



Kilimanjaro Trekking

Equipment List and Notes

General

Before setting out on your Trek it is important that you have the proper equipment. Your equipment insures both your safety and comfort while on the Trek. It is important that you choose equipment that fits correctly and that you are comfortable using. We have compiled a list of recommended items for your Trek.

We recommend purchasing your equipment from a specialized retailer that stocks a variety of makes, models, and sizes. If you decide to purchase online, it is best to purchase your equipment well in advance so that you will have sufficient time to make sure that you have the right size and to adequately test the equipment before your trip.

Due to the varied climates our treks are exposed to, we recommend a layering system for your clothing. Keep in mind that porters can carry a maximum load of 33 lbs. per person on the trek. Please take only what you need for the climb and leave the rest of your luggage in an extra bag at the lodge.

Base Layers

The most important function of the base layer is to transport moisture away from the body. Moisture wicking shirts and underwear are essential.

Mid Layer

The purpose of the mid layer is to provide warmth. This is typically a fleece, wool, or *Primaloft* vest or jacket.

Boots

Your boots are probably the most important equipment for your trek. The rugged terrain means that you will need ample ankle support. Your boots should have a sturdy sole (*Vibram*) and should be made out of leather or have a *Gore-tex* lining to insure that they are waterproof. Make sure your boots have a perfect fit and break them in before your trip.

Socks

Technical trekking socks are highly recommended. They have a special wicking effect that helps keep your feet dry. We recommend *Smartwool* socks.

Trekking Pants and Short

You will need to be able to move unrestricted in your pants. Legs that are too long or too wide may cause a fall. They should be fast drying and light weight. Shorts are nice at lower altitudes where it can be hot and humid.

Wind & Rain

Heavy wind and showers can be expected year round. A jacket and pants made of good wind and waterproof material is essential. The jacket should have a hood and the pants should have full length leg zips.

Hats

A hat with a wide brim is essential for protection from the equatorial sun. A Pile or Wool hat that covers the ears is also important at higher altitudes.

Gloves

As conditions are unpredictable, a combination of a heavy pair of wool mittens and a light pair of gloves. Mitten shells may be needed in windy conditions.

Sun Protection

Sunglasses are essential for eye protection. An IREX protection rating of 100 is suggested and attachable side shields are necessary, or glacier glasses. Sunscreen and Lip Balm with SPF levels of 30 or more are essential.

Trekking Poles

Trekking poles help take the strain off of your legs during the trek. In addition they aid balance. Telescopic poles with a comfort grip and adjustable wrist loops are recommended.

Packs

A medium sized day pack with a waist belt that is adequate to carry your lunch, water, warm clothing, and camera. You will also need a larger duffle bag for your mountain equipment that will go into the mountain bag that the porters will carry.

Hydration System

Depending on your preference you may choose to bring bottles or bladders. We suggest 2 or 3 one-liter wide mouth plastic bottles combined with a small bladder.

Camping equipment such as tents, food, cooking equipment, dining tent, sleeping pad and portable toilets are provided for you during your trek.

Sleeping Bag and Pad

At night temperatures can drop below 0° F. It is important to have a sleeping bag that is rated for these temperatures. We now provide sleeping pads for all trekkers.

Sanitary Kits

Wet wipes, dry soap, and a small camp towel are useful during the trek. A pee bottle to avoid leaving the tent at nights and *She-Wee* (for women) can also make the trip more comfortable.

Medical Kit

You must carry a sufficient supply of prescription medication that you take. You should discuss the use of any of the following suggested medications with your Doctor prior to your trip. Kits should include: Compazine (25mg suppositories), Imodium, Tetracycline, Antibiotic ointment, Amoxicillin, Tylenol with Codeine, Halcion (15mg tablets), Diamox (250mg tablets), Second Skin or Moleskin, and Band-aids.

Zip Lock Bags

Keeping your equipment and clothing dry is very important. Everything should be packed in Zip lock bags or other plastic bags in order to ensure that it stays dry during the trek.

Head Lamp

Mount Kilimanjaro summit attempts begin between mid-night and 2 am. It is essential to have a strong headlamp and extra batteries and bulbs to assist with your summit attempt.

Recommended Equipment List

	Example Item*	6-7 day Trek	8-9 day Trek	Check
Clothing				
Underwear, briefs	(men) (women)	3	4	
Sports bra (women)	(example)	3	4	
Short Sleeve Shirt - moisture wicking fabric	(men) (women)	1	1	
Hiking Shorts	(men) (women)	1	1	
Long Underwear - moisture wicking fabric	(men) (women)	2	3	
Long Sleeve Shirt - moisture wicking fabric	(men) (women)	2	3	
Fleece Pants	(men) (women)	1	1	
Fleece Jacket	(men) (women)	1	1	
Hiking Pants	(men) (women)	2	2	
Insulated Jacket	(men) (women)	1	1	
Rain Pants	(men) (women)	1	1	
Rain Jacket	(men) (women)	1	1	
Footwear				
Hiking Boots - Gore-tex or Leather	(men) (women)	1	1	
Spare Laces	(example)	1	2	
Tennis Shoes - to wear in camp	Any	1	1	
Socks- thick wool or synthetic	(uni-sex)	4	5	
Sock Liners	(uni-sex)	3	4	
Headwear				
Wide brimmed hat	(uni-sex)	1	1	
Warm Hat	(uni-sex)	1	1	
Backalava face cover	(example)	1	1	
Hand-wear				
Gloves- Inner Gloves	(uni-sex)	1	1	
Heavy- Outer Gloves	(uni-sex)	1	1	
Equipment				
70L-90L Kit Bag - for porters to carry	(example)	1	1	
25L-35L Day Bag - for you to carry	(example)	1	1	
Day Bag Cover - waterproof	<i>purchase with bag</i>	1	1	
Sunglasses	(example)	1	1	
Water Bottle 1L - wide mouth	(example)	2	2	
Water Bladder 1L	(example)	1	1	
Camp Towel - quick drying	(example)	1	1	
Bandana	(example)	2	3	
Pee Bottle - to avoid leaving tent at night	(example)	1	1	
She-Wee (women)	(example)	1	1	
Plastic Bags - to keep gear and clothing dry	(example)	as needed		
Sleeping Bag	(example)	1	1	
Trekking Poles	(example)	1	1	
Head Lamp - with spare batteries & bulb	(example)	1	1	

Other				
Prescription Medication		enough for trip		
Medical Kit **–		1	1	
<ul style="list-style-type: none"> • Compazine (25mg suppositories) • Imodium • Tetracycline • Antibiotic Ointment • Antiseptic Cream • Amoxicillin • Tylenol with Codeine • Halcion (15mg tablets) • Diamox (250mg tablets) • Second Skin or Moleskin • Band-aids • Water Purification Tablets 				
Eye drops		1	1	
Dry Soap	(example)	1	1	
Wet-wipes	(example)	1 pack	2 packs	
Hand Sanitizer	(example)	1	1	
Toilet Paper	(example)	4	5	
Lip Balm (SPF 30 or higher)	(example)	1	1	
Sun Screen (SPF 30 or higher)	(example)	1	1	
Insect Repellent	(example)	1	1	
Talcum Powder	(example)	1	1	
Extra Bag - to be left at hotel		1	1	
Other Optional Equipment				
Sleeping Bag Liner	(example)	1	1	
Camping Pillow	(example)	1	1	
Ear Plugs	(example)	1	1	
Gaiters	(example)	1	1	
Tights - Lycra type	(example)	1	2	
Scarf	(example)	1	1	
Snacks		1 per day		
Powdered Energy Drinks		3 per day		
Pencil and Notebook		1	1	
Camera - with spare batteries		1	1	
Leather Gloves – Lemosho, Machame, Umbwe, & Shira for Barranco Wall		1	1	
Umbrella		1	1	

* Examples are provided to give you an idea of the suggested equipment. However, there exist many similar products of different makes and models that are perfectly acceptable. The most important thing is that the item fits comfortably and that you don't exceed the 33lbs. weight limit for you bag that will be carried by the porters.

** All medications should be thoroughly discussed with your doctor prior to departure. Your doctor is the only person that is capable to provide medical advice and recommendations on the usage of these drugs.