



KILIMANJARO KIT LIST

All items in black are mandatory red items are optional but recommended

EQUIPMENT

- ☐ Rucksack Capacity 30 - 40 litres
- ☐ Waterproof liner(s)
- ☐ Nalgene water bottle (1Ltr) with sleeve (Doubles up as a water bottle)
- ☐ Hydration system (e.g. camelpak) minimum of 2 litres
- ☐ Walking poles
- ☐ Personal snacks such as nuts, dates, dried fruit & sweets for each day
- ☐ Power banks for phone / cameras

CLOTHING

- ☐ Down jacket. Must fit over thermal base layer and light fleece (available to rent)
- ☐ Thermal base layers (top and bottom)
- ☐ Hiking trousers (shorts are acceptable for days one & two)
- ☐ Dry wick T-shirts (3 to 4)
- ☐ Fleece
- ☐ Good quality waterproof jacket with hood & trousers (must fit over all other layers)
- ☐ Thick waterproof gloves (available to rent)
- ☐ Neck buff
- ☐ Sleepwear
- ☐ Gaiters (available to rent)

HEAD WEAR

- ☐ Warm hat / balaclava
- ☐ Sun hat / cap
- ☐ Head torch and spare batteries
- ☐ Sunglasses

FOOTWEAR

- ☐ Suitable walking boots (Grade B/C) – must be broken in!
- ☐ Socks of a decent quality suitable for hiking in cold conditions (inner sock and a hiking sock worn together can help reduce blisters)
- ☐ Comfortable shoes & socks for around the camp (closed toe)

SLEEPING & IN CAMP

- ☐ Sleeping bag rated comfortable at -12° C (available to rent)
- ☐ Personal wash kit
- ☐ Small towel
- ☐ Inflatable sleep mat & pillow
- ☐ Ear plugs
- ☐ Wee bottle for tent
- ☐ Portable tent light (one per tent)
- ☐ Cord for wash line inside tent (one per tent)

HYGIENE AND FIRST AID

- ☐ Deodorant
- ☐ Water purification tablets
- ☐ First aid kit: steriliser wipes, plasters, blister treatment kit and painkillers, diarrhoea tablets, personal medication
- ☐ Sun cream and lip balm
- ☐ Anti-bac hand gel
- ☐ Insect repellent
- ☐ Tissues/loo roll
- ☐ Electrolytes
- ☐ Altitude medication