



# Packing List

Mahale Mountains 2023

**FARM AFRICA**

## ESSENTIALS LIST

| #  | Item  | Quantity | ✓ |
|----|---|----------|---|
| 1  | Sun Hat   | 1        |   |
| 2  | Sunglasses  | 1        |   |
| 3  | Scarf / Buff (non thermal) for dust               | 1        |   |
| 4  | Headlamp + spare batteries                        | 1        |   |
| 5  | Waterproof Jacket & Trousers                      | 1        |   |
| 6  | Lightweight Fleece                                | 1        |   |
| 7  | T-Shirts / Hiking Shirts                          | 4        |   |
| 8  | Shorts  | 1        |   |
| 9  | Trousers  | 2        |   |
| 10 | Swimming Costume                                  | 1        |   |
| 11 | Pants   | 6**      |   |
| 12 | Socks   | 4**      |   |
| 13 | Walking Shoes                                     | 1        |   |
| 14 | Camp Shoes  | 1        |   |
| 15 | Poles   | 1        |   |
| 16 | Water Bottle                                      | 2        |   |
| 17 | Towel   | 1        |   |
| 18 | Duffle Bag  | 1        |   |
| 19 | Daysack   | 1        |   |
| 20 | Insurance Details & Emergency Contact Information | NA       |   |

\*\*As a minimum

**SUPPLEMENTARY ITEMS**

| #  | Item              | Quantity | √ |
|----|-------------------|----------|---|
| 1  | Camelbak          | 1        |   |
| 2  | Snacks            | NA*      |   |
| 3  | Wet Wipes         | NA*      |   |
| 4  | Poncho / Umbrella | 1        |   |
| 5  | First Aid Kit     | 1        |   |
| 6  | Water Flavouring  | NA*      |   |
| 7  | Electrolytes      | NA*      |   |
| 8  | Dry Bags          | NA*      |   |
| 9  | Pack Cover        | 1        |   |
| 10 | Playing Cards     | 1        |   |
| 11 | Ear Plugs         | 1        |   |
| 12 | Pocket Knife      | 1        |   |
| 13 | Sandwich Bags     | NA*      |   |
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\*Bring as many as you see fit.



## NOTES

Some notes on the packing list above.

1. **Sun Hat.** A full brimmed hat is good for added shade and increased sun protection. Additionally, a neck scarf should also be considered to protect the back of the neck. Too much exposure to direct sunlight can lead to sun stroke and being very uncomfortable during your trip. Sun block is essential too but a hat will provide the best protection from the sun.
2. **Waterproofs.** Your waterproof jacket is your outer water-repellent layer used for when it rains and as a possible extra thermal layer if required. Your jacket should **not** be insulated to keep the weight in your daypack down and should be used in conjunction with thermal layers beneath the jacket for full effect. The jacket should be Gore-Tex® or something similar but must be windproof as well as waterproof and breathable. We recommend the waterproof jacket should have a hood to keep your head warm and dry. When used in conjunction with a hat it should keep your face covered from the elements. **REMEMBER**, your waterproof jacket must be able to fit comfortably over the top of all your other layers.
3. **Trousers.** They should be of a lightweight, quick drying nylon material. Some come with UPF protection and mosquito protection. Ladies might like to swap a pair of lightweight trousers for trail specific (or thick yoga) tights. The trend these days is to have tight trousers; this is not the best idea when looking for hiking trousers. Good hiking trousers should give you freedom of movement and the versatility to perform in a range of environments.
4. **Socks.** You should look for socks that are designed for warm weather trekking. CoolMax® wicks moisture, dries quickly and breathes well, keeping your feet dry and preventing blisters. **Tip:** Pack your socks into a dry bag with some foot powder. That way if the powder leaks it only leaks on to your socks...where it's meant to be!
5. **Poles.** Collapsible poles are great for steep downhill terrain and assistance uphill. If you have knee problems, they reduce the impact on your joints by 20-30%. A nice soft foam grip will help prevent blisters and the ones with an aluminium shaft are durable and lightweight.
6. **Water Bottles.** We love Nalgene® 1 litre water bottles because they can be used for a variety of different things, they are clear and hold 1 litre, which is great for tracking the amount of water you have taken on board. They are robust and easy to keep on your person without the need to carry your daypack with you everywhere. Stay away from glass and heavy metals.
7. **Camp Towel.** Your camp towel should be of a polyester nylon blend that dries quickly and compacts tightly in your pack. The large (50 X 27 inches) is a good size and can be used to wash up at the end of the day. Stay away from house or beach towels as these will stay damp and start to smell quickly.
8. **Gaiters.** Gaiters are fantastic at keeping water, snow and small tones out of your boots, that being said, some trousers offer strong elasticated bottoms to them. This will be acceptable AS LONG AS your boots have support well above the ankle. **REMEMBER:** without high sided boots the elastic bottoms will be useless and gaiters should be worn. **DOWNSIDE:** They will make your legs sweat and can become uncomfortable in hot weather.
9. **Duffle Bag. IMPORTANT NOTE:** Porters carry your bags in large rubberised duffels - they cannot find a hard case inside this bag, therefore your bag **MUST** be soft sided. (Hard sided cases don't look right in the wilderness either!)
10. **Daypack.** A Daypack should comfortably fit: warm kit, wet kit, head torch, water, sun cream, hat, snacks and anything else you want to keep on you. E.g. Your camera etc.
11. **Medication.** Any specific medication you need to take should be kept in your daypack or on your person at all times. Make sure your guide is aware of the medication you are taking so that in the unlikely event that something does go wrong they can pass it on to the medical team.
12. **Insurance and Emergencies.** Your guide should already have your insurance and emergency contact details but you should always keep the details either in your daypack or on your person as well.