



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