic personal toiletries, including a toothbrush, toothpaste and floss. We recommend leaving behind items like deodorant and makeup. On longer trips, items like wet wipes can be nice for extra cleanliness.

- **Toilet Paper**

High on the list of items to remember when heading in to the backcountry, toilet paper is key to cleanliness and comfort in the mountains. Bring an amount appropriate to the length of your trip.

- **Camp Towel**

The camp towel should be a polyester nylon blend that dries quickly and compacts tightly in your pack. The large 50X27 inches is a good size and can be used to wash up at the end of the day. Stay away from house or beach towels.

- **Hand Sanitizer**

A key item to keep hands sanitary for eating and cooking, hand sanitizer needs to be alcohol based, containing at least 60% alcohol. A small bottle with a flip lock lid is recommended. This will be used after using bathroom, or before preparing handling food.

- **Lip Balm**

For sunny or dry climates, lip balm is a must to prevent chapped, cracked or sunburn lips. Mountain ready lip balm needs to have UV A/B protection.

- **Sun Screen**

Sun screen is necessary all the time in the mountains and becomes increasingly critical with each foot of elevation gained. Your sunscreen should have UV A/B protection.

- **Water Treatment**

Iodine or chlorine dioxide tablets will do the trick to purify your water. A small bottle or pack will be sufficient. Taste neutralizing tablets will remove the iodine taste and chloride dioxide formulas will not discolor your water.

- **Food**

Bring pieces of your favorite cliff shot Blok's, energy chews, Gu packets, energy gels. These are easily digestible and quick to consume food and helpful for keeping your energy up during the climb to the summit. You may also bring a limited quantity of other favorite snacks, keeping in mind that there are strict weight limits for pottered bags so do not over pack snacks.

- **Camera**

It goes without saying that you're going to want a camera for your safari adventure. While in some cases your Smartphone will be enough to snap shot, a camera with a good zoom lens is the perfect companion.

- **Batteries And /Or Charger For Your Camera**

You don't want to be midway through a day on safari and suddenly run out of battery for your camera. Shadow of Africa vehicles come standard with in-car charging station, but it's always a good idea to travel with an additional battery.

- **Phone and Charger**

Whether it's to stay in touch, to share your photos, or just so you can snap pictures on the fly-bringing along your Smartphone is a good idea. Some travelers may wish to purchase a local SIM card, but many hotels have Wi-Fi, while on safari in Tanzania, our vehicles also come with Wi-Fi although this is dependent on location.

- **Plug Adapter**

A plug adapter for charging your devices in the hotels before and after the trek. The standard voltage and frequency in Tanzania is 240 Volts AC and 50-60HZ respectively.

- **Time GMT +3hrs**

SAFARI CHECKING LIST

- **Sunglasses**

The sun in East Africa can be intense, so sunglasses are good protective measure and have the benefit of reducing glare while you're game viewing.

- **Hat**

Sun protection should be a priority while you're on safari. While you're in vehicle provides shade, having the top up for game-viewing. A good hat is a great way to avoid nasty burns or heatstroke.

- **A Flashlight Or Headlamp**

The wildness can be pretty dark, so a headlamp or flashlight can be essential when moving about camp after dark. Many lodges provide these, but those staying in budget camps will want to bring their own.

- **Tissues / Wet Wipes**

While all national park and lodges have toilet facilities available, there's no telling when nature might call and you'll need to make use of the famous 'bush toilet'. Having a packet of tissue or wet wipes in your pack is always a good idea.

- **Clothing**

Your clothing should be lightweight, breathable, hand-washable, and quick-drying Shorts, mid-thigh or longer pants (zip-off pants are very useful) Short-sleeved shirts Undergarments, Socks, Sport bras for women (roads can be bumpy), Rain jacket and pants or rain poncho and chin strap Bandana (for dust, washing, etc), Belt, Pajamas, Swimsuit, Jacket, windbreaker Clothes line, sink stoppers, detergent.

- **Footwear**

Sturdy, Comfortable walking shoes, closed toe, preferably waterproof, Tennis shoes, Sandals, Dressy shoes, and /or flip flops, Comfortable and breathable socks.

- **Baggage**

Day pack for daily activities and easy access (rain cover is nice). These can make or break your safari trip, so think twice before sacrificing quality and double-check to make sure you've packed all necessary accessories, batteries and chargers. There's usually plenty of space in safari vehicles to carry your luggage, but a backpack will come more in handy as it is much easier to carry around whenever you get out of the car and on long bush walks.

- **Water Bottle**

It is very important to stay hydrated while in on safari. Therefore to protect the environments, we prefer you to use reusable water bottle during your safari.