



Team Kilimanjaro Recommended Packing List

Baggage and Sleeping Kit

- Large **holdall**, 70-90 litres capacity - for kit carried by porter
- Day sack**, 25-45 litres - for personal use on mountain; ready-access items
- Sleeping bag** - minus 10°C / 14°F comfort rating (or colder)
- Lite & Superlite climbers only: **inflatable sleeping mattress***
- Waterproof stuff sacks**
- Optional: Elasticated waterproof **rucksack cover**

**Not required for Advantage, Excel and Hemingway climbers as TK provides these.*

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 **long-johns** or compression tights for summit night
- Lightweight **walking trousers** (avoid jeans or heavy cotton as they 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 **waterproof jacket** and **waterproof 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 a strong rand, good ankle and arch support, and 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**
- Lightweight travel **towel**
- Flat packed Wet Ones, or **travel wipes**, for personal hygiene on the mountain
- Kleenex* **tissues** in plastic travel pouches or toilet paper
- Optional: **Hairbrush** / comb
- Ladies: **Sanitary products**
- Lip salve** with UV protection
- Vaseline**, to prevent chafing skin and heel friction blisters

Health Related Items

- 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**
- Flight tickets**
- Cash in US dollars** - tipping allowance and to exchange locally for purchases, taxis, meals in Arusha, etc.
- Credit card** (recommended for eventualities only)
- Optional: **travel insurance documents** - to cover trekking to 6,000m altitude
- Yellow fever vaccination certificate** - if visiting a 'risk zone' (such as Nairobi) for longer than 12 hours prior to entering Tanzania.

Traveller's Cheques are not recommended 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**)
- Optional: **Diamox** (Acetazolamide) if you choose to use this.
- Paracetamol**

- Zinc oxide tape** and small **scissors**
- Compeed* **blister pads**
- Loperamide **diarrhoea tablets**
- Any **medication** you normally use
- Loperamide** (Immodium) and *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.

Other Items Recommended to be Carried

- Powerbank** to recharge your phone - solar-charging unit with integrated multi-cables is recommended
- Rechargeable **hand warmers** and foot **warming insoles** for summit night only
- Sunglasses** with UV-filter lenses
- High energy **snacks** (cereal bars, dried fruit & nuts), & energy gels for summit night
- Contact lens wearers: Spare **contact lenses** and fluid, if worn
- Watch** - ideally, with heart rate and **GPS** features to track your route for later analysis
- Head torch** with **spare batteries** for summit night & tent admin
- Water bottles & Camelbak**. Your total water carrying capacity should be 3 litres
- Ear plugs** and **blindfold** (to aid sleep on afternoon before summit night)
- Optional: Telescopic **walking poles** - around 80% of our climbers use them
- 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 GPS watch with heart rate monitor, as well as being useful when training to monitor pace and distance, is also helpful at high altitude - where heart rate easily becomes elevated - to prevent climbers exceeding their anaerobic threshold, and to preserve stamina. Additionally, use of a heart rate monitor is strongly recommended for climbers with known coronary issues for whom it is advisable to keep their heart rate within certain parameters.