The Rinjani Prep Kit



How to get ready for Rinjani, from the day you book to the day you start walking.

What I tell every trekker on WhatsApp, all in one place.



Read this first: you can do this

You do not need to be sporty to reach the top. You need to go slowly and keep going.

When someone wants to give up on the way to the top, this is what I say.

Don't worry, just follow your guide's steps. Take it slowly and don't think about the summit yet. One step at a time.

You never walk alone. There is one guide for every four trekkers and one guide always stays with the slowest person. So nobody is left behind.

And if you want to stop, that is fine. A guide walks back to camp with you and the others go on. From the camp on the crater rim you already look into the crater.

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Before you come

I need three things from you before the trek.
Then there are a few small jobs for yourself.
None of them takes long.



What I need from you

- [ ] **A photo of your passport**
  I buy your park ticket with it because every ticket is in the name of the trekker. You can send it to me on WhatsApp.

- [ ] **Your travel insurance**
  The park asks every foreign trekker to be insured for a helicopter rescue. So send me your policy and I check if it covers trekking to 3,726 metres and a helicopter. If it does not, you add the park's insurance. That costs IDR 290,000 per person and you pay it in cash when you arrive.

- [ ] **What you eat and what you want to rent**
  You tell me on your trek page. The link is in the mail you got after your deposit.

Small jobs for you

- [ ] **Get cash in rupiah**
  There is no cash machine in Senaru or Sembalun. You pay the rest of your trek in cash at my guesthouse, so take the money out before you come.

- [ ] **Walk in your shoes first**
  New shoes give blisters. So wear them for a few days before the trek.

- [ ] **Cut your toenails short**
  On the way down your toes push against the front of your shoes. Short nails hurt less.

- [ ] **Test your headlamp**
  You need it when you walk in the dark. Bring spare batteries too.

- [ ] **Keep the day after free**
  Do not book a flight for the day you come down from the mountain. It is possible but I think it is too risky.

Did your plans change? You can move your date for free, even the day before. Just send me a message.

The weather on the mountain

Whatever month you come, the days are warm and the summit night is cold.

April to November is mostly dry. The trails are firm and the sunrise is often clear. December is still open, but it is the rainy season. Your guide will tell you before the trek how the trail is.

In every month it is cold up high at night. So bring warm layers. You find them on the packing list.

0 to 4 °C
Near the top before sunrise
3,726 m

5 to 10 °C
At camp on the crater rim at night
2,641 m

28 to 32 °C
At the start in Sembalun in the morning
1,156 m



What to bring

My team carries the tent, the sleeping bag, the food and the drinking water. You only carry a small daypack.

- [ ] T-shirt: the one you start in, and one more for every day after
- [ ] Socks: the same, one pair for every day
- [ ] Shorts
- [ ] Long pants
- [ ] Base layer
- [ ] Sweater
- [ ] Jacket
- [ ] Warm hat and gloves
- [ ] Bandana, for the dust and for the cold
- [ ] Hiking boots or trail shoes
- [ ] Daypack, 20 to 30 litres
- [ ] Headlamp
- [ ] Power bank
- [ ] Sunscreen and sunglasses
- [ ] Toilet paper
- [ ] Plastic bag or dry bag
- [ ] Cash in rupiah

Available to rent from us

If you are travelling, you probably did not bring everything on the list. No problem. You can rent the items below from us. Missing something else? Just ask me.

The price is for the whole trek. You pay in rupiah at the guesthouse.

For the whole trek	USD	IDR
Hiking boots	**8**	150,000
Trekking poles	**6**	100,000
Trekking backpack	**6**	100,000
Trekking pants	**4**	75,000
Warm jacket	**3**	50,000
Headlamp	**3**	50,000
Gloves	**1**	20,000

Better leave at home. Wet wipes, they are not allowed in the park. Sandals, you do not need them. Your big bag stays safe at my guesthouse in Senaru while you are on the mountain.



The day before your trek

We pick you up the day before and you sleep at my guesthouse in Senaru. That night is part of the price.

The pickup

We pick you up anywhere on Lombok. That can be the airport, Bangsal harbour, Senggigi, Mataram or Kuta. The day before I send you the exact time on WhatsApp.

If you are in Senaru by around 14:00, there is time to see the two waterfalls in the village, Sendang Gile and Tiu Kelep.

At the guesthouse

You meet your guide, who tells you how the trek goes. This is also the moment to try on the things you rent.

Your big bag stays at the guesthouse. After the trek the driver brings you past it before he drops you off.

The next morning

You have breakfast at the guesthouse and then we drive to the start. For most treks that is the Sembalun gate, 45 to 60 minutes away. The park checks your ticket there at 8:00, so keep the photo of your passport on your phone. Then you meet your porters and we start walking.

After the trek

We can drop you off anywhere on Lombok. Mataram, Senggigi and Bangsal harbour are included. For other places there is a small extra fee. Ask me and I tell you the price.





Food, water and how you feel

My team cooks for you and carries the water, so you only need to look after yourself.

Eat, even when you are not hungry. High on the mountain you feel less hungry, but your body still needs the food. So eat a little at every meal.

Drink a lot. Sip all day and do not wait until you are thirsty. You bring a water bottle and my team fills it at camp.

Some things are normal. A mild headache, tiredness and a bad first night of sleep are common at the crater rim camp. They usually pass with rest and water.

Tell your guide how you feel. If a headache does not go away, or you feel sick or dizzy, say so straight away. Your guide knows what to do and goes down with you when that is needed.

Sleep in your warm clothes. The walk to the summit starts around 2am. If you go to sleep in your warm clothes you are not cold and you do not have to get dressed in the night. Put your headlamp and your water next to you.

Good to know

There is a toilet tent at camp.

You cannot charge your phone on the mountain. That is why the power bank is on the list.

Do not drink from the streams, even when the water looks clean.

If you take medicine, show your guide on the first day where you keep it.

My team carries all the rubbish back down.

Do you like to sleep alone? Ask me for your own tent.



Questions? Just ask.

My team and I look after you from the pickup until we bring you back. So if anything is not clear, send me a message. I answer myself, usually within a few hours.

WhatsApp	**+62 823 2303 3804**
Website	**mount-rinjani.com**
Reviews	**4.9 on Google and 5.0 on TripAdvisor**

Not booked yet? You pick a date on the website and send me a request. I confirm it, usually the same day. Then you pay a deposit of USD 30 per person, or USD 40 for a private trek, and it comes off the price. A trek starts at USD 210 per person in a shared group. **See the treks and the dates**