

Kilimanjaro Recommended Kit

Baggage and Sleeping Kit

- Large Rucksack or Holdall, 70-90 litres capacity (for kit to be carried by porters)
- Daysack, 25-35 litres (for personal use on mountain; ready-access items)
- Sleeping bag (minus 10 degrees Centigrade rating or colder)
- Waterproof rucksack liner
- Elasticated waterproof rucksack cover NB: sleeping mattresses are not required as we provide these for you.

Clothing

- Sweat-wicking T-shirts / vests
- Fleece (Polartec 300 grading or similar)
- Insulated down jacket or similar
- Down mittens or similar, and lightweight gloves for non-summit days
- Thermal underwear or compression tights for the summit night
- Lightweight walking trousers (avoid jeans or heavy cotton as they chafe and dry slowly)
- Underwear (lycra or light cotton briefs)
- 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
- Gore Tex Mountain Cap or Woollen Hat
- Wide brimmed sun hat to protect face, ears and neck

Hygiene Related Gear

- Toothbrush, Toothpaste & Deodorant
- Lightweight travel towel
- Flat packed travel wipes, for personal hygiene on the mountain
- Toilet paper in a plastic bag
- Handkerchiefs (3 or 4)
- Hairbrush/comb

Medicinal Products

Symptoms of altitude sickness usually develop between 6 and 24 hours after reaching altitudes more than 2,500m above sea level.

Symptoms are similar to those of a bad hangover and include:

- [headache](#)
- feeling and being sick

- dizziness
- tiredness
- loss of appetite
- shortness of breath

The symptoms are usually worse at night.

Consider travelling with these medicines for altitude sickness:

- acetazolamide (Diamox) to prevent and treat high-altitude sickness
- [ibuprofen](#) and [paracetamol](#) for headaches
- anti-sickness medicine, such as [promethazine](#), for nausea

Ordinary health products

- Lip salve with UV protection
- Vaseline, to prevent chafing skin and heel friction blisters
- Malaria Tablets (seek advice from your GP/travel clinic).
- Factor 50+ sun cream
- Sun barrier cream white/blue for nose and ears
- Zinc oxide tape and small scissors
- Compeed Blister Pads
- Loperamide Diarrhea Tablets
- Any medication you normally use
- Loperamide 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, Amoxicillin, Oral Dexamethasone, and several other items.

Documents Needed

- Passport (with additional 6 months' validity after proposed expedition return date)
- Tanzanian Entry (visas can be bought on arrival at Kilimanjaro International Airport. Cost \$50US)
- Air Travel Documents
- Travel Insurance Documents (to cover trekking to 6,000m altitude)
- Vaccination Certificates (Yellow Fever, if visiting a 'risk zone' prior to entering Tanzania)
- Cash in US dollars (tipping allowance and to exchange locally for purchases, taxis & meals)
- Credit Card (recommended for eventualities only. ATM's are available everywhere)
- Traveller's Cheques are **not** recommended as they are subject to very poor conversion rates

Other Items Recommended to be Carried

- Compact digital camera (and/or mobile cell phone) and spare memory cards
- Sunglasses with UV-filter lenses
- High energy snacks (Cereal bars, dried fruit & nuts), & energy gels for summit night
- Spare contact lenses and fluid, if worn
- Head torch with spare batteries and bulb for summit night & tent admin
- Water Bottles. Your total water carrying capacity should be 3 litres

Optional but recommended:

- Water purification tablets/Iodine drops
- Ear Plugs and blindfold (to aid sleep in the afternoon before summit night)
- Plastic bags (for dirty washing, wrappings, etc. It is illegal to leave refuse on the mountain)
- Your own telescopic walking poles optional. We will provide these.
- 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.
- A good, strong, thermally efficient survival bag, such as the Blizzard 3 Layer Survival Bag or similar. Your body generates less heat at high altitudes. A survival bag will help retain heat.

Supplementary Packing List for Western Breach Climbers

Please note that the following items may not be deemed to be necessary by all climbers and indeed many of our own staff and leadership often will not use any of these items, unless current conditions are known to be particularly adverse. We present the following for the benefit of those who wish to err on the side of caution with respect to maximising personal protection against known seasonal risks that occur on the Western Breach, including rock-fall, subsurface ice that forms after meltwater runoff refreezes and makes traction difficult, and occasional deep snow. Email us [here](#) for more details.

- Articulated 12 / 14 point crampons (particularly if climbing during the wet season)
- Anti-balling plates (silicon slabs usually supplied with crampons; prevent snow sticking)
- Ice-Axe - fairly straight and long is recommended, though your guide will cut steps for you
- Helmet (rock-fall should be considered a risk throughout the year)

Reference

There are many websites available, recommending different types of kit. Our advice is to choose items with respect to your personal needs. Generally, you need to be aware of the challenges of climbing at high altitude. Footwear and cold weather clothing are the most important. The temperature at the summit is a constant - 10-12 celsius. You will be trekking on rock and shale surfaces, including on snow and ice.

Climbing Kili can be a life-changing experience. It might well be one of the most difficult challenges you'll face. The result at the summit is hard-won but worth every footstep.