



Team Kilimanjaro Equipment Checklist

Note - hyperlinks to items for sale on Amazon are for ease of demonstration / comparison with climber's own items. **Climbers are certainly not required to bring the specific model detailed via the link.**

Baggage and Sleeping Kit

- [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

- [Sweat-wicking T-shirts](#) / vests
- [Fleece](#) (Polartec 300 grading or similar)
- Insulated [down jacket](#) or similar
- [Down mittens](#) or similar
- [Thermal Long-Johns](#) or [compression tights](#) for summit night
- [Lightweight walking trousers](#) (avoid jeans or heavy cotton as they chafe and dry slowly)
- [Underwear](#) (lycra shorts and / or 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

- [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

- 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 Needed

- 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 (tipping allowance and to exchange locally for purchases, taxis, meals in Arusha, etc)
- Credit Card (recommended for eventualities only)
- Travel Insurance Documents (to cover trekking to 6,000m altitude)
- 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.

Personal Small First Aid Kit to be Carried by Each Climber

- [Pain Killers](#) (Ibuprofen)
- Diamox (Acetazolamide) if you choose to use this.
- [Paracetamol](#)
- [Zinc oxide tape](#) and [small scissors](#).
- [Compeed Blister Pads](#)
- Loperamide [Diahorrea 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, Amoxicilin, Oral Dexamethasone, and several other items.

Other Items Recommended to be Carried

- [Compact digital camera](#) (this model is used by our founder) 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 - ideally, with GPS features to track your route for later analysis. This [GPS watch](#) is the one our founder uses.
- [Head torch](#) with spare batteries and bulb for summit night & tent admin
- [Water Bottles](#) & [Camelbak](#). Your total water carrying capacity should be 3 litres
- 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:* Inter-meal energy supplements and recovery drinks such as [Mountain Fuel](#) or similar

Optional but recommended: a good, strong, thermally efficient survival bag, such as the [Blizzard 3 Layer Survival Bag](#) or similar.

We recommend all climbers consider possessing one of these when navigating on the hills at home, especially when training alone or in small groups while preparing for Kilimanjaro. Additionally, 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.

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, sub-surface ice that forms after meltwater run-off refreezes and makes traction difficult, and occasional deep snow that collects in some re-entrants. Those booking to climb via the Western Breach are asked to read our dedicated website, where these risks are discussed in greater depth.

- [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)
- Diameter of [9 millimetres climbing rope](#) (a 30 metre length suffices for 4 climbers)
- Rope should not be considered strictly necessary, but is preferred by some groups of climbers that are already accustomed to moving together in the hills
- Basic [Climbing Harness](#) - only recommended for those who already own one and prefer to use it. *Risk of high-exposure falls is very low on the new Western Breach route, and our own staff generally tie on without a harness, if using a rope.*