

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.

