

# GET FIT FOR THE PEAK

FIRST THINGS FIRST: SET A  
**TRAINING  
SCHEDULE**

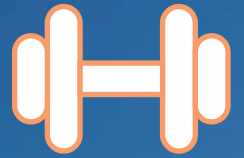
BEGIN  
TRAINING  
IN  
JANUARY



AIM FOR  
45-90  
MINUTES OF

**CARDIO**

JOGGING  
CYCLING  
SWIMMING  
STAIR CLIMBING



PAIR  
WITH  
STRENGTH  
TRAINING  
2 DAYS A WEEK



INCORPORATE  
INTERVALS

2x/ week  
to help  
your body's ability  
to utilize oxygen



ONCE A WEEK  
TRY TO COMPLETE A  
**DAY HIKE**



[SAMARITANSFEET.ORG/THEHIKE](http://SAMARITANSFEET.ORG/THEHIKE)





# CLIMBERS PACKING LIST

## PACKING LIST NOTES

- The pack that the porters carry is limited to 35 pounds
- Store electronics in sealed water-proof bags (double sealed if possible)
- Wrap clothing in plastic bags
- In your day pack, you will pack water, sunglasses, camera, binoculars, rain pants, and jacket at a minimum; add any other items you might need during the day, since you may not see your porters until the end of the day
- You can leave extra luggage in a locked storage room and valuables in a safe deposit box at the base hotel

## BAGGAGE

- Day pack, for you to carry
- Large duffel bag or backpack for porters to carry

## CLOTHING

- You want your inner layer to be wicking – no cotton. Your next layer should be insulating and warm; and your top layer should be waterproof but breathable
- Layers are important as temperatures vary greatly
- 1 pair of shorts, for first and last day only
- Pants for hiking and for lounging in the evenings
- Short-sleeved t-shirts
- Long-sleeved shirts, for hiking and for lounging in the evenings
- Long underwear
- Fleece jacket or wool sweater
- Fleece pants
- Down jacket or ski parka (for temperatures well below freezing plus wind)
- Rain jacket and pants, needed in hot rainforest and cold snow
- Undergarments

## COLD WEATHER ACCESSORIES

- Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)
- Wool or pile hat
- Balaclava or neck gaiter
- Chemically activated hand and foot warmers

## FOOTWEAR

- Be sure to break in your boots before the hike!
- Trekking shoes for hiking during the day, preferably warm, waterproof, and with ankle-support, not too light and not too heavy
- Tennis shoes or sandals for lounging in the evening
- Hiking socks for warmer conditions
- Wool socks for colder conditions
- Sock liners to wick away moisture

## SLEEPING

- Sleeping bag (Rated -25 degrees C/-10 degrees F or colder)
- Sleeping pad and repair kit
- Tents and sleeping pads will be supplied

## OTHER

- Camelback
- Gatorade or other drink mix
- Water filter or iodine purification tablets
- Sun hat with brim
- Sunglasses
- Bandana
- Ski or trekking poles
- Headlamp or flashlight
- Extra batteries - bring extra sets for headlamp/flashlight and camera
- Binoculars
- Bible, notebook, journal, pencil, and pen
- Pocket knife
- Electricity adapter
- Energy bars, hard candy, snacks, and comfort foods
- Umbrella
- Plastic bags and zip-lock bags for waterproofing
- Swim suit for hotel swimming pool

## TOILETRIES

- Toilet paper (and baggie to carry used paper while on trail)
- Small towel
- Soap
- Toothbrush and toothpaste
- Hand sanitizer
- Lotion
- Glasses, contacts, solution (take contacts out each night to prevent blurred vision)

## DOCUMENTS

- Passport
- Tanzania Visa
- Vaccination records

## FIRST AID

- Ibuprofen, Acetaminophen, or Aspirin
- Throat lozenges
- Band-Aids, bandages and tape
- Sunscreen (SPF 15+)
- Lip balm with sunscreen
- Insect repellent
- Disinfectant, Antiseptic cream
- Diarrhea medicine
- Ace bandage
- Melatonin or other sleep aid
- Prescription drugs (talk to your doctor)
- Diamox (talk to your doctor)