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

### Equipment
- 1 - Sleeping Bag, warm, four seasons*
- 1 - Camp Pillow, inflatable (optional)
- 1 - Trekking Poles, collapsible (highly recommended)*
- 1 - Head lamp, with extra batteries
- 1 - Duffel Bag, 70L-90L, for porters to carry your equipment
- 1 - Daypack, 30L-35L, for you to carry your personal gear

### Other
- Toiletries
- Prescriptions
- Sunscreen
- Lip Balm
- Insect Repellent, containing DEET
- First Aid Kit
- Face Mask (REQUIRED)
- Hand Sanitizer (REQUIRED)
- Toilet Paper
- Wet Wipes (recommended)
- Snacks, lightweight, high calorie (optional)
- Electrolytes, powder or tablets (optional)
- Camera, with extra batteries (optional)

### Paperwork
- Trip Receipt
- Passport
- Visa (available to JRO)
- Immunization Papers
- Insurance Documents

### Headwear
- 1 - Brimmed Hat, for sun protection
- 1 - Knit Hat, for warmth
- 1 - Balaclava or Buff (recommended)

### Handwear
- 1 - Gloves, warm (waterproof recommended)
- 1 - Gloves, light

### Footwear
- 1 - Hiking Boots or Shoes, warm, waterproof
- 4 - Socks, wool or synthetic
- 1 - Gaiters, waterproof (optional)

### Accessories
- 1 - Sunglasses or Goggles
- 1 - Backpack Cover, waterproof (optional)
- 1 - Water Bottle (Nalgene, 32 oz.)
- 1 - Water Bladder (Camelbak type, 3 liters)
- 1 - Pee Bottle, to avoid leaving tent at night (highly recommended)
- Stuff Sacks, Dry Bags or Ziploc-Type Plastic Bags^ to keep gear dry and separate

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*These items can be rented on location - payable in USD cash only.

^There is a general ban on plastic bags in Tanzania, but Ziploc-type bags are permitted for tourists.