MALAIKA TRAVEL | MOUNT KENYA TREKKING & CLIMBING

Complete Mount Kenya Packing & Gear List

IMPORTANT NOTICES BEFORE YOU PACK

- **Porter Weight Limit:** Your main luggage (duffel bag) carried by your porter has a strict weight limit of 12–15 kg, enforced by Kenya Wildlife Service (KWS) regulations.
- **Single-Use Plastics Ban:** Single-use plastic bottles and disposable packaging are strictly prohibited inside Mount Kenya National Park.
- **The Layering Principle:** Dress in layers rather than relying on one bulky coat. Cotton is strictly forbidden for high-altitude trekking as it holds moisture and chilled sweat against your skin.

1. LUGGAGE & PACKING SYSTEMS

- **Main Expedition Duffel Bag (65–80 L):** A durable, soft-sided duffel or large frameless rucksack for porters to carry.
- **Daypack (30–35 L):** Carried by you daily. Must fit 2–3 liters of water, an insulating mid-layer, waterproof shell, first aid kit, headlamp, and personal essentials.
- **Waterproof Dry Bags:** 3–4 lightweight dry sacks (10–20 L) to organize and waterproof clothes, electronics, and sleeping gear inside your bags.
- **Pack Rain Cover:** Sized to fit your daypack during sudden tropical downpours.
- **Small Padlock:** To secure the zippers on your main duffel bag while with the porter team.

2. CLOTHING & LAYERING SYSTEM

Base Layers (Moisture Management)

- **Synthetic or Merino T-Shirts / Long Sleeves (2–3×):** Fast-drying, moisture-wicking tops.
- **Thermal Base Layer Tops (1–2×):** Mid-to-heavyweight Merino wool or synthetic long-sleeves for cold evenings and summit night.
- **Thermal Base Layer Bottoms / Long Johns (1–2×):** For cold nights in camp and the summit push.
- **Moisture-Wicking Underwear (3–5×):** Seamless, quick-dry synthetic or Merino wool.

Mid Layers (Insulation)

- **Fleece Jacket or Grid Fleece (1×):** A breathable insulating layer for trekking in cooler conditions.

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- **Down or Heavy Synthetic Jacket (1×):** High-loft down (700+ fill power) or heavy synthetic jacket with a hood for sub-zero evenings in camp and summit night.

Outer Shell (Weather Protection)

- **Waterproof & Windproof Hard Shell Jacket (1×):** 3-layer breathable membrane (Gore-Tex, Pertex Shield, or equivalent) with a fully adjustable hood.
- **Waterproof Shell Pants (1×):** Lightweight rain trousers with side zippers for easy entry over boots.
- **Trekking Pants (1–2×):** Quick-dry softshell or durable synthetic trousers.

Head, Neck & Hands

- **Sun Hat / Wide-Brim Cap (1×):** Essential protection against intense equatorial UV rays.
- **Warm Thermal Beanie (1×):** Fleece or wool hat covering the ears.
- **Neck Gaiter (Buff) or Balaclava (1×):** For wind, cold, and dust protection.
- **Lightweight Liner Gloves (1×):** Fleece or softshell gloves for daily trekking.
- **Heavyweight Waterproof Gloves or Mittens (1×):** Insulated, windproof gloves rated for sub-zero temperatures.

3. FOOTWEAR & LEGWEAR

- **Waterproof Trekking Boots:** Ankle-high hiking boots with sturdy rubber outsoles (Vibram or equivalent), well broken-in before the trek.
- **Camp Shoes:** Lightweight sneakers, Crocs, or sandals to let your feet rest and breathe in camp.
- **Merino Wool Hiking Socks (4–5×):** Cushioned wool socks to prevent friction and retain warmth.
- **Liner Socks (2×, Optional):** Helps reduce friction and prevent blisters.
- **Waterproof Gaiters (1×):** Crucial for mud in the lower forest zones and loose scree/gravel near the summit.

4. SLEEP SYSTEM

- **4-Season Sleeping Bag:** Rated to -5°C to -10°C Comfort (down or high-performance synthetic).
- **Sleeping Bag Liner:** Silk, fleece, or microfiber liner. Adds 3–5°C of warmth and keeps your sleeping bag clean.
- **Insulated Sleeping Pad:** Inflatable or self-inflating pad with an R-value of 3.5+.
- **Waterproof Compression Sack:** Keeps your sleeping bag 100% dry during transport.

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5. TREKKING HARDWARE & ELECTRONICS

- **Trekking Poles:** Collapsible aluminum or carbon poles with rubber tips and mud/snow baskets. Significantly reduces joint strain on steep descents.
- **Headlamp:** High-output headlamp (300+ lumens) with extra batteries or a charging cable. Essential for the midnight summit push.
- **Power Bank (10,000–20,000 mAh):** Cold temperatures drain batteries rapidly; keep power banks and phones inside your sleeping bag at night.
- **Category 3 or 4 Sunglasses / Glacier Glasses:** High UV protection with side shields against high-altitude glare.

6. HYDRATION & NUTRITION

- **Water Containers (2–3 Liters total):** 2× 1L wide-mouth bottles (Nalgene) or 1× 3L insulated water bladder. Wide-mouth bottles can be filled with hot water at night to act as a bed warmer.
- **Water Purification:** Purification tablets (Aquatabs) or a portable filtration bottle (Grayl, Katadyn).
- **Insulated Flask (0.5–1 L):** Stainless steel thermos for hot tea or water on summit day.
- **Energy Snacks:** Energy gels, electrolyte powders/tabs, trail mix, dried fruit, and chocolate bars for quick energy boosts on the trail.

7. HYGIENE & PERSONAL FIRST AID

- **Biodegradable Wet Wipes & Tissues.**
- **Alcohol-Based Hand Sanitizer.**
- **High SPF Sunscreen (SPF 50+) & SPF Lip Balm.**
- **Microfiber Travel Towel:** Lightweight and fast-drying.
- **Personal First Aid Kit:**
  - Altitude sickness medication (e.g., Acetazolamide / Diamox — consult your doctor).
  - Pain relievers / Anti-inflammatories (Ibuprofen, Paracetamol).
  - Anti-diarrheal medication (Imodium) and oral rehydration salts.
  - Blister care (Compeed, Moleskin, zinc oxide tape).
  - Antiseptic wipes, bandages, and daily prescription medications.

8. DOCUMENTS, LOGISTICS & CASH

- **Passport:** Valid for at least 6 months beyond your travel dates + approved Electronic Travel Authorization (eTA).

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- **Vaccination Certificate:** Yellow Fever certificate (required if arriving from an endemic country).
- **Travel & Rescue Insurance:** Policy covering high-altitude trekking and emergency search/evacuation up to 5,000 meters above sea level.
- **Cash (USD / KSh):** For tips to your guide, cook, and porter team, as well as personal expenses at park gates.

9. TECHNICAL CLIMBING GEAR (BATIAN & NELION PEAKS ONLY)

Note: *If you are trekking to Point Lenana (4,985 m), you DO NOT need the technical equipment below. The following gear is required strictly for technical rock routes on Batian (5,199 m) and Nelion (5,188 m).*

- **Rock Climbing Shoes:** Sized comfortably enough to fit thin wool socks.
- **Climbing Helmet:** UIAA-approved rock climbing helmet.
- **Climbing Harness:** Fully adjustable harness with adjustable leg loops to fit over bulky winter layers.
- **Belay / Abseil Device:** Guide-mode belay device (ATC Guide, Petzl Reverso) + 3× locking HMS carabiners.
- **Rack Accessories:** Nut tool, prusiks (6 mm cord), and sewn slings (60 cm and 120 cm).
- **Crampons & Walking Ice Axe:** Required depending on snow/ice conditions in upper couloirs (e.g., Gate of the Mists).

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