



In Partnership With



Mount Kilimanjaro Hike

Packing List

BAGGAGE AND SLEEPING KIT FOR CLIMBING KILIMANJARO:

- Large Rucksack or Holdall, 70-90 liters capacity (for kit carried by porter)
- Daysack, 25-35 liters (for personal use on the 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

NOTE THAT:

Sleeping mattresses are not required, as we provide them. However, we can also provide a sleeping bag if you prefer.

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 waterproof (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, your hiking boots must have good ankle and arch support and deep tread patterns.
- Calf gaiters
- Balaclava
- Walking Poles
- 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 typically 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, Amoxicillin, Oral Dexamethasone, and other items.

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

DOCUMENTS NEEDED WHEN TRAVELLING TO KILIMANJARO:

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

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
- Gaiters
- 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, although we have them

Ear Plugs and blindfold (to aid sleep in the afternoon before summit night)

Plastic bags (for dirty washing, wrappings, etc.)

Telescopic walking poles (optional)

Mobile phone. There is signal reception in 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:

It's 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 about being cold in their sleeping bags despite using a bag rated for minus 20 degrees C or lower. This is because the body generates less heat when relatively little oxygen is available. Having one of these bags will reflect much of that precious heat to where it's needed.

Note:

We have a rental store in Moshi with all the gear needed for hiking Kilimanjaro, so keep checking the information above. If you need some gear that you don't have, you may want to rent it here before going to the mountain. Send me a list!