

Recommended Kit List for Kilimanjaro Climbs

The items listed below are recommended but please pay careful attention to the 'essential' items.

IT CAN BE VERY, VERY COLD ON KILIMANJARO

It can also be alternately dusty and muddy - so be prepared!

ITEM	ESSENTIAL	OPTIONAL	TICK IT OFF
BAGGAGE AND SLEEPING			
Large Holdall or Rucksack (a suitcase is not appropriate)	YES		
Day Rucksack (for carrying sunscreen, camera, film, water bottles etc)	YES		
Sleeping Bag (four season) NB IT GETS VERY COLD!!!!	YES		
Sleeping Mat (Foam or Thermarest)	YES		
CLOTHING			
Long-sleeved Shirt	YES		
T-shirts	YES		
Sweatshirt	YES		
Tracksuit bottoms	YES		
Down Jacket or ski jacket	YES		
Fleece	YES		
Thermal long johns and vests). Two sets.	YES		
Trousers (such as lightweight trekking trousers, avoid jeans)	YES		
Shorts	YES		
Underwear (light and loose)	YES		
Socks (hiking / leisure)	YES		
Dress/Skirt/Sarong		YES	
Lightweight waterproofs (jacket and trousers)	YES		
Walking boots (sturdy well worn in boots)	YES		
Ankle gaiters (for stopping grass scratches and rashes)	YES		
Trainers for evenings	YES		
Wide brimmed hat	YES		
Insulated gloves or mittens and ALSO thermal inner gloves	YES		
Cotton scarf , bandana or dust mask		YES	
Swim suit if needed after the climb		YES	
HYGIENE			
Wash Bag	YES		
Toothbrush & Toothpaste	YES		
Razor & Cream		YES	
Shampoo		YES	
Travel Towel	YES		
Soap (anti bacterial or bio-degradable)	YES		
Deodorant	YES		
Wet Ones - lots of them!	YES		
Toilet Paper/Tissues	YES		
Hairbrush/comb		YES	
Sanitary products		YES	
Antiseptic Wipes	YES		
Lip Salve with Sun Protection	YES		
Nail Brush	YES		

HEALTH			
Insect Repellent (containing DEET)	YES		
Vitamins		YES	
Malaria Tablets (seek advice from your GP)		YES	
After Sun / Moisturiser		YES	
Sun protection (Factor 30 minimum)	YES		
DOCUMENTS			
Passport (with 6months to run from end of expedition)	YES		
Visa (Tanzanian Entry Visa Required)	YES		
Air Travel Documents (to be sent to you two weeks before departure)	YES		
Drivers Licence	NO		
Passport Photographs		YES	
Cash	YES		
Travellers Cheques		YES	
Credit Card		YES	
Travel Insurance	YES		
Vaccination Certificates	YES		
OTHER			
Steel thermos flask		YES	
Camera		YES	
Camera Film		YES	
Binoculars		YES	
Sunglasses	YES		
High Energy Snacks (Tracker bars, dried fruit and nuts)	YES		
Contact Lenses (bring spare lenses, and glasses in case of dust)		YES	
Penknife		YES	
Gaffa Tape (for emergency repairs)		YES	
Cord or String		YES	
Bath plug	NO		
Se wing kit		YES	
Note book and pen(s)		YES	
Compass		YES	
Alarm Clock		YES	
Watch		YES	
Torch (with spare batteries and bulb) Head Torch recommended	YES		
Water Bottle (two 1litre bottles minimum)	YES		
Water Purification Tablets / Iodine drops	YES		
Ear Plugs		YES	
Re-sealable plastic bags (for dirty washing etc)	YES		
Spare boot laces		YES	
Telescopic walking pole or two	YES		
SMALL FIRST AID KIT			
Pain Killers / Paracetamol	YES		
Adhesive dressing (plasters)	YES		
Compeed Blister Pads	YES		
Antiseptic spray	YES		
Diahorrea Tablets	YES		
Any medication you normally use	YES		
Vaseline		YES	
Security			
Padlock for main luggage bags; & body belt or safe pocket in day pack for money, passports, insurance certificate etc.	YES		

Duvet Jackets, 4 season sleeping bags, & ground mats may be hired from Gane & Marshall, thus saving you high purchase costs and having to pack these bulky items. Please contact us.