

## Recommended Kilimanjaro Kit List

Kit in bold italics can be hired from us by prior request.

To assist in shopping and packing it is helpful to print out a copy of this recommended kit list and tick off boxes as each item is acquired or packed. To download this list in printable format click [here](#).

### Baggage and Sleeping Kit for Climbing Kilimanjaro

- Large Rucksack or Holdall, 70-90 litres capacity (for kit carried by porter)
- Daysack, 25-35 litres (for personal use on mountain; ready-access items)
- ***Sleeping Bag*** (minus 10 degrees Centigrade rating or colder).
- Waterproof rucksack liner or heavy duty plastic sack
- Elasticated waterproof rucksack cover

***NB: sleeping mattresses are not required as we provide these for you.***

### Clothing for Climbing Kilimanjaro

- Sweat-wicking T-shirts / vests
- Fleece.
- ***Insulated down jacket or similar.***
- ***Down mittens or similar.***
- Thermal long-johns for summit night.
- Lightweight walking trousers (avoid jeans or heavy cotton as they chafe and dry slowly)
- Underwear (briefs are usually better than boxer shorts which gather and chafe)
- Very good quality hiking socks and thin liner socks. (We advise that socks should be at least a size too small otherwise they stretch and bunch causing blisters)
- ***Breathable lightweight waterproofs (jacket and trousers).***
- Waterproof walking boots, sturdy and worn-in. A Gore-Tex membrane or similar is advised.  
While Alpine or C3 boots are not required for Kilimanjaro it is important that your boots have good ankle and arch support and good deep tread patterns.
- Calf gaiters

- Balaclava
- Goretex Mountain Cap or Woollen Hat
- Wide brimmed sun hat to protect face, ears and neck
- Hygiene related gear for use on Kilimanjaro
- Toothbrush, toothpaste & deodorant
- Flat packed Wet Ones, travel wipes, or similar for personal hygiene on the mountain.
- Kleenex tissues in plastic travel pouches or toilet paper
- Hairbrush / comb
- Sanitary products
- Lip salve with UV protection
- Vaseline, to prevent chafing skin and heel friction blisters

#### **Health Related Items for Kilimanjaro**

- Malaria Tablets (if you choose to take these. Most will seek advice from their GP. Note that some anti-malarial courses need to commence several weeks before departure)
- Factor 30+ sun cream
- Sun barrier cream white / blue for nose and ears

#### **Personal Small First Aid Kit to be Carried by Each Climber on Kilimanjaro**

- Pain Killers (Ibuprofen)
- Diamox (Acetazolamide) if you choose to use this.
- Paracetamol
- Zinc oxide tape and small scissors.
- Compeed Blister Pads
- Loperamide Diarrhoea Tablets
- Any medication you normally use
- Dioralyte sachets or similar rehydration packs.



Note that your guide will carry a more comprehensive medical kit containing additional Acetazolamide, Ibuprofen, Anti-inflammatory gel, bandages, Loperamide, Amoxycilin, Oral Dexamethasone, and several other items.

Where a climber has specific health concerns that they or their doctor anticipate being exacerbated by exposure to high altitude, or if he has a history of heart disease in the family, we would advise that he requests that we carry an additional canister of emergency oxygen.

### **Documents Needed when Travelling to Kilimanjaro**

- Passport (with additional 6 months' validity after proposed expedition return date)
  - Tanzanian Entry Visa. (If flying to Nairobi and taking the bus to Arusha Kenyan visas can be bought on arrival at Nairobi airport.)
  - Air Travel Documents
  - Cash in US dollars in denominations of \$10 and \$20 and \$1 (tipping allowance and local purchases, taxis, meals, etc)
  - Credit Card (recommended for eventualities only)
  - Travel Insurance Documents
  - Vaccination Certificates (Yellow Fever, if visiting a 'risk zone' prior to entering Tanzania)
- Traveller's Cheques are not recommended as they are subject to very poor conversion rates in Arusha.



Note that for UK-based climbers, hardware such as karabiners, ropes, helmets, slings, and harnesses can be purchased from [Zero G Climbing](#). Good ice axes and crampons can be obtained from [Mountain Works](#).

### **Other Things Recommended to be Carried when Climbing Kilimanjaro**

- Optional but recommended: [Mountain Fuel](#) (inter-meal energy supplements and recovery drinks)
- Camera and film or Digital Camera and spare memory cards
- Sunglasses with UV-filter lenses
- High energy snacks (Cereal bars, dried fruit and nuts)
- Spare Contact Lenses and fluid, if worn
- Watch
- Head torch with spare batteries and bulb for summit night & tent admin
- Water bottles & Camelbak (3 litres carrying capacity)
- Optional but recommended: [Nuun](#) hydration aids (portable electrolyte replacement tablets)
- Water Purification Tablets / Iodine drops
- Ear Plugs and blindfold (to aid sleep on afternoon before summit night)
- Plastic bags (for dirty washing, wrappings, etc.)
- Telescopic walking poles (optional)
- Mobile phone. There is signal reception on most parts of the mountain. It is a good idea to unlock your phone before you come out so that a local sim card can be used.

Optional but recommended: a good, strong, thermally efficient blizzard survival bag. We strongly recommend that all climbers possess one of these, especially when training alone or in small groups while preparing for Kilimanjaro. On Kilimanjaro, perhaps 10 – 15% of climbers complain to their guides of being cold in their sleeping bags, despite using a bag that is rated for minus 20 degrees C or lower. This is because the body generates less heat when there is relatively little oxygen available. Having one of these bags will reflect much of that precious heat back to where it's needed.