

Recommended check-list for climbing Kilimanjaro

Baggage and Sleeping

- 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 mats are not required as we provide these for you.

Clothing

- 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
- Sun hat

Hygiene

- 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

Personal Small First Aid Kit

- Pain killers (*Ibuprofen*)
- Diamox (*acetazolamide*) if you choose to use this
- Paracetamol
- Zinc oxide tape and small scissors
- Compeed blister pads (*not corn pads*)
- Loperamide / Immodium diahorrea 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, Amoxicillin, Oral Dexamethasone, and several other items.

Health

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

Documents

Passport *(with additional 6 months' validity after proposed expedition return date)*

[Tanzanian Tourist 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

(Though not essential, most climbers choose to insure as lost baggage is a frequent occurrence).

Vaccination certificates *(Yellow Fever, if visiting a 'risk zone' prior to entering Tanzania)*

Traveller's Cheques are not recommend as they are subject to very poor conversion rates in Arusha.

Other stuff

Camera and film or digital camera and spare memory cards

Sunglasses with UV-filter lenses

Optional high energy snacks for trekking *(cereal bars, dried fruit and nuts)*

Spare contact lenses and saline fluid, if worn

Watch

Head torch with spare batteries and bulb for summit night & tent admin

Water bottles & Camelbak *(minimum total fluid carrying capacity should be 3 litres).*

Water purification tablets / iodine drops *(most choose to supplement purification achieved by boiling)*

Ear plugs and blindfold *(to aid sleep on afternoon before summit night)*

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

Telescopic walking poles *(optional)*

Optional evening entertainment *(playing cards, travel chess, book, etc).*

Mobile phone

There is signal reception on most parts of the mountain. Please unlock your phone before flying out so that a local SIM card can be used.

NOTES:
