



Ol Doinyo Lengai Gear Packing List

What to Wear for Your Trek | Contact us: info@oldoinyolengai.com

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Overnight ascent from the Lake Natron basin (about 600–1,100 m) to the crater rim at about 2,962 m. Base temperatures can exceed 40 °C; the rim before dawn is often cold and windy. Tick each box as you pack. This is a practical field list, not a medical or operator instruction.

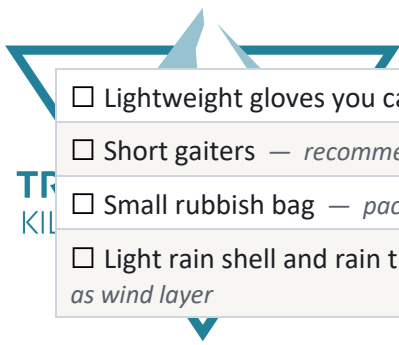
Name: _____ Date of climb: _____ Number of People: _____

1. What to wear on the climb

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| ☐ Light synthetic or merino T-shirt — <i>not cotton; stays cooler and dries faster</i> |
| ☐ Hiking trousers — <i>zip-offs useful so you can switch to shorts on the descent</i> |
| ☐ Light fleece or grid-fleece hoody — <i>for the hours before dawn</i> |
| ☐ Thin wind shell or softshell — <i>wind layer on the exposed rim</i> |
| ☐ Optional compact insulated jacket — <i>worth it if you run cold, or in June–August</i> |
| ☐ Broken-in hiking boots with ankle support and aggressive tread — <i>upper cone is loose ash and lava channels</i> |
| ☐ Hiking socks, worn — <i>plus one spare pair in the pack</i> |
| ☐ Buff or light neck gaiter — <i>keeps volcanic dust out of nose and mouth</i> |
| ☐ Warm beanie — <i>pre-dawn rim</i> |
| ☐ Light gloves — <i>pre-dawn rim and any hand scrambling</i> |
| ☐ Sun hat with a brim — <i>swap for the beanie after sunrise</i> |
| ☐ Sunglasses — <i>for the descent, not the night climb</i> |

2. Climb-day pack (20–30 litres is enough)

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|--|
| ☐ Headlamp with a fresh battery — <i>essential; phone torch is not enough</i> |
| ☐ Backup light or spare batteries / cells |
| ☐ Water, 3–4 litres — <i>bottles, or a bladder plus one bottle</i> |
| ☐ Electrolyte tablets — <i>dry air and the hot descent dehydrate quickly</i> |
| ☐ Snacks you can eat while moving — <i>bars, nuts, dried fruit, a sandwich</i> |
| ☐ Trekking poles — <i>especially useful on the descent; a guide's stick can substitute</i> |
| ☐ Spare socks |
| ☐ Sunscreen and lip balm — <i>stow until dawn</i> |
| ☐ Personal medication and a basic painkiller — <i>tell your guide what you are carrying</i> |
| ☐ Blister plasters |



- ☐ Lightweight gloves you can afford to ruin — *optional, for the last rocky section*
- ☐ Short gaiters — *recommended with low-cut shoes so ash stays out*
- ☐ Small rubbish bag — *pack out wrappers*
- ☐ Light rain shell and rain trousers — *wetter months, about November–December and March–May; shell also works as wind layer*

3. At camp, before and after the climb

- ☐ Camp sandals or light shoes — *for the lodge after the descent*
- ☐ Sleep clothes
- ☐ Warm layer for the evening — *nights at Natron can feel cool after the day's heat*
- ☐ Toiletries and a quick-dry towel
- ☐ Malaria precautions advised by your clinician — *region-dependent*
- ☐ Insect repellent — *evenings at the lake*
- ☐ Cash in small Tanzanian notes — *tips and local fees*
- ☐ Passport, insurance details, and permits — *your operator may hold the permits*
- ☐ Power bank — *charging is unreliable at simple camps*
- ☐ Copy of the itinerary and emergency contacts

4. Leave behind

- ☐ Ropes, crampons, and an ice axe — *not needed on the standard route*
- ☐ Heavy expedition boots or a full down suit
- ☐ Jeans and cotton socks — *stay wet and fill with ash*
- ☐ Brand-new, unbroken boots
- ☐ Large tripod or extra camera bodies — *weight you will carry both ways*
- ☐ More than one spare set of climb clothes

5. Before you leave camp — quick check

- ☐ Headlamp tested, spare power packed
- ☐ At least 3 litres of water in the pack
- ☐ Warm layer accessible, not buried
- ☐ Boots tight enough that heels will not slip on scree
- ☐ Guide has confirmed the crater is open today — *activity can close the rim even if the lower slopes are open*
- ☐ You know the turn-around plan if headache or nausea will not settle



Notes. Confirm the day's start us. Some groups drive partway up a track before walking. Volcanic activity can close the route. A local guide is standard. This list is general preparation advice and is not a substitute for advice from your operator or a clinician.