

Hiking Checklist for Chappal Waddi

You are responsible for bringing all personal items and food required for the climb. The Mount Nigeria team will provide all communal items for the climb, including potable drinking water for the first half of the climb. Some of the water supply comes from pristine streams along the mountain.

Things to bring:

Hiking Clothing

- ✓ 1 - Waterproof Jacket, breathable with hood.
- ✓ 1 - Insulated Jacket, synthetic or down.
- ✓ 1 - Soft Jacket, fleece or soft-shell.
- ✓ 2 - Long Sleeve Shirt, light-weight, moisture-wicking fabric.
- ✓ 1 - Short Sleeve Shirt, light-weight, moisture-wicking fabric.
- ✓ 1 - Waterproof Pants, breathable (side-zipper recommended).
- ✓ 2 - Hiking Pants.
- ✓ 1 - Fleece Pants.
- ✓ 1 - Shorts (optional).
- ✓ 1 - Long Underwear (moisture-wicking fabric recommended).
- ✓ 3 - Underwear, briefs (moisture-wicking fabric recommended)
- ✓ 2 - Sport Bra (for women)

Headwear

- ✓ 1 - Brimmed Hat, for sun protection.
- ✓ 1 - Knit Hat, for warmth.
- ✓ 1 - Balaclava, for face coverage.
- ✓ 1 - Bandana (optional).

Footwear

- ✓ 1 - Hiking Boots, warm, waterproof, broken-in.
- ✓ 1 - Gym Shoes, to wear at camp (optional).
- ✓ 3 - Socks, wool or synthetic.

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- ✓ 3 - Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters (optional).

Accessories

- ✓ 1 - Sunglasses or Goggles.
- ✓ 1 - Backpack Cover, waterproof (optional).
- ✓ 1 - Water Bottle (Nalgene, 32 oz.).
- ✓ 1 - Towel, lightweight, quick-dry (optional).
- ✓ Stuff SACKS, Dry Bags or Plastic Bags, various sizes, to keep gear dry and separate

Equipment

- ✓ 1 - Sleeping Bag, warm, four seasons*
- ✓ 1 - Trekking Poles, collapsible (highly recommended)*
- ✓ 1 - Headlamp, with extra batteries.
- ✓ 1 - Duffel bag, 50-90L capacity, for porters to carry your equipment.
- ✓ 1 - Daypack, 30-35L capacity, for you to carry your personal gear.

NB: Equipment with this sign *- MAY BE RENTED ON LOCATION

Other

- ✓ Snacks and foodstuff
- ✓ Toiletries
- ✓ Water purifier tablets
- ✓ Prescriptions
- ✓ Sunscreen
- ✓ Lip Balm
- ✓ Insect Repellent, containing DEET
- ✓ First Aid Kit
- ✓ Hand Sanitizer
- ✓ Toilet Paper
- ✓ Wet Wipes (recommended)
- ✓ Snacks, light-weight, high calorie, high energy (optional)
- ✓ Electrolytes, powder or tablets (optional)

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- ✓ Camera, with extra batteries (optional)
- ✓ Paperwork(Working Permit)
- ✓ Passport (and Nigerian visa, if needed)
- ✓ Immunization Papers
- ✓ Insurance Documents

The most common mistake that climbers make is that they over pack and bring way too much gear.

Be selective in what you take with you. Please note that our porters are limited to carrying 33 lbs (15 Kg) of your personal belongings. Everything the porters will carry for you between campsites should be placed into the duffel bag, including the sleeping bag, but it is OK to pack the sleeping bag separately if necessary. If you have excess weight, you will be required to hire an additional porter.

Plastic, recyclable water bottles are discouraged in the park, due to past problems with litter. So water should be carried in Nalgene bottles, water bladders, or similar devices. You should be able to carry 3-4 liters of water with you at all times. Please do not bring alcohol. It is illegal to have alcohol in the park. Our staff will not carry it for you. Besides, drinking and hiking is a bad idea.

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