



High Country Expeditions Limited
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Equipment List - East Africa

We will be dealing with weather from very warm to freezing; in wet muddy jungle up on to mountain ridges and cool summits. Additionally, we have to be well prepared for heavy rain so ensure your goretex works and bring a poncho too! We can buy ponchos in Africa if you cannot find one at home.

Clothing

Travel/Safari: lightweight (lw) quick drying long pants and long sleeved shirts

Shorts and T shirts

swim suit

sneakers/cross trainers/sandals

sun hat, bandana (large handkerchief), sunscreen and lip salve, dark glasses

Mountain: long underwear top and bottom – 2 sets if you get cold

lw fleece or wool pants and jacket

lw nylon windjacket

goretex-style storm jacket and lw pants

poncho to cover both you and your daypack

warm hat

finger gloves, mittens and storm shell

lw down or synthetic jacket for summit day and evenings in camp

mid-weight (mw) leather trek/climb boots (Alpine plastics not required)

knee length gaiters. Must be a snug fit around boot and have good top closure

2 or 3 sets of socks. A set is however many pairs you wear at a time.

mountain glasses

Equipment

2 large lockable travel duffels or kit bags. Your name should be written directly on the bag – as well as on a tag. One duffel will stay in the hotel with travel clothes; one will be carried by porters on the hill. The hill duffel needs to be lined with strong plastic bags against solid rain and mud.

sleeping bag - down or synthetic - rated to 20 degrees f., or minus 5 degrees c. A bag which zips fully open will allow you to stay cool at lower altitudes.

thermarest and thin foam mat to protect it from sharp stones

lw headlight plus spare batteries (12 hours of dark in the tropics) and bulb

2 1quart/1litre wide mouth water bottles. More if you drink heaps.

Large (55/60 litre/3500cu ins) daypack – could be carry-on luggage

plastic pack liner for extra rain protection

ziplock bags to separate dirty clothing and footwear from clean.

pocket camera for the climb. Take 200 and 100 asa film and spare batteries

slr camera with long telephoto lens for Game Parks. Take fast film - 400 asa

compact lw binoculars, 8 or 10 power

wearable, concealable document wallet for tickets, money, etc

ice axe – not essential but bring it if you want

ski poles – good stabilisation. Telescopic poles pack easily.

Instep crampons - \$25 from Mainland Great Outdoors, Christchurch

lw toilet kit and a small towel for the hill – but whatever you like for travel/safari

snack food – lunch is supplied but you may like extra munchies and drink crystals

Buy these in Nairobi - Arusha

Pocket knife – pack it in your check-in bags

Personal first aid and repair kit: Blister kit, moleskin, bandaids, headache tabs like aspirin, panadeine etc, needle and thread, small scissors, sun cream, bug cream, adequate supply of personal medications

The group first aid kit will contain all the above and a wider range of drugs and dressings.

Group equipment: tents, cooking, group first aid chest, maps, are supplied. Our porters carry this equipment, along with your personal camping gear.

Valuable Documents: Passport, travellers cheques and cash (10s, 20s and 50s) in US dollars, tickets, itinerary and spare passport photos are safest on your person except when we have access to a hotel safe. These documents should all be photocopied, or details taken. The copies must be stored away from the original documents.

Notes: It is strongly suggested that you undergo a medical and dental check well before the trip's commencement. You are investing a fair amount of time and money into this venture. It would be sad and potentially disruptive to the group if some unknown condition stopped you after a few days.

I will therefore send to each member for their GP a "Dear Doctor" letter, outlining our plan and the required inoculations, and requesting your check-up.

Other information sheets will deal with fitness, itinerary and contact details.