



Local Moshi adventures

Have questions?

Contact us at info@localmoshi.com

This list is only a guide and we encourage you to research and test your gear, especially your boots, before arriving in Tanzania.

EQUIPMENT

- 1 down sleeping bag (rated to a least 18°F / -7°C)
- 1 trekking poles, collapsible (highly recommended)
- 1 head lamp, with extra batteries
- 1 duffel Bag, 90 liter, for porters to carry your equipment
- 1 day-pack, 30-35L, for you to carry personal gear (you may wish to get a Camelback type that carries water in a bladder).

TECHNICAL CLOTHING

- 1 waterproof jacket, breathable with hood
- 1 insulated jacket, synthetic or down
- 1 soft jacket, fleece or soft-shell
- 2 long sleeve shirt, moisture-wicking fabric
- 1 short sleeve shirt, moisture-wicking fabric
- 1 waterproof pants, breathable
- 2 hiking pants / convertible (into shorts)
- 1 fleece pants
- 1 shorts (optional)
- 1 long underwear, moisture-wicking fabric
- 3 underwear, moisture-wicking fabric
- 2 sport bra (women)

ACCESSORIES

- 1 sunglasses full coverage / goggles
- 1 camp towel, quick drying
- 1 backpack cover, waterproof (optional)
- 1 water bottle (Nalgene, 32 oz.)
- 1 water bladder (Camelback type, 3 liters)
- 1 Pee Bottle (to avoid leaving tent at night)
- stuff sacks, dry bags or Zip lock bags, various sizes to keep gear dry and separate

HEADWEAR

- 1 brimmed hat or cap for sun protection
- 1 bandana (optional)
- 1 knit hat, for warmth
- 1 balaclava or buff, for face coverage (optional)

HANDWEAR

- 1 gloves, thin
- 1 gloves, warm (waterproof recommended)

FOOTWEAR

- 1 hiking boots, warm, waterproof, broken-in
- 1 shoes / flip flops (to wear at camp, optional)
- 1 shoelaces, extra
- 3 socks, wool or synthetic
- 1 gaiters, waterproof (optional)

OTHER

- toiletries
- quick dry towel
- prescriptions - malaria tablets, Diamox (optional)
- sunscreen, SPF 30+
- lip balm, SPF 30+
- insect repellent, containing DEET
- first aid kit
- painkillers (optional)
- blister kit (optional)
- anti-diarrhea tablets (optional)
- hand sanitizer
- toilet paper
- Wet Wipes (recommended)
- snacks, lightweight, high calorie (optional)
- electrolytes, powder or tablets (optional)
- camera, with extra batteries (optional)
- power bank, solar panel, spare batteries (optional)

PAPERWORK

- passport (valid for + 6 months after your trip)
- visa, available at JRO (pay in cash)
- immunization papers
- medical insurance
- travel insurance
- cash for tips, visa and incidentals