

IMPORTANT INFORMATION

African Ascents is a professional expedition company; the following is important information you need to know before starting your adventure.

**“THERE’S NO SUCH THING AS BAD WEATHER,
ONLY INAPPROPRIATE CLOTHING”**

SIR RANNULPH FIENNES

EQUIPMENT AND CLOTHING

Below is a gear list showing all the necessary equipment required for entering the mountains. All clothing for the mountains should be quick drying, cottons should be avoided. The list also shows what items are available for hire. It is important to have all items on the gear list for personal safety in the mountain environment. Your personal equipment must not weigh more than 15kgs.



PACKING

Prior to the trip departing you will be met by your guide, this is as very casual meeting but it is your last chance to ask any final questions with regards to Mt Kenya and Equipment. The guide will provide you with a 20ltr dry bag. You should use this bag to pack all items that will be carried by our porter team. You will be required to carry a small day bag with your personal items.

The Gear List is a Recommended Packing System.

MOUNTAIN ACCOMMODATION

African Ascents is a professional mountaineering company; we use only top quality mountain equipment designed for the mountain environment, light and fast, whilst safe. All our equipment is the same as what you would find on Mt Everest. On Mt Kenya you will be sleeping in a 3 person dome tent called a Mountain Hardware Trango III. Your tent will be constructed for you on a daily basis by our porter team. In your tent you will be provided with a Thermarest roll mat, which is specially designed to keep the ground from cooling the body.

INSURANCE

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 and medical attention. We have first class rescue services and hospitals in the Nanyuki area but a helicopter ride can become very expensive.



GEAR LIST

Items in **orange** are essential; not having them will affect your personal safety.

Items in **yellow** are important, standard equipment for the mountains.

Items in **grey** can be provided for you, but you can bring your own.

All other items in black are optional and may make your time on Mt Kenya more comfortable.

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- 1 WATERPROOF JACKET (GORE-TEX, PORE-TEX ETC.)
 - 1 WATER PROOF TROUSERS
 - 1 WARM FLEECE TOP (ADD A SECOND IF DON'T HAVE A DOWN JACKET)
 - 1 HIKING TROUSERS
 - 1 HIKING SHORTS
 - 3 BREATHABLE T-SHIRTS
 - 1 BASE LAYER TOPS (BREATHABLE UNDER LAYER)
 - 1 BASE LAYER BOTTOMS (BREATHABLE LONG JOHNS)
 - 3 HIKING SOCKS (WARM)
 - 1 WARM HAT (BALACLAVA/BEANIE ETC..)
 - 1 WARM INSULATED GLOVES
 - 1 HEAD TORCH
 - 1 SPARE BATTERIES

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- 1 DOWN JACKET
 - 1 HIKING BOOTS (GORE TEX)
 - 1 SUN CREAM (SPF 30+)
 - 1 LIP BALM (SPF 15+)

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- 1 3 – 4 SEASON SLEEPING BAG
(must be rated to -15 degrees c)
 - 1 SLEEPING BAG LINER
 - 1 50 TO 70 LTR RUCK SACK
 - 1 DRY BAG LINER
 - 2 WALKING POLES

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- 1 UMBRELLA
 - 1 SUN HAT
 - 1 SUNGLASSES
 - 1 FLEECE PILLOW CASE
 - 1 CAMP SHOES- SLIPPERS, TRAINERS, OR FLIP FLOPS
 - 1 DOUBLE STRAP SMALL 20 TO 40 LTR DAY PACK
 - 1 CAMERA AND SPARE BATTERIES
 - 1 PERSONAL TOILETRIES.
 - 1 WATER BOTTLE OR HIKING BLADDER (CAMELBAK)
 - 1 BOOK- 'NO PICNIC ON MT KENYA'
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RECOMMENDED PACKING SYSTEM

The recommended packing system is a guideline, illustrating what equipment you will carry on your person and what equipment will be carried by an African Ascents porter.

EQUIPMENT THAT SHOULD BE PACKED
IN A LARGE BAG (50LTS - 70LTS) OR THE
DRY BAG PROVIDED AND WILL BE CAR-
RIED BY A PORTER.

Down Jacket
Spare Warm Fleece top
Spare Hiking Trousers
Spare Breathable T-Shirts
Base Layer Tops (breathable under layer)
Base Layer Bottoms (Breathable long Johns)
Spare Hiking Socks (warm)
Warm Hat (balaclava/beanie etc..)
Head Torch
Spare Batteries
3 – 4 Season Sleeping Bag
Sleeping Bag Liner
Thermorest Roll Mat
Fleece Pillow Case
Camp shoes- slippers, trainers, or flip flops
Personal toiletries

EQUIPMENT FOR YOUR PERSONAL BAG
(20LTS - 40LTS), OR YOU WILL WEAR ON
YOUR PERSON AND CARRIED BY YOU.

Waterproof Jacket
Waterproof Trousers
Umbrella
Warm Fleece top Hiking Trousers or Shorts
Breathable T-Shirts
Hiking Socks (warm)
Warm Hat (balaclava/beanie etc..)
Warm Insulated Gloves
Sun Hat
Sunglasses
Hiking Boots (Gore Tex)
Sun cream (SPF 30+)
Lip Balm (SPF 15+)
Camera and Spare Batteries
Water bottle or hiking bladder (Camelbak)
Walking poles
Book- 'No picnic on Mt Kenya'

IMPORTANT! Cotton clothing must be avoided!

Please contact African Ascents with any questions related to equipment. It is very important to have the correct equipment for extreme environments.