
KILIMANJARO KIT LIST

1. LUGGAGE

- **Daypack** (30-40L) (*available for rent*)
- **Waterproof duffel bag** (70-90L) (*available for rent*)
- Waterproof liner/dry bags/heavy-duty garbage bags
- Zip-lock bags

2. SLEEPING

- **4-season sleeping bag** (comfort rating of -12°C) (*available for rent*)
- **Sleeping bag liner** (silk or fleece) (*available for rent*)

3. FOOTWEAR

- **Hiking boots** (must have ankle support, water-repellent) (*available for rent*)
- **Hiking socks** (at least 5 pairs, including 1 thermal) (*available for rent*)
- **Gaiters** (*available for rent*)
- Comfortable shoes/trainers for evenings
- Spare laces

4. CLOTHING

- **Waterproof and breathable jacket (GORE-TEX)** (*available for rent*)
- **Waterproof trousers** (*available for rent*)
- **Heavy down jacket / warm ski jacket** (*available for rent*)
- **Lightweight fleece top** (*available for rent*)
- **Thick fleece top** (*available for rent*)
- Wicking t-shirts
- **Trekking trousers** (at least 2 pairs) (*available for rent*)
- **Thermal long johns** (for sleeping and summit) (*available for rent*)
- **Thermal top** (*available for rent*)
- Underwear
- Sun hat
- Bandana/buff/balaclava (*available for rent*)
- **Warm hat** (*available for rent*)
- **Insulated thick gloves or mittens** (*available for rent*)
- **Liner gloves** (*available for rent*)
- **Hiking pants** (*available for rent*)
- Hiking shorts
- Comfortable clothing for time off the mountain
- Swimsuit

5. GENERAL/TREKKING GEAR

- **LED head torch + spare batteries** (*available for rent*)
- **Water bottles and camel bag (at least 3L)** (*available for rent*)
- **Sunglasses** (*available for rent*)
- High-energy snacks (tracker bars, dried fruits, chocolates, nuts, Clif bars)
- **Walking poles** (*available for rent*)
- Chemical hand warmers
- Camera
- Power bank/solar charger
- Contact lenses + spare glasses
- Earplugs

6. SMALL FIRST AID KIT

- Painkillers
- Anti-inflammatory tablets
- Antihistamines
- Plasters
- Zinc oxide tape
- Blister pads (Compeed)
- Throat lozenges
- Antiseptic wipes
- Diarrhea tablets
- Rehydration sachets
- Personal medications
- Deep heat/Ibuprofen gel
- Knee support
- Malaria tablets (consult your doctor)
- Diamox / Acetazolamide (consult your doctor)

7. TOILETRIES

- Toothbrush & toothpaste
- Baby wipes
- Lip balm (with high SPF)
- Shampoo
- Foot powder
- Small travel towel
- Facecloth (for washing from a bowl)
- Nail brush
- Deodorant
- Tissue/toilet paper
- Insect repellent (with DEET)
- After-sun lotion/moisturizer
- Sunscreen (minimum SPF 30, preferably higher)

- Energy tablets
- Dry shampoo
- Antibacterial gel

8. DOCUMENTS

- Passport
- Visa
- E-ticket
- Passport photocopy
- Cash in USD (post-2003 notes in good condition, including small bills for tipping)
- Debit/credit card
- Travel insurance

 **NOTE: Rental items must be paid in cash.**

WISHING YOU THE BEST IN YOUR PREPARATIONS!

ASANTE SANA (*Thanks so much in Swahili!*)
