



MT. KENYA RECOMMENDED PACKING LIST

“There’s no such thing as bad weather, only inappropriate clothing”
Sir Ranulph Fiennes

Below is a gear list showing all the necessary equipment required. All clothing should be quick-drying: cotton clothing should be avoided.

It is important to have all items on the gear list for personal safety in a mountain environment.

Your personal equipment to be carried by the porters must not weigh more than 8 kgs.

You will be required to carry a small day bag with your personal items.

RAIN GEAR

- 1 x Goretex Jacket or equivalent
- 1 x Goretex waterproof pants or equivalent

CLOTHING

- 1 x down jacket
- 1 x warm fleece top (add a second if you don’t have a down jacket)
- 1 x hiking trousers
- 3 x breathable t-shirts
- 1 x base layer top (breathable under layer)
- 1 x base layer bottoms (breathable long johns)
- 5 x hiking socks (warm)
- 1 x warm hat (balaclava, beanie)
- 1 x warm insulate gloves
- 1 x hiking boots (preferable Goretex)
- 1 x head torch(Essential)
- 1 x spare batteries



ACCESSORIES

- 1 x 50 to 70 liter ruck sack
- 1 x dry bag liner

GEAR

- 1 x fleece pillow case (not essential but makes your sleep more comfortable)
- 1 x sleeping bag (3-4 season: must be rated to -15 degrees C)
- 1 x sleeping bagliner
- 2 x telescopic trekking poles (not essential, but help a lot)
- 1 x pair gaiters
- 1 x daypack (20-40 litres)
- 1 x sun hat
- 1 x Sunglasses (Essential)

It is recommended that you take out personal accident insurance. In the unlikely event of an emergency, this will cover you for any need of evacuation from the mountains as well as medical attention.

We have a great emergency rescue service with the Flying Doctors, and good hospitals in Nairobi, Kenya. Helicopter rides off the mountain can take a little time to organize due to getting clearance through flying doctors. Flights off the mountain are weather dependent. You will also have coverage for medical evacuation off the mountain through Austrian Alpine Club.