

Kilimanjaro information booklet- Marangu route

Mt Kilimanjaro is the largest free standing mountain in the world and Africa's highest mountain. Kilimanjaro rises majestically from the surrounding coastal scrubland to a breathtaking, snow capped height of 5,895m/ 19,340ft!

This is a huge undertaking and we want to make sure things run smoothly and safely from start to finish.

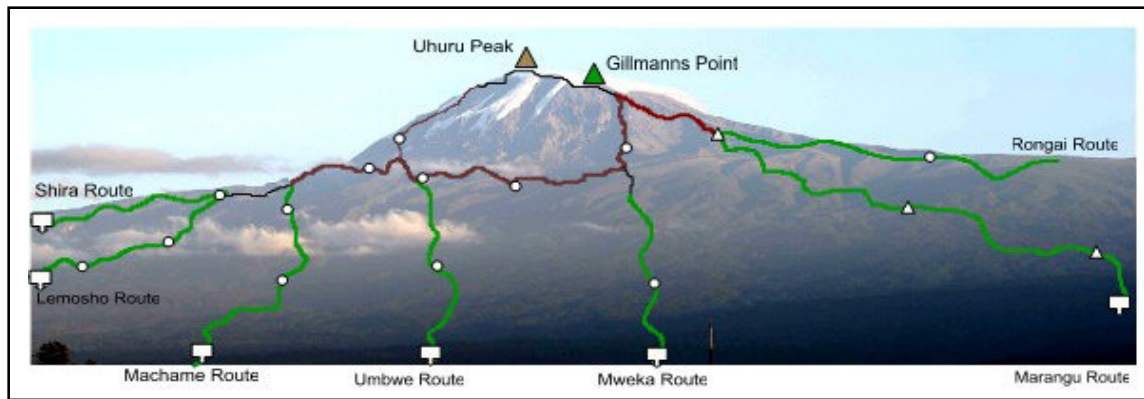


We have done a lot of research to make sure we are all well prepared and informed for the big adventure and we have even climbed Kilimanjaro ourselves- all the way to the top! We have carefully selected a professional Kilimanjaro trekking expert in Tanzania with **well trained** and **certified guides, high safety standards** and **years of experience** on the mountain- and they are one of the very few companies that take emergency oxygen on their treks.

You will need a lot of information to prepare yourself for a great Kilimanjaro adventure. In this booklet you will find lots of useful and important information, so please read it carefully. Here you will find a route description, a suggested packing list, information on fitness and some useful tips and answers to frequently asked questions.

The Marangu route, also known as the "Coca Cola" route, has traditionally been the most popular route amongst climbers. This is said to be the easiest and fastest route to the top of Kilimanjaro and it is also the only route where climbers overnight in huts. On all the other routes climbers overnight in comfortable tents.

There is however one very important note to take into consideration when you choose to climb Kilimanjaro via the Marangu route: The Marangu route has one of the lowest success rates of all the routes. There are a couple of reasons for this... most people underestimate how hard it can actually be to reach the top of Kilimanjaro. It is true that you can walk all the way to the top, but that point is 5895m/ 19340ft high above sea level!!! Your body needs time to acclimatize and the more time you take, the easier it will become- that is why we always recommend that you add the extra day for acclimatization. To enjoy this adventure of a lifetime you have to be fairly fit and mentally prepared, but at the end of the day it is the high altitude and the lower percentage of oxygen that prevents climbers from reaching the top. So, once again, we always recommend that you add the extra day to help you with acclimatization.



The following is a brief description of the Marangu route:

Day 1. You will leave the hotel in Moshi early in the morning and take a scenic drive to the small village of Marangu on the slopes of mt. Kilimanjaro. From here the road leads you up to the entrance gate of Kilimanjaro National Park where your big adventure will start. Your guides will make the final preparations and weigh all the equipment and arrange all the necessary permits for the climb.

From here you will start the climb through the rain forest to the first camp at **Mandara Hut**- 2700m- about 3 hours.

Day 2. Today you leave the forest and hike across open moorland to Horombo Hut- 3720m. This is the only route where climbers overnight in huts.

Day 3. Today the climb will be through the moorland forest and then the alpine desert before you reach "The Saddle" between the twin peaks of **Mawenzi** and **Kibo**. From here you will walk for about an hour to reach **Kibo Hut** 4703m.



Day 4. This is the big day! It will be a very early start for your summit attempt with a steep climb up the scree slope up to **Gilman's Point** (5686m) which is on the crater rim. From here it can take up to 2 more hours to walk around the crater rim to the **highest point on the African continent- Uhuru Peak at 5895m!** After celebrating and taking photos you will start your descend back to Kibo Hut for tea and biscuits or soup and then further down to **Horombo Hut**.

Day 5. From Horombo Hut you will descend to the Marangu Gate. Your driver will take you back to the hotel where you can relax with a hot shower, dinner and a warm bed!

Extra day. This is normally spent at Horombo. To help with acclimatization you will climb up to Mawenzi Hut (4600m) and return to Horombo Hut for dinner and overnight.

KILI TREKKING – Challenging! Enjoyment! Life affirming!

Mt Kilimanjaro is one of the world's most climbable high altitude mountains. For many, climbing Kilimanjaro is a once in a lifetime opportunity. It is seriously high and may be one of the most challenging holiday adventures you ever pay for.

Climbing Mt Kilimanjaro, the highest mountain in Africa, is about mental and physical preparedness. Being physically prepared for the trek should begin as early as possible. As your fitness level increases your mental confidence will also increase. The combination will make a world of difference to your enjoyment of the climb and your sense of achievement.

It is said that anyone with a relatively good degree of fitness has a good chance of reaching the summit of Mt. Kilimanjaro. However, with a little more effort to prepare, not only can you achieve the challenge of reaching the summit successfully, but you are also more likely to enjoy the whole experience.

Getting Fit... tips and suggestions

Go hiking

Kilimanjaro is a hike, so the best preparation you can do is to hike, even if it is under gym conditions. Running will help your stamina but does not fully prepare your muscles for a strenuous 5 to 6 day hike.

- Go for walks. Do it with friends. Do it with your climbing team and use the camaraderie to increase your anticipation and enjoyment.
- It is advisable to go for frequent walks which should include some uphill and downhill sections. Take your daypack with you and carry at least three litres of water or three kilograms in your daypack. This will simulate the conditions you will encounter.

Join a gymnasium

Ask your gym instructor to work out a fitness program that consists of progressive resistance exercises. An experienced instructor will be able to tailor a safe exercise regime based on your age, condition and strength. Work with a schedule that progresses to higher resistance or weights as you develop your fitness.

- You should always warm up your muscles before any exercising routine. This means stretching your body to warm up. Stretching will strengthen and progressively challenge the tendons, ligaments, joints and muscles. Stretching is important and the best way to prepare for an injury-free workout.
- If weather conditions prevent you from getting outdoors to walk, then go to the gym and get on the treadmill. Good gym equipment can simulate uphill and downhill walking.

Avoiding knee problems

Climbers sometimes suffer knee injuries because of poor fitness levels and poor hiking technique. Going down is harder on the knees than going up. Tiredness can make climbers step down on to a straight leg which jolts the knee joint.

To protect the knees, climbers need to be more aware of their technique and try always to step down onto a slightly bent knee. The muscles and tendons of the thigh can then absorb the repeated impact. It is hard to do this for a long time if you are unfit. Walking poles can be very helpful.

- Even doing 100 step-ups on to a low chair or high step will strengthen all-important thigh muscles.

Rest before you climb

- Stop your exercise regime at least 4 days before you are due to start your climb in order to rest your body in preparation for the climb.

Altitude

Altitude sickness is an acid-alkali imbalance in the blood and body fluids which affects climbers indiscriminately. Whatever the level of fitness, it may not reduce your chances of getting some degree of altitude sickness because almost everyone does - mild headache, nausea, tiredness, loss of appetite.

- Previously successful high altitude trekking may be an advantage to anyone attempting to climb Kilimanjaro, but is no guarantee. The toughest part of the climb is the final 6 to 8 hours it takes to reach the summit. This is due to the altitude.
- Adding an extra day above 3000 meters on Kilimanjaro will help the body to adjust to altitude. If your pocket is not deep enough, arrive a day early and enjoy a pre-climb hike in the Kilimanjaro foothills (up to 1,800 meters). This will help you to rest after your flight and get your body and mind prepared.

During the climb

Guides are trained to assess your level of well-being. If you feel unwell at any time during the Kilimanjaro climb, or become aware of one of your companions feeling unwell or behaving out of character, please inform your guide. You/ they may just need support and encouragement, but medical assistance and/ or emergency evacuation may be needed. The best treatment for altitude sickness is to descend. Your guide is trained by KINAPA to make this decision.

Insurance:

You must ensure you have adequate travel and medical insurance to cover all your holiday activities including climbing Mt Kilimanjaro and emergency repatriation to your home country.

Before the climb:

Your guides will meet you in your hotel the night before to brief you about the climb and give you an opportunity to ask questions. Also, a final equipment check will be completed. This sometimes reveals forgotten essential items which we will try to find for you.

Starting the climb:

For all Kilimanjaro climbing routes, your crew (porters, chefs, assistants) will be at the gate packing the equipment and supplies, waiting for you and your guide to arrive. Registration at the gate can take up to 1 hour, depending on the number of hikers waiting. You will be given a safety briefing, packed lunch and bottled water before you start. The crews ascend very quickly and will have everything ready for when you arrive at the days destination, whether camping or huts. After the first day, the water you receive is boiled and filtered.

For your safety

You should definitely not be climbing at altitude against your doctor's advice. You should not climb at altitude if you have sickle cell disease, recurrent pneumothorax (burst lung), pregnant (above 3,500m), a respiratory problem, sore throat, cold, cough, increased temperature or a nose bleed. People who have had laser surgery for short sight may experience vision changes (over 4,500m).

- For your well being during the climb, you need to drink plenty of water (3 to 4 litres each day), eat regular energizing meals and energy snacks.
- As part of your payment to the national park there is a charge for rescue. It is KINAPA's responsibility to stretcher injured or sick climbers to meet the rescue car.
- The nearest Accident & Emergency facility is based in Moshi. **They have hyperbaric facilities for severe mountain sickness.**
- Selected guides are all KINAPA trained with considerable route experience.
- The guides are well experienced mountain guides with **first aid and mountain medical training**. During the climb, guides have a system of checking the clients every morning and evening by using a **pulse oximeter** during the climb. The pulse oximeter is used to check the blood oxygen saturation regularly throughout the climb. This allows the guide to determine how clients' body is adapting to the reduced amount of oxygen at the higher altitude. If clients' oxygen saturation is below an acceptable level, guides have **emergency oxygen** on each climb for their safety.
- The guides are very adept at recognizing altitude sickness, which is the main problem climber's experience (examples of symptom onset are shortness of breath, light-headed, nausea, insomnia, reduced mental clarity and exhaustion). The only sure way of combating altitude sickness is to descend below 3000 meters as quickly as possible. This is accomplished with assistance from your crew or, if necessary, by the mountain rescue team. Climbers generally recover very quickly once they descend.
- Communication to base and to park wardens is via mobile phones.
- A daily briefing will give you information on mountain conditions and the days plan.
- You must obtain personal travel insurance and make sure you are covered for the activity and for repatriation
- Being a wilderness destination, medical infrastructure in major centres is remote from many locations visited. Therefore cover for medical evacuation by a Tanzania based scheme is recommended in case of a medical emergency. This is especially relevant to those climbing Kilimanjaro. Government provision of emergency medical response does not exist in Tanzania and so is carried out by specialist private local medical operators. Check out www.amref.org to learn more.

Kilimanjaro hiking pace:

The slow, comfortable hiking pace is designed to give maximum opportunity for the body to acclimatize and not get tired. The pace also gives an opportunity to marvel at the scenery, the flora and fauna. Our climbers often return to share personal reflections and inspirations they experienced on the mountain. The hiking times and distances given in the programs are estimations. Additional days can be added to the programs. The program may change at any time due to weather or safety conditions.

The summit attempt:

For the Kilimanjaro summit attempt you will be woken with a hot drink and a snack around midnight. After a last briefing and equipment check, you will begin climbing the scree in the dark. This is the most challenging part of your climb and looked forward to with trepidation sometimes, but always with excitement.

A torch is essential, so change your torch batteries. A walking pole is helpful and, if

climbing in the low season, you may need an ice axe. The summit is below freezing. It is advisable to carry drinking water in a thermos flask.



Certificates:

On return to the National Park gate certificates will be issued to successful climbers.

Climbers who reached Stella Point (5685m) are issued with green certificates and those who reached **Uhuru Peak (5895m)** receive gold certificates. Some climbers forget in their quest to 'conquer' the mountain that Kilimanjaro offers special moments and plenty of time for reflection. Our advice is to make the most of this wonderful mountain and enjoy yourself.

Kilimanjaro mountain guides:

All guides are trained and licensed by the Kilimanjaro National Park Service (KINAPA). All guides continue with 'on the job' training. Once on the Mountain, your guide is your mentor and it is his duty to advise, lead, support and encourage you to safely achieve your personal goal, then to bring you down to the gate again. He will hike with you and answer any questions you have about the mountain. It is important that you work closely with your guide and follow his advice. If you feel unwell at any time you must tell your guide. The guide recruits the mountain crew (porters, assistants, chefs) and it is his responsibility to see that the crew work efficiently and everything runs smoothly and safely. For this reason your guide may need to attend to other duties as well as accompany you.

Mountain porters:

The porter to client ratio is generally 2 porters to 1 client. The maximum load a porter should carry is 15 kg. Porters carry clients back-packs, food, equipment and general supplies. Their load is weighed at the entry gate. More porters will be allocated if loads exceed National Park regulations. The porters duties are very physical and tiring, but, under the leadership of the guide, everything should be waiting for you when you arrive at the end of the hike and ready for you to leave the following morning.

Mountain chefs:

Preparing and cooking food at altitude (often in bad weather conditions) takes skill and patience. Mountain chefs are highly skilled and will accommodate your food preferences whenever possible. We would like to know in advance if you have any special food requirements.

Mountain menu:

Mountain meals are a mixture of traditional and western food. Our chefs are extremely good at preparing tasty meals in difficult conditions. The excellent feedback we get from our climbers is proof they do an amazing job.

Examples:

Breakfast- chapatti, oat porridge, sausages, scrambled eggs, French toast with honey, toasted bacon and cheese sandwich, fresh fruits or fruit filled pancakes.

Appetizers- vegetable soup (e.g. leek and potatoes, pumpkin, carrot and lentil with coriander), spicy chicken soup, or fresh salad vegetables with mayonnaise.

Main Courses may be one of the following- fried tilapia fish fillet with French fries and salad vegetables, beef goulash, spicy fried chicken with vegetable sauce and rice, pasta with mixed vegetables in a rich tomato sauce, Tanzanian banana stew (Ndizi), beef and rice (Nyama na wali)

Deserts may be fruit, fried bananas with chocolate sauce, Tanzanian pancake with honey and yogurt. We also serve hot drinks with each meal (tea, coffee, Milo, chocolate). Lunch boxes will be provided according to the mid day location. Lunch boxes may contain- samosa, sandwich, fresh fruit, boiled egg, chopped salad vegetables (carrot, tomato, pepper), cashew nuts, chocolate bar, cake and fruit juice. A hot drink will be prepared at the stopping place. We provide energy snacks for the summit e.g. chocolate, nuts, popcorn or biscuits.

Climbers are advised to carry a small thermos flask for the summit climb and to request the crew to boil water for a hot drink to be available when needed. Kilimanjaro water is considered pretty safe once boiled and filtered. Climbers with a sensitive stomach may want to bring water purifying tablets to add to their drinking water. We request climbers to inform us if they have any special food requirements when they book.

Malaria

Malaria occurs below 1800 meters and you should use the recommended prophylactics. Please consult your doctor about these. Currently, there are various preventative medication products available which will be effective against the malaria strains currently found in Tanzania. Women using oral contraceptives should consult their physicians before using prophylactics.

Vaccinations:

Please consult your doctor or travel clinic for the latest requirements. It is recommended that you have vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid and Rabies.

A Yellow Fever vaccination may be compulsory and a certificate may be required.

Documents to bring to Tanzania:

- Passport (with photocopies). You will need to show these at entry to the National Parks
- Travel insurance (with photocopies)
- USD cash (notes printed after the year 2000)
- Any entry visas or vaccination certificates

Tanzania entry requirements:

You will need a valid passport and a visa (except for citizens from some Commonwealth countries). You could obtain visas on entry at Dar es Salaam, Kilimanjaro International Airport, Namanga gate or on the Tanzania/Kenya border, but this usually involves delays and you need to pay in US dollars. Some airlines may also not allow you to fly without a visa. **It is advisable to obtain visas in advance and check for any entry changes from Embassies and High commissions.** Passports and Tanzanian visas are also required for Zanzibar.

Visit your doctor

Before starting your preparation, it is always wise to seek the approval of your medical practitioner. Explain your plan to climb Kili and what you intend to do to increase your fitness levels. You may also want to discuss the effects of altitude and what measures you can take to avoid or reduce. Please let us know if you have any long standing medical conditions when you book.

- There is an ongoing debate around taking medication, acetazolamide (Diamox), to help with altitude acclimatization. Please talk to your medical practitioner about the benefits, risks and side effects before making your decision.

Frequently Asked Questions - Kilimanjaro Trek

If you're unable to find the answer to your question in our F.A.Q please do not hesitate to contact us at info@shapshaptravel.com

Is drinking water provided during the trek?

On the first day you are responsible to bring your own water but beyond that, water is provided on all routes. Water is taken from the mountain streams, boiled and treated to make safe to drink.

What qualifications do the guides have?

The mountain guides have to attend certain courses that are offered by Tanzania National Parks before they get their Mountain Guide Licenses. A Porters Association also selects the porters; they will carry an Identification card allowing them to carry your belongings up the mountain.

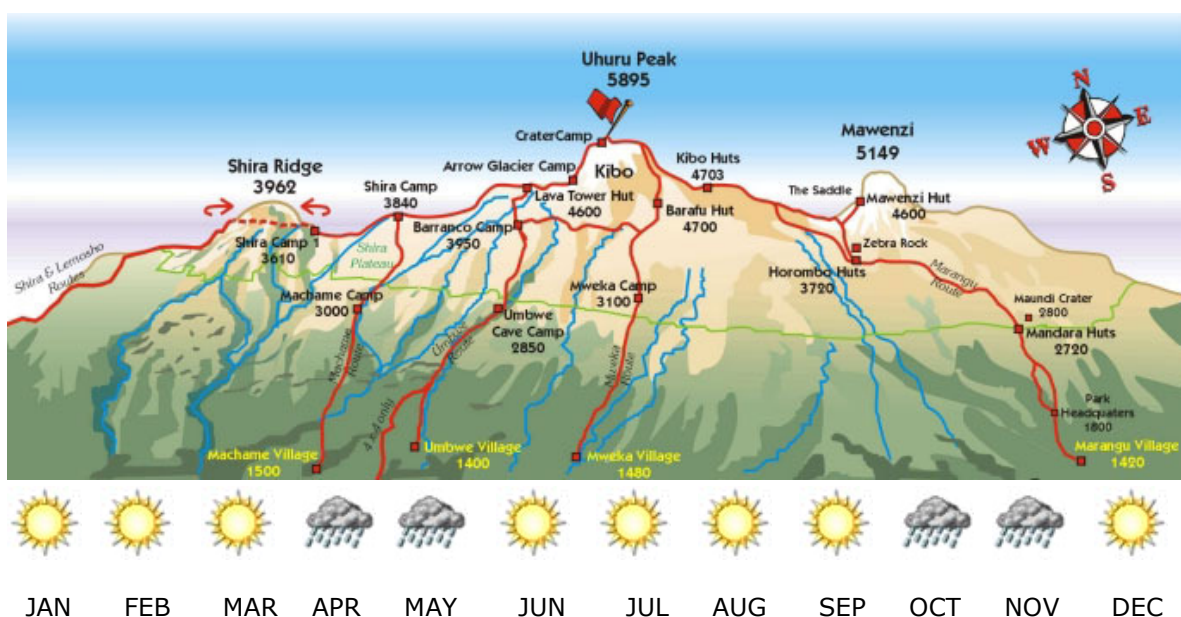
Where do we sleep during the trek up Kilimanjaro?

On the Marangu route, trekkers normally stay in huts.

What is altitude sickness and what are the symptoms?

During the trek it is likely that all climbers will experience at least some form of mild altitude sickness. It is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. There are many different symptoms but the most common are headaches, light-headedness, nausea, loss of appetite, tingling in the toes and fingers, and a mild swell of ankles and fingers. These mild forms are not serious and will normally disappear within 48 hours. Please visit your physician for any preventative medications.

When is the best time to climb Kilimanjaro?



Should I have Flying Doctors membership?

If you live, work or are travelling within East Africa (Kenya Uganda and Tanzania), Rwanda and Burundi (anywhere within a maximum of 1000 Km's of Nairobi) it is useful to become a member of the Flying Doctor Service. Medical facilities outside cities are few and far between and many rural hospitals do not have facilities for critical care. In the case of a medical emergency, getting to a well equipped hospital fast with expert care in transit could mean the difference between life and death.

AMREF Flying Doctors Service operates a 24 hours, 365 days a year operation. Full time medical staff and aircrew are on standby to respond to emergencies. In case of a medical emergency that requires an evacuation from a remote area, the Flying Doctor service will send in a medical team and an aircraft which can be converted into an airborne intensive care unit to evacuate you to Nairobi Wilson Airport where you will be transported by an ambulance to a hospital in Nairobi (the Flying Doctors do not cover the cost of hospitalization, www.amref.org)

Do I have to be extremely fit to take part in this trek?

The fitter the better. If you attempt to climb Kilimanjaro without the proper training you may not enjoy the trek as much as you would have with adequate training. The best way to train for Kilimanjaro is to strap a pack on your back and go hiking as much as possible. By doing so your feet and joints will become accustomed to the constant walking you will face on the trek. Also be sure to hit the gym if you can.

Do we carry our own luggage on the trip?

You will not be responsible to carry your luggage up Kilimanjaro. The porters can carry approximately 30lbs (15kg) of your luggage; the rest can be stored safely at the hotel. You will only be responsible to carry your day pack with personal items to have with you at all times.

What is the coldest it is expected to be at the summit of Kilimanjaro?

Temperatures vary considerably with height and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m frosts can be encountered at night while daytime temperatures range from 5 to 15°C. Nighttime temperatures on the summit can be well below freezing especially with the strong winds at times.

What is the highest altitude we will hit on this trek?

The highest altitude reaches 5895m/ 19,341ft.

If the trek becomes too difficult for me can I turn around?

Yes you can. If you are in any physical danger or suffer from altitude sickness the porters will be able to assist you down the mountain.

How much do you recommend we tip the porters and/ or local guides?

You should follow the following guidelines:

Chief Guide: \$15.00 USD per day

Assistant Guide: \$10 - \$12 USD per day

Cooks: \$10 USD per day

Porters: \$8 - \$10 USD per day

*****Please note that these are only guidelines and tips can be based on personal opinion.**

More useful tips and additional information...

Mountain water

The stream water high on the mountain Kilimanjaro has been tested and has been found to be fit for drinking. However, if you would like to be on the safe-side, use water purification tablets or ask your guide to boil the water for you. This can be done in the evening. You can fill your flasks in the morning, ready for the next part of the climb.

Wet wipes

There is no washing water at Kibo and Arrow Glacier camps. Wet Wipes are very useful.

Adequate sun protection

Wear a good quality pair of sunglasses (with UV protection) and use adequate sun protection cream with a protection factor of at least 20+

Snacks

Take enough snacks such as energy bars etc.

Thermal flask

Use a thermal flask for your water on the summit night, other water bottles might freeze solid.

Camera

Taking pictures with a fully automatic camera at the summit of Kilimanjaro is possible, and most people do this. The secret is to always have a new battery in your camera when going into cold areas at high altitude. A mechanical camera works just as well, provided you have the knowledge to operate it successfully. Cameras exposed to cold do not cease functioning, but remember, that if you keep your camera inside your jacket and the lens becomes warm, chances are that it will form condensation when suddenly exposed to extreme cold. This condensation will freeze under conditions at the summit. Therefore, keep your camera dry at all times. Moisture will freeze at the summit which will cause your camera to stop functioning.

International Airports:

There are mainly three airport options to choose from with regards to international flights to Kilimanjaro.

To maximize your time in northern Tanzania, we suggest that you arrive via **Kilimanjaro International Airport** (40km from Arusha, 45km from Moshi. 45 minutes journey either way). If you choose this option, please let us know and we can arrange and a transfer to the hotel in Moshi (around U\$ 50 per vehicle one way.)

You could also fly to the international airport in **Dar es Salaam** (10km/ 25 minutes from the city center) and catch a connecting domestic flight to either Kilimanjaro or Arusha.

In Tanzania an **airport departure tax** of U\$ 30 is levied, but this could be included in your flight ticket already. If departing Tanzania from Zanzibar, the payment is in cash. If departing Zanzibar for other destinations in Tanzania there is a U\$ 5 airport tax to pay.

Another option is to fly to the international airport in **Nairobi, Kenya**. From here we can arrange your transit by shuttle bus across the border to Moshi in Tanzania. Please note that you will be required to pay a transit visa of around U\$15. Most nationalities will also need a visa for their entry into Tanzania (around U\$50). The visa (if not obtained in advance) can usually be bought at Namanga- the Kenya/ Tanzania/ border. The shuttle bus costs around U\$35 per person one way and takes around 6 hours.

If your flight arrival and departure is via Dar es Salaam or Nairobi airport, please check your arrival and departure times, since some international flights arrive too late and depart too early for same day, internal, onward journeys. We can arrange transfers and accommodation in your arrival city if requested.

Communications within Tanzania:

International Direct Dial is available. The country code for Tanzania is +255. Public call boxes are located on the street and at post offices in main towns. They work on a card system. You can buy cards from nearby small shops. Cellular phone companies operate roaming lines which work near most major cities and towns. Internet cafes are available in major towns. For mailing, there are post offices, branches of international courier services and post restante in major towns and cities.

Spending money

It is difficult to estimate how much you will spend on tour as this depends largely on your personal preferences - smoking, drinking, shopping, snacks etc. For the average person around USD 20 per day for a few curios, postcards, drinks, tips etc. is about average. We recommend that you bring some cash- US Dollar. Credit cards can be used in some places so can be a useful resource. However, **credit cards should not be relied upon as a main source of funds as there are many places where cards cannot be used, especially for cash advances**. Speak to our reservations department - they have personal experience of these issues and will give you sound advice about exchange and currency matters on tour! The local currency is Tanzanian Shilling. It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.

There is a lot more information on Kilimanjaro to be found in books or on the internet and it will be to your own advantage to learn more and prepare for the big climb. You are more than welcome to contact us with any questions via info@shapshaptravel.com

Suggested packing list for climbers:

- Layers of light and warm clothing (you will be hiking from tropical to arctic conditions)
- Outerwear – water-proof jacket, trousers, gaiters, rain poncho, mitts
- Thermal underwear – including leggings (long johns)
- T-shirts and shorts (of decent leg length) for the lower levels
- Comfortable and water-proof hiking boots which give good support
- Trainers or slip-ons to wear around the camp site or hut
- Water-proof ruck-sack (back-pack) for porter carriage (maximum porter carriage is 15 kg). No suitcases please
- Day pack for you to carry. It needs to be large enough for your day time walking items e.g. water bottle clothing layers, picnic etc
- Warm hat or balaclava, preferably water and wind proof
- Water bottle and purifying tablets. Kilimanjaro water is boiled and filtered but some climbers also prefer to add chemical purifiers to their drinking water
- Small thermos flask (especially welcome on the summit ascent)
- First aid items e.g. plasters, petroleum jelly (between the toes), antiseptic, after-sun (the guide will also be carrying a small first-aid kit)
- Personal toiletry items, preferably biodegradable (forget the 'beauty' products and concentrate on the essentials like soap)
- Paracetamol/ Aspirin, anti-malaria, and any prescription medications you may be taking
- Small plastic bags (no rubbish is to be left on the mountain, so give your rubbish bags to the porters at the end of the day)
- Cash in US\$ or Tanzania shillings for tips, to be distributed by the guide on the morning of the last mountain day.
- Sleeping bag (4 season)
- Energy snacks and drinks
- Contact lenses and/or prescription spectacles
- Antiseptic gel or wet wipes for hand washing
- Head torch, spare bulb and batteries
- Camera and spare batteries
- Money belt
- Scarf
- Sunglasses
- Binoculars
- Sun cream
- Lip salve
- Handkerchief
- Pocket knife
- Walking poles



Selk- bag