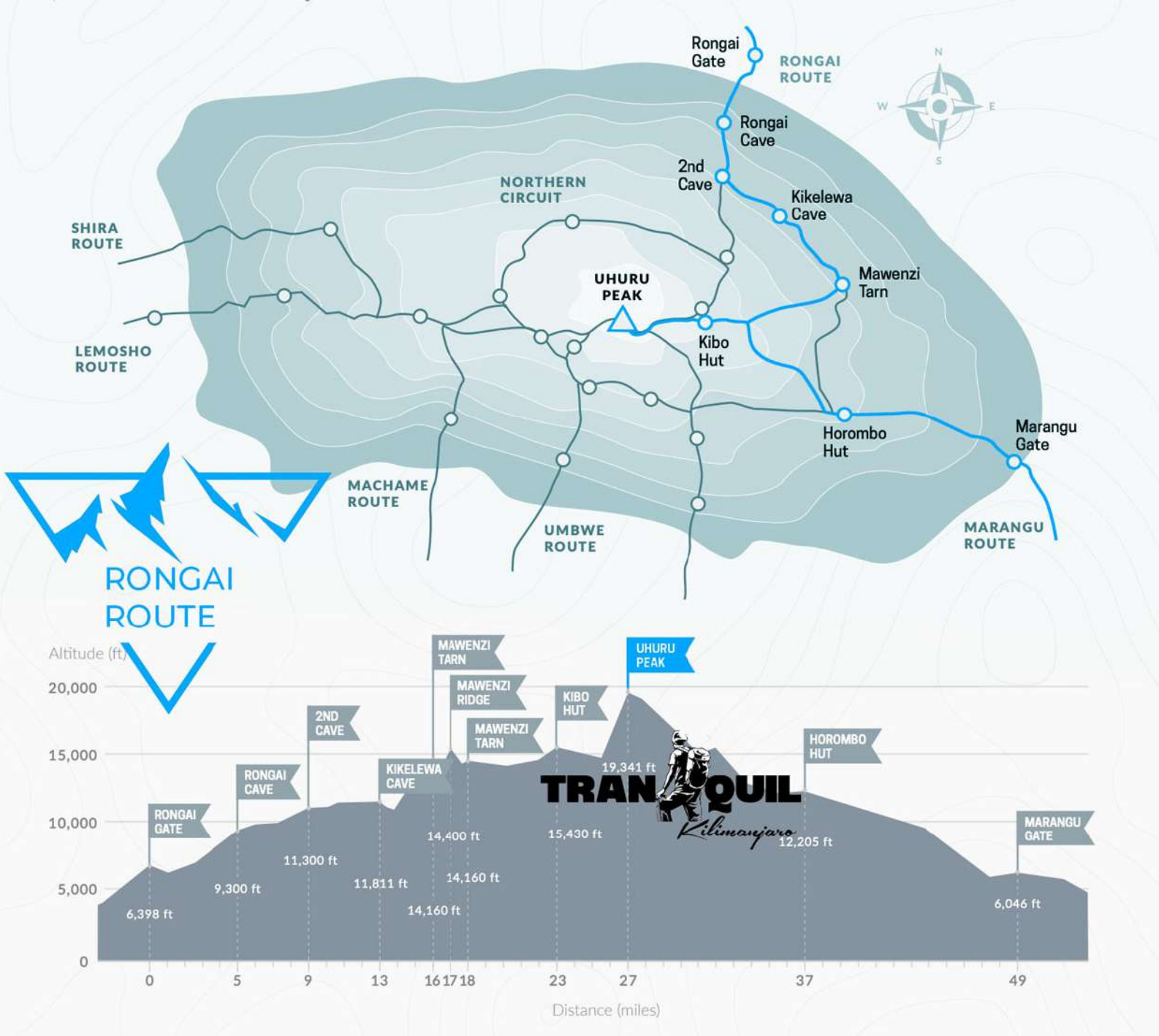




Phone: +255 747 541 280 | Email: info@tranquilkilimanjaro.com

7 Days Rongai Route

+ 2 Days Hotel Stay



www.tranquilkilimanjaro.com



TREK DURATION
7 Days

STARTING CITY
Moshi/Arusha

ENDING CITY
Moshi/Arusha

Itinerary Overview

The Rongai route stands out as the sole pathway to Kilimanjaro from the north, close to the Kenyan border, and despite its growing popularity, it still sees fewer crowds.

This trail has a more gradual incline than other routes on the mountain. It's a preferred choice for those looking for something different from the popular Marangu path, for those who enjoy a quieter, more isolated hike, or for anyone climbing during the rainy season due to the lower rainfall on this side.

Rongai is rated as moderately difficult, making it an excellent option for those with less backpacking experience. Although it doesn't provide the variety of landscapes found on the western routes, it makes up for it by passing through vast, pristine wilderness areas. After summiting, the descent is made via the Marangu route.

Day	Start	Altitude (m)	Altitude (ft)	Finish	Altitude (m)	Altitude (ft)	Time (hrs)	Distance (km)	Distance (miles)
1	Rongai Gate	1,950	6,398	Rongai Cave	2,835	9,300	3-4	8	5
2	Rongai Cave	2,835	9,300	2nd Cave	3,444	11,300	3-4	6	4
	2nd Cave	3,444	11,300	Kikelewa Cave	3,600	11,811	3-4	6	4
3	Kikelewa Cave	3,600	11,811	Mawenzi Tarn	4,316	14,160	3-4	5	3
4	Mawenzi Tarn	4,316	14,160	Mawenzi Ridge	4,389	14,400	1-2	2	1
	Mawenzi Ridge	4,389	14,400	Mawenzi Tarn	4,316	14,160	1-2	2	1
5	Mawenzi Tarn	4,316	14,160	Kibo Hut	4,703	15,430	5-6	8	5
6	Kibo Hut	4,703	15,430	Uhuru Peak	5,895	19,341	7-9	6	4
	Uhuru Peak	5,895	19,341	Horombo Hut	3,720	12,205	4-5	16	10
7	Horombo Hut	3,720	12,205	Marangu Gate	1,843	6,046	5-7	20	12
Total								79	49



Arrival Day

Upon your arrival at Kilimanjaro International or Arusha Airport, you'll find our Tranquil Kilimanjaro Operations Manager or one of our seasoned Kilimanjaro climbing experts waiting for you just outside the arrival hall. They will guide you to a private transfer vehicle, tailored for your comfort, which will take you to Moshi. Here, you'll check into a hotel to prepare for your climb, spending the night resting at the lodge.

Overnight at **Chanya Lodge/Maridadi Hotel/Shose Chalets or similar**. *Booked on bed and Breakfast.*

DAY 1: RONGAI GATE - RONGAI CAVE

- **Elevation:** 6,398 ft to 9,300 ft
- **Hiking Time:** 3-4 hours
- **Distance:** 8 km | 5 miles
- **Habitat:** Rain Forest

Starting from Moshi, we make our way to Marangu Gate to secure our permits. After that, we proceed with a brief transfer to the Rongai Gate trailhead. The trail begins by meandering through fields of corn and potatoes, then ascends gradually into a forest rich with diverse wildlife, where you might spot the distinctive black and white colobus monkey.

Meals: [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMODATION:** [Rongai Cave](#)

Day 2: RONGAI CAVE – SECOND CAVE - KIKELELWA CAVE

Rongai Cave to to Second Cave

- **Elevation:** 9,300 ft to 11,300 ft
- **Hiking Time:** 3-4 hours
- **Distance:** 6 km | 4 miles
- **Habitat:** Heath

Second Cave to Kikelewa Cave

- **Elevation:** 11,300 ft to 11,811 ft
- **Hiking Time:** 3-4 hours
- **Distance:** 6 km | 4 miles
- **Habitat:** Heath

Our day starts with a gradual ascent to Second Cave. From there, we trek through the moorland, veering off the main path onto a lesser trail that leads us towards Mawenzi's rugged peaks. We conclude our journey for the day at Kikelewa Cave, where we'll spend the night.

MEALS: [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMODATION:** [Kikelelwa Camp](#)

Day 3: KIKELELWA CAVE – MAWENZI TARN HUT

- **Elevation:** 11,811 ft to 14,160 ft
- **Hiking Time:** 3-4 hours
- **Distance:** 5 km | 3 miles
- **Habitat:** Alpine Desert

Today's hike is brief but steep, taking us up a grassy incline. The vistas of the wilderness area are breathtaking. Moving out of the heath zone, we enter the stark Alpine Desert zone, where the scenery shifts in a striking manner. We'll set up camp at Mawenzi Tarn, nestled under the dramatic, jagged peaks of Mawenzi. The rest of the day is yours to unwind or venture around the vicinity.

MEALS: [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMMODATION:** [Mawenzi Tarn Hut](#)

Day 4: MAWENZI TARN – MAWENZI RIDGE – MAWENZI TARN

Mawenzi Tarn to Mawenzi Ridge

- **Elevation:** 14,160 ft -14,400 ft
- **Hiking Time:** 1-2 hours
- **Distance:** 2 km | 1 miles
- **Habitat:** Alpine Desert

Mawenzi Ridge to Mawenzi Tarn

- **Elevation:** 14,400 ft -14,160 ft
- **Hiking Time:** 1-2 hours
- **Distance:** 2 km | 1 miles
- **Habitat:** Alpine Desert

This day is an extra for acclimatization purposes, perfect for a hike on Mawenzi Ridge. The landscape's uniqueness here provides spectacular views of Kibo and Mawenzi, boosting our morale. Once we've had our fill of exploration, we'll head back to camp at Mawenzi Tarn.

MEALS: [Lunch](#) | [Dinner](#) | [Breakfast](#) **ACCOMMODATION:** [Mawenzi Tarn Hut](#)

Day 5: MAWENZI TARN – KIBO HUT

- **Elevation:** 14,160 ft to 15,430 ft
- **Hiking Time:** 5-6 hours
- **Distance:** 8 km | 5 miles
- **Habitat:** Alpine Desert

The trek progresses with a gentle incline, taking us through the desolate, lunar-like terrain of the "Saddle" between Mawenzi and Kibo. At the end of this stretch, we arrive at Kibo Hut, positioned at the lower edge of the Kibo crater wall. We'll take this opportunity to relax, have an early dinner, and gear up for the summit day.

MEALS: Lunch | Dinner | Breakfast **ACCOMMODATION:** Kibo Hut

Day 6: KIBO HUT – UHURU PEAK – HOROMBO HUT

School Hut to Uhuru Peak

- **Elevation:** 15,430 ft to 19,341 ft
- **Hiking Time:** 7-9 hours
- **Habitat:** Arctic
- **Distance:** 6 km | 4 miles

Uhuru Peak to Horombo Hut

- **Elevation:** 19,341 ft to 12,205 ft
- **Hiking Time:** 4-6 hours
- **Distance:** 16 km | 10 miles
- **Habitat:** Heath

Our summit push begins very early, around midnight, marking the most demanding segment of our expedition in terms of mental and physical endurance. The cold and wind at such high altitudes and in the pre-dawn hours are intense. We'll climb in darkness, stopping frequently for quick breaks to manage the strain. The reward at Gilman's Point (18,600 ft) is an unparalleled sunrise emerging behind Mawenzi Peak. We then reach Uhuru Peak, standing atop Mount Kilimanjaro and Africa.

After savoring the view and our triumph, we descend to Horombo Hut. In the evening, we'll enjoy our last meal on the mountain, followed by a well-earned night of sleep.

MEALS: Lunch | Dinner | Breakfast **ACCOMMODATION:** Horombo hut

Day 7: HOROMBO HUT – MARANGU GATE

- **Elevation:** 12,205 ft to 6,046 ft
- **Hiking Time:** 7-9 hours
- **Distance:** 20 km | 12 miles
- **Habitat:** Rain Forest

Our last day involves a significant downhill trek through the vibrant tropical rainforest. At Marangu gate, where the park headquarters is located, we'll pick up our summit certificates. A vehicle will then pick us up to take us back to the hotel in Moshi.

MEALS: Lunch | Dinner | Breakfast **ACCOMMODATION:** Hotel in Moshi

Departure

Following a pleasant breakfast, your checkout from the hotel is set for 10:00 AM, after which you'll be waiting for your ride to Kilimanjaro Airport to return home. If you're considering adding a safari experience or a trip to Zanzibar Beach to your itinerary, please let us know!

The package includes

- Kilimanjaro trekking according to the itinerary
- All airport transfers in private car (Pick up and drop off at Kilimanjaro International Airport)
- 07 days private Kilimanjaro Climb / Rongai Route
- Full board during climb including mineral /drinking water
- Professional well experienced Kilimanjaro Team with English speaking Mountain guide, porters and cook
- All gear incl mountain tents, mattresses, - mess tent, chairs and table
- Please bring your own sleeping bag
- Services of a professional English-speaking Mountain guide, Experience chef and ethical Porter
- All Kilimanjaro National Park entry fees
- Camping/Hut fees
- Mountain rescue fees
- Unlimited mineral water
- 02 x HB Accommodation in Moshi before, then after your climb
- VAT (18%) by The Government of Tanzania
- Group transport to and from Moshi to ALL Kilimanjaro park gates*
- No additional transport fees will be charged to the Northern or Western route gates*
- All-season mountain tents
- All meals on the mountain
- No small party supplement fees will be charged
- No single supplement fees for Private Climbs will be charged

The package does not include

- Tips for the crews,
- Personal Mountain Gear like warm clothes, gloves, walking poles etc
- Curio shop purchases, Gratitude
- All International and Domestic Flights is not included.
- International airfare & flights
- All items of a personal nature
- Gratuities for safari guide and lodge / camp staff
- Visa fee (50 US\$ / 100 US\$ for Americans- to be paid upon arrival)
- Travel insurance

About Your Adventure

INCLUDED ACTIVITIES

- > Full-service group trek up Mt. Meru including all climbing permits, entrance fees, hut and rescue fees.
- > Full-service group trek up Mt. Kilimanjaro including all climbing permits, entrance fees, hut and rescue fees.
- > Game drive in Arusha National Park if you are heading to Mount Meru..
- > Private transportation as specified in itinerary.

PHYSICAL PREPARATION

Although no mountaineering experience is necessary, this is a pretty strenuous trek to high altitude. You should be able to trek uphill carrying a 25lbs (11kg) bag for up to 8 hours a day. It is highly recommended that you begin training for this adventure a few months prior to arrival. Consider a workout regime to improve your stamina and endurance.

On the climb, your guides will set a pace much slower than your most individual's normal walking speed for a few reasons:

1. Give your body plenty of time to acclimatize.
2. Conserve your energy for the summit push.
3. Make the experience more enjoyable. You'll also have routine stops along the trails to catch your breath and enjoy the impressive views.

Before Your Adventure Begins

TRAVEL VISAS

Most nationalities require a tourist visa to enter Tanzania. Visas can be arranged at the main ports of entry - Kilimanjaro International Airport, Dar es Salaam International Airport, and Zanzibar International Airport. For those entering Tanzania through the ground in one of our overland tours, visas can be arranged at the Namanga, Kasumulu, and Isebania entry points.

The cost of a multi-entry visa is \$100 USD for US citizens and \$50 USD for most other nationalities. The multi-entry visa is valid for up to one year, with no more than 90 consecutive days in country on a single visit.

Currently, Tanzanian visas (single-entry or multi-entry) are also valid in Kenya and Uganda for up to a 90-day stay. You are also able to travel to Uganda and Kenya and return back to Tanzania on the same visa, as long as you do not visit a country that is not one of the three.

If you do travel to a country that is not Kenya and/or Uganda on a Tanzanian single-entry visa, you may be required to purchase a second visa for re-entry into Tanzania. This unfortunately, depends on the immigration officer on duty, but you are able to purchase these on the spot.

All visas purchased at the point of entry need to be paid for in US dollars, with clean, un-torn bills printed on or after 2006.

NOTE You may be required to provide evidence of means to cover your stay, a vaccination

/yellow fever record and a passport with at least six-months validity.

Additionally, requirements can change without notice. It is the traveler's responsibility to have all the proper health and immigration requirements prior to arrival.

SINGLE TRAVELERS

Our grassroots approach to travel means that most of our tours were designed for shared accommodation throughout, either twin or multi-share. Single travelers will be paired with someone of the same sex for the duration of the trip. In our mountaineering expeditions, single trekkers will be sharing a mountaineering tent with a member of the same sex.

On select trips, travelers will have the option of paying a single supplement for a private accommodation. However, single accommodations may not be available on all days of your trip, but will be stated at the time of booking.

Mixed gender accommodations will be specified in the Accommodations section of our Adventure Details document.

Group Information

GROUP LEADER

Certified, mountain head guide, between 1–3 additional guides (depending on the size of the group), a cook, an assistant cook and a team of porters. An armed park ranger will accompany the group on the lower slopes of the trek to ensure your safety in the event of a wildlife encounter.

Your local guides are all trained by the Tanzanian National Park Authority in group management, first aid and mountain rescue. Your cook received culinary training at a local college and is more than capable of making healthy, well-balanced meals appropriate for the strenuous physical demands of the trek.

The head guide of your travel group will have the final decision on all matters that may affect the tour, safety of the group and overall enjoyment of any person participating in the tour. Anyone that becomes disruptive or interferes with the well-being of the group in any way may be asked to leave the tour with no right of refund. Your head guide will have solid English communication skills, although your patience and understanding in any language difficulties will make the trip more enjoyable for everyone. The other guides will have basic communications skills and many of the porters will have no English knowledge. Again, we ask for your patience and understanding when dealing with the generally timid porters. If you feel like the language difficulties might be a problem for you, we will be more than glad to arrange a western-born guide at your expense.

GROUP ETIQUETTE

We think small group, adventure travel is the most exciting way of exploring the world.

With this travel style, however, comes the occasional difficulties and frustrations of dealing with different personalities, all with a unique set of likes and dislikes. With this in mind, we ask that you be understanding to the varied cultures, nationalities and age groups.

Consider the following

- Respect your group member's personal belongings and space.
- Come willing (and expecting) to compromise.
- Keep an open mind about everyone and everything.
- Hot water is often at a premium; Take short showers.
- If it smells rotten, it stays outside (shoes, socks, etc).
- Not everyone wants to listen to your music; Use your headphones.
- Keep your belongings together and out of the way of other travelers.
- Clean up after yourself - in the shower, in the shared rooms and everywhere else.
- Keep your voice down to avoid waking up your group mates.
- Use your headlamp to get around the room at night, instead of turning on the light.
- Be willing to share - it's often the easiest way to make new friends.
- If you need to get away from the group, do so, just let your tour leader know.

SUPPORT TEAM

- Cook
- Assistant Cook Depends on group size
- Support Team
- Park Ranger (Only for Mt Meru)
- Driver/Safari Guide

GROUP SIZE

Maximum of 12 trekkers per group, Average 10.

GROUP COMPOSITION

This is a combination tour, which means that your group size and composition may change during the trip.

Be advised

- Your group may gain members who may have been traveling together on another Tranquil Kilimanjaro Adventure prior to their arrival on this tour.
- You may join another group of travelers who may have been traveling together on another Tranquil Kilimanjaro Adventure prior to your arrival.
- Your group may lose members who are not continuing on the next segment
- of this particular trip, or who may be joining another itinerary elsewhere.
- Group size will never exceed 12 travelers, unless otherwise specified.

TIPPING

A tip for most mountaineering expeditions is typically between

\$100 – \$150 USD per traveler. Tips are usually collected on the last

day of the tour after breakfast and presented to the crew as a group

in a small ceremony. Tips are then divided by tasks performed and will be given to each member of our team in your presence to ensure that everyone receives their due amount.

TRAVEL SAFETY + HEALTH

Although a Tranquil Kilimanjaro representative will accompany you on all included activities, our trips were designed to allow plenty of time for independent exploration. Even though our representatives can inform you of the available activities at each destination, Tranquil Kilimanjaro makes no representations about the safety of these optional activities.

We suggest using good judgment when participating in any optional activity, due to the varying standards of safety. You assume all risks associated with these optional activities not included in your itinerary. Be extra cautions when participating in water-based activities, as they have an added element of risk.

NOTE Our representatives have the ability to alter or change the route/itinerary for reasons of safety including social unrest and increment weather.

Please consider the following during your travels to East Africa:

- Blend in! Do not attract attention to yourself. Respect the local culture and customs.
- Avoid dark streets and less populated areas.
- Leave your expensive jewelry at home.
- Never use the ATM at night. Preferably, use one with an armed security guard, during daylight hours, from a known international bank.
- Avoid carrying all your money in one place. Try to keep a small amount in your pocket for the daily expenses, the rest should be kept tucked away in your money belt or hotel safe.
- Use the in-room safe, if available. If none is available, use the hotel's communal safe and have the staff give you an itemized receipt for the valuables you've deposited.
- Never leave your belongings unattended. If the bag is small enough for a grab-and-run, keep the bag on you.
- Be aware of your surroundings! Look out for people 'hanging around' or attempting to get close to you, as they might be pickpockets looking for an opportunity.
- Avoid taking a taxi off the street, if possible. Have your hotel call a taxi or go to the nearest taxi stand.
- Avoid using the motorcycle taxis, locally known as 'bora-bora' or 'picky-picky'. Although very exciting and effective at avoiding traffic jams, moto-taxis have an abysmal safety record.

TRAVEL HEALTH

Consider the following when planning for your trip and/or speaking with your medical professional

Our adventure travel style requires all participants to be in good physical health in order to participate and enjoy the trips. It is your responsibility to assess whether our travel style is right for you.

Furthermore, we recommend you consult with your primary physician or travel clinic at least six weeks before departure to determine what vaccinations and/or medications are recommended for your travels to East Africa.

WATER

Drinking tap water is not recommended. The water we provide for you during the trek has been chemically treated and/or filtered and is safe to drink. For all other times, we suggest using bottled water, or bringing purifying tablets from home. Although drinking tap water will generally only result in an upset stomach, it may be enough to ruin a few days of your trip

IN CASE OF EMERGENCY

Please contact our regional representatives:

Charles +255.787.738.048

Kaji (Tanzania) +255.747.541.280

Kaji (Kenya) +254.718.118.808

MALARIA

Tanzania is part of a region that extends into central and southern Africa known as the Malaria Belt. Antimalarial medications are strongly recommended for any travel in East Africa.

Also, when discussing your antimalarials with your doctor, please inform him/her of your plans to trek at higher elevations, as some antimalarials are known to have adverse effects at higher

altitude. From our experience, the antimalarial Lariam/Mefliam is not recommended for high altitude treks, as it tends to cause hallucinations and delirium at higher elevations. There's a popular saying in the mountaineering community: "Lariam causes Delirium" Again, only your doctor can determine which antimalarials are good for you. This information should in no way replace a personal consultation with your primary physician.

ALTITUDE SICKNESS

Altitude sickness occurs when your body cannot get enough oxygen from the atmosphere at higher altitudes, beginning at around 8,000ft (2,500m). Most trekkers should expect to experience some form of mild altitude sickness as a result of your body's inability to adapt to the reduced oxygen levels.

It is of extreme importance that you discuss your plans with your doctor, particularly if you have any pre-existing medical conditions.

While our guides are trained to deal with emergency situations, including altitude sickness, you must be aware of the signs and effects of trekking to altitude.

Possible symptoms for mild mountain sickness are

- Headache
- Fatigue
- Dizziness or Lightheadedness
- Difficulty Sleeping
- Loss of Appetite

Possible symptoms for acute mountain sickness are

- Worsening Headache
- Vomiting
- Confusion
- Hallucinations
- Blurred Memory
- Slurred Speech
- Erratic Behavior

Consider the following to reduce the risk of high-altitude sickness:

- Walk slowly, slower than you usually would to give your body time to adjust to the increasing elevation. Do not overexert yourself in the first few days.
- Drink plenty of water! between 4 and 6 liters a day.
- Do not consume alcohol 24 hours before you begin your trek, as alcohol in your blood slows down your body's ability to acclimatize.
- Maintain a regular sleep schedule in the days leading up to your trek. Some travelers may choose to take medications, such as Diamox, to reduce or prevent the effects of altitude sickness. Diamox works by decreasing the alkali excreted in urine, which makes the blood more acidic. Acidifying the blood increases ventilation and speeds up the acclimatization process.

NOTE Speak to your Doctor to determine if Diamox is a good option for you. The information provided for you is for reference only and in no way should it substitute a visit with your physician.

DIARRHEA

It is normal for first-time Africa travelers to experience some mild form of diarrhea, as your body is not used to the common bacteria and viruses in the environment.

Consider antimotility medication. Following these simple guidelines should also help:

- Hand disinfectant goes a long way. Use it often, very, very often.
- Keep up with your vitamins/meds before and during your trip.
- By all means, please indulge in the regional cuisine - but practice sound judgement when choosing your local eatery.
- Avoid sharing drinks and utensils.
- Wash fruits and vegetables thoroughly, particularly if you bought them from a street vendor.
- Avoid drinking tap water. Bottled water is widely available and inexpensive.

Consider the following

- Do not skip antimalarial doses. If taken weekly, take them on the same day each week.
- Use a mosquito net, when available.
- Use insect repellent with at least 30% DEET.
- Wear long-sleeve shirts and pants and apply repellent to any exposed skin, particularly at night.
- Avoid leaving unscreened doors and windows open.

FEEDBACK

Tell us how we did! Send us your post-adventure comments, suggestions and everything in between to our [TripAdvisor page, here](#). Your feedback is

greatly valued and appreciated, as it helps us know what we are doing good, and what needs improvement. Feedback is also one

of the ways we evaluate our field staff and ground operators and is directly tied to their compensation. So go on, give us your two-cents, we'll reward you with some cool deals and awesome gear.

PACKING LIST

The majority of your gear will be carried by your porters, up to 40lb. (20kg). You'll be expected to carry a day pack in which you'll keep all your essentials like passport, money, water, waterproof pants/jacket and an extra layer, or two, for warmth.

The equipment carried by the porters will be placed in a waterproof bag and will usually be waiting for you by the time you arrive to that day's camp. Note that the gear carried by the porters will not be accessible until you reach camp, as the porters carry a much, much faster pace than most trekkers. You will always be accompanied by a guide.

Be aware that if you exceed the allowed weight (40lb/20kg), you will be required to hire additional porters at your expense. On summit night, expect temp to be well below freezing – around 10° Fahrenheit (-12°C).

You should consider a layered clothing system, as the climate is typically very hot during the day and around freezing at night,

particularly at higher elevations. Consider wicking materials and avoid cotton for your trek, as this retains heat and will not dry easily once wet. Sunglasses, hat, sunblock, thermal under layers, comfortable boots, a warm sleeping bag and comfortable sleeping mat will make your trek all that much more enjoyable.

NOTE You may be able to leave some of your gear at the lodge for the Mt. Meru trek, since it is considerably warmer at night than Mt.

Kilimanjaro; You'll most likely need all your layers for Mt. Kilimanjaro. Your head guide will be able to advise you on what to take for both treks. The list provided below is specific to Mt. Kilimanjaro, but it should cover any gear you may need during your Mt. Meru climb.

DOCUMENTS

- VALID PASSPORT with at least six months validity and two blank pages
- RETURN FLIGHT PRINTOUTS just in case
- TRAVEL INSURANCE DOCUMENTATION
- EMERGENCY CONTACT INFORMATION
- TRANQUIL KILIMANJARO DETAILS
- VACCINATION/ YELLOW FEVER CERTIFICATE

CLOTHING

- HIKING BOOTS
- THIN LINER SOCKS 2 pairs
- TIP worn under wool socks for comfort
- THICK WOOL SOCKS 2 pairs
- THERMAL UNDERPANTS for sleep and summit day
- THERMAL LONG SLEEVE SHIRT

for sleep and summit day

- WICKING SHIRT
- NOTE never cotton
- CAMP SHOES OR SANDALS
- LINER GLOVES
- INSULATED GLOVES for summit day
- 3 FLEECE SWEATERS
- WATERPROOF PANTS
- HIKING PANTS
- WARM PANTS for summit day
- LIGHTWEIGHT WATERPROOF JACKET
- HOODED PARKA
- BRIMMED HAT
- BALACLAVA OR WOOLHAT

for sleep and summit day

MOUNTAIN GEAR

- QUALITY SLEEPING BAG with at least a +20°F/-6°C temperature rating
- WALKING POLES great for the descent
- HEADLAMP & EXTRA BATTERIES
- NOTE no flashlight
- 3 LITER HYDRATION SYSTEM
- TIP carry this in your day backpack
- SLEEPING MAT
- POLARIZED SUNGLASSES

NOTE exposure to UV rays increases drastically at higher elevations

- MUSIC PLAYER
- CAMERA & EXTRA BATTERIES
- HIKING BACKPACK 40–60 LBS
- NOTE porters will carry this
- DAY BACKPACK 20–30 LBS

NOTE you'll carry this with your essentials

TOILETRIES

- NAIL CLIPPER to keep from losing a toe nail on the descent
- TOOTHBRUSH
- TRAVEL SIZE TOOTHPASTE
- SUNBLOCK at least 30 SPF
- LIP BALM at least 30 SPF
- SPA RECONTRACTANTS If applicable
- CONTACT LENS SOLUTION If applicable
- PRESCRIPTION GLASSES If applicable
- TRAVEL SIZE TOWEL
- INSECT REPELLENT with Deet
- ANTI-BACTERIAL WIPES

MEDICATIONS

- MEFLOQUINE an antimalarial
- NOTE no Lariam/Mefliam
- LOPERAMIDE an antimotility
- TIP pepto won't cut it
- CYPROFLOXIN antibiotics
- LORATADINE for allergies
- DIAMOX for altitude sickness
- IBUPROFEN for pain and headaches
- Reference only! Consult your primary physician.

FIRST AID

- ANTIBIOTIC CREAM for bug bites
- ADHESIVE BANDAGES for minor cuts
- MOLEFOAM for blisters
- WOUND CLOSE STRIPS minor lacerations
- ELECTROLYTE REPLACEMENT SOLUTIONS
- TIP powder/gel form for dehydration
- ELASTIC BANDAGE for ankle sprains or knee support
- CHEMICALHAND/FOOT WARMERS

MONEY

- \$100 – \$150 USD TIP for guide//cooks//porters
- TIP you'll see how hard they work, but this is obviously at your discretion
- US DOLLARS for drinks, meals and visas not included
- DEBIT CARD in case of emergency
- BACKUP CREDIT CARD in case of emergency
- MONEY BELT