



**NOLS ALUMNI TRIP
CLIMBING MOUNT KILIMANJARO
APRIL 17-25, 2012
GEAR LIST**

Please take time to review this equipment list thoroughly. Most everything you need for your trip is listed. We recommend that you use this list to help you pack. Please read the item descriptions carefully before making decisions about what equipment you bring.

No rental or purchase equipment is available in Tanzania. Please bring all of your gear with you. Your instructors will have extensive first aid kits and emergency communication equipment. Contact the NOLS Alumni Relations Department (800.332.4280) with questions.

GROUP EQUIPMENT

All items listed in this section are provided by NOLS and are shared among all expedition members. Group equipment is included as part of the trip cost.

Tents and Shelters	Maps and Compass
Emergency Communication	Reference Books
Water Treatment & Bladders	Equipment Repair Kits
Cooking Gear	First Aid Kits
Camping Gear	Food

FOOTWEAR

- ___ **Hiking Boots:** 1 pair. Comfortable medium or lightweight hiking boots – sized to fit with a liner/wool, or 2 pairs of wool socks system. **Please read the BOOT FITTING INFORMATION on page 5.**
- ___ **Socks:** 3 to 4 pairs. Socks must be heavy ragg wool or wool/polypropylene blend.
- ___ **Gaiters:** 1 pair. Worn over the top of hiking boots to keep out dirt, mud and snow. “Tube” type gaiters are the most maintenance free. Gaiters with zippers should have a double closure system.
- ___ **Camp Shoes:** 1 pair. Running, tennis, or cross-training athletic shoes, in good condition, to wear around camp. Avoid expensive shoes. Open-toed “river” or “mountain” sandals are **not** acceptable.
- ___ **Liner Socks:** 2-3 pairs. Smooth, thin wool, nylon, or Capilene. **Optional.**

CLOTHING

UPPER BODY GARMENTS: You'll need at least 3 insulating layers, plus a wind and a rain layer, which must fit comfortably over each other so they can all be worn at the same time. If you tend to get cold easily, add a vest in addition to the other 3 layers.

- ___ **Under Layer:** 1 mid-weight underwear top of wool, high performance polyester, polypropylene, or Capilene®.
- ___ **Middle Layer:** A mid-weight wool shirt, sweater or polyester pile pullover of Polartec® 100 or 200 type material.
- ___ **Insulated vest:** pile, poly-fill or other. **Optional**, for those colder individuals.
- ___ **Top Layers:** A heavyweight, full-length zip pile jacket of Polartec® 200 or 300 type material. Synthetic fill jacket ex. Patagonia Puffball, Mountain Hardware Chugach, Sierra Designs Chochstone.
- ___ **Wind Shirt:** A lightweight, breathable, nylon wind shell either pullover or parka style. This must be large enough to fit comfortably over the 3 insulating layers. Gore-Tex® wind gear is acceptable.
- ___ **Rain Jacket:** A roomy, lightweight waterproof garment, which will fit over all 3 insulation layers. You must bring a rain jacket that can fit over all of your layers. Gore-Tex® rainwear is fine.
- ___ **Cotton T-Shirt:** 2. One cotton and one synthetic t-shirt is a great option.
- ___ **Long-Sleeve Hiking Shirt:** Synthetic, for sun and bug protection.
- ___ **Shirts/Blouses for Town:** 1+, depending on length of stay.

LOWER BODY GARMENTS: You'll need at least 2 insulation layers, plus a wind layer, which must fit comfortably over each other so they can all be worn at the same time. If you tend to get cold easily, bring the pile pants as your second layer.

- ___ **Primary Layer:** Mid-weight bottoms of wool, high performance polyester, polypropylene, or Capilene®.
- ___ **Secondary Layer:** Expedition weight bottoms that must fit over the primary layer.
- ___ **Pile Pants:** Polartec® 200. Side zippers make them easier to put on over hiking boots.
- ___ **Wind Pants:** Breathable, nylon wind pants which are roomy enough to fit over all lower body garments. Gore-Tex® wind pants are acceptable. Zippered legs are useful for putting on over hiking boots.
- ___ **Hiking Shorts:** 1 pair. Loose fitting nylon athletic or river shorts.
- ___ **Sport/Casual:** 1 pair. Pants or slacks are nice in town.
- ___ **Skirts/Dresses:** 1. For in town.

HATS/GLOVES

- ___ **Warm Hat or Balaclava:** 1. Wool or pile.
- ___ **Baseball Cap:** Or other sun hat.
- ___ **Gloves and Mittens:** 1 pair (either wool or Polartec®.) Gloves offer more mobility and mittens offer greater warmth.
- ___ **Liner Gloves:** 1 pair
- ___ **Neckwarmer:** Optional.

BACKPACK, STORAGE BAGS, & SLEEPING GEAR

- ___ **Sleeping Bag:** We recommend synthetic bags (Quallofil®, Hollofil®, Polarguard®, etc.) for their durability and ease of care in the variety of conditions we encounter on trips. A bag rated to 10° F is required.
- ___ **Sleeping Bag Stuff Sack:** Extra large for bulky synthetic bags. **Compression stuff sacks** are required with internal frame packs.
- ___ **Sleeping Pad:** A full length, closed cell foam pad to insulate and pad between the ground and your sleeping bag. Therm-A-Rest® pad with a patch kit is acceptable.
- ___ **Trekking Backpack:** Big enough to carry clothing, camera, water bottles, lunch.
- ___ **Ground Cloth:** Nylon for under your sleeping pad.
- ___ **Zip Bags or Small Stuff Sacks:** For organizing gear.
- ___ **Money Belt/Pouch:** For carrying money and passport.

MISCELLANEOUS PERSONAL GEAR

- ___ **Cup, bowl and spoon:** Insulated mug, tupperware bowls w/lids are recommended.
- ___ **Water Bottle:** 2 wide mouth quart or liter size.
- ___ **Lip Balm:** Stick, cream or tube type moisturizing balm with SPF 15 or greater.
- ___ **Sunscreen:** 3 to 6 ounce tube with a SPF 15 or greater.
- ___ **Bandannas:** 1 or 2. Useful for a variety of purposes.
- ___ **Sunglasses:** Lenses should block 100% ultraviolet and 95% infrared light. Glasses should have a sturdy case. If you wear glasses, prescription sunglasses are recommended.
- ___ **Prescription Glasses and Contact Lenses:** If you wear them, bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup.
- ___ **Head Lamp (or flashlight):** Should be durable and lightweight. Head lamps are preferred. Bring an extra set of batteries and an extra bulb. Flashlight attachment headbands are useful and recommended if you bring a flashlight.
- ___ **Plastic Trash Bags:** 3 heavy-duty lawn and garden bags (1.5 mil, 33 gallon) for making stuff sacks and backpacks more waterproof.
- ___ **Toilet Articles:** Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel or trial sizes are enough.
- ___ **Hand Sanitizer:** Travel size bottle.

- ___ **Underwear:** 2 changes of cotton underwear should be sufficient. Most women prefer sport bras.
- ___ **Watch:** Water-resistant.
- ___ **Insect Repellent:** One small bottle or tube. No aerosol spray cans.
- ___ **Plastic Whistle**
- ___ **Crazy Creek Chair**

OPTIONAL ITEMS

- ___ **Pocket Knife:** One small knife is sufficient; simple Swiss Army knives are best.
- ___ **Camera and film:** Lightweight, compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups.
- ___ **Binoculars:** 1 pair.
- ___ **Notebook and Pens/Pencils:** A small, lightweight pad is fine.
- ___ **Lighter**
- ___ **Trekking Poles:** 1 pair. Optional, but highly recommended to reduce stress on knees while hiking.

Please view NOLS' boot fitting and layering videos:

http://www.nols.edu/videos/educational_videos.shtml

Contact Information:

For more information on this course or to enroll, please contact Willy Cunningham at whc@nols.edu or 307-335-2274.

BOOT FITTING INFORMATION

Please follow these instructions carefully. It may be helpful to show these instructions to the boot fitter.

Your hiking boots are one of your most important pieces of equipment. It is imperative that boots fit correctly to minimize blisters or other foot injuries. We have found that a properly fitted boot is more important than a "broken in" boot. If you are purchasing boots for your trip, see the list of recommended models below; or if a particular boot you like is not on the list, it should be comparable in design to those listed. Visit our web site to view a boot fitting video: <www.nols.edu/movies/nolsmovies/boot_xl.shtml>.

1. Shop for boots in the afternoon since feet tend to swell during the day. Always fit your larger foot. The key to a proper fit is determining the correct length. A boot that is too small will cause more problems than one that is too large. Boots should fit comfortably with either 2 pair of heavy wool socks or 1 pair of liner and heavy wool socks—both systems work fine. These sock combinations provide warmth, cushioning and wick moisture away from the skin, reducing the chance of blisters.
2. Start with a boot 1/2 size larger than your street shoe size and slip your foot in barefoot, or with a thin liner sock. Slide your foot forward until your toes touch the front of the boot. As you lean forward slightly, there should be approximately 1/2" to 3/4" (about 1 finger width) between your heel and the back of the boot. If there is not, the boot is probably too small, so try a half size larger.
3. Now try on the boots with your favorite combination of 2 pairs of socks and lace the boots snugly. Your toes should be comfortable at the front of the boot, with just a little bit of room to wiggle, and the arch of the boot fitting comfortably under your instep. Walk around the store for a few minutes. Your heels should feel snug in the back of the boot with just enough room to barely lift off the insole of the boot about 1/8"; no heel lift is too little, 1/4" or more is too much. The boot should feel comfortable with no obvious pressure points.
4. In a properly fitted boot, your toes will not jam the front of the boot when walking downhill. To determine this in the store, either kick your foot against a solid wall or, if the store has one, walk down a ramp to simulate hiking downhill. If your toes hit on the first kick, or if they jam the front of the boot while walking down the ramp, the boot is probably too small or not laced tightly enough. Your toes should "nudge" against the front of the boot on the third kick. A properly fitted boot is going to feel slightly big. It is better to have a boot a bit large than too small.
5. Getting the proper fit takes time. Not all boots fit the same, so try different brands and models. Walk around the store for at least 10 minutes. Are your feet comfortable? Any pressure points? If so, try a different width, a different brand or a 1/2 size larger. Remember, it's your feet and your comfort, so take your time!

RECOMMENDED BOOTS:

Medium-weight, off-trail backpacking boots. This type of backpacking boot is constructed with a leather or Nubuck upper and a vibram rubber sole or an injection molded, composite rubber sole with a randed welt to bond the uppers to the sole. These boots are designed for extended backpacking and provide good support for off-trail hiking with heavy packs. Typical boots in this category include:

Wilderness; Asolo 520, 535; Boreal Bulen; Garmont Dakota Plus, Bronco Plus, Rebel; LaSportiva TRK; Limmer Mountain; Lowa Treke; Merrell Expedition, Grand Traverse, Wilderness; Raichle Mt.Peak, MT Trail; Scarpa Delta ,SL M3; Tecnica Shasta, Stratus, Voyager2; Vasque Super Hike.