



 info@africanscenicsafaris.com

 +255 (0) 784 413 801

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Mount Kilimanjaro Equipment Guidance

Reducing Costs

On Kilimanjaro you are trekking in extreme conditions that will test your kit to its limits. Good quality kit can be the difference between summiting and not quite making it, however we realise that equipment comes at considerable expense. If you do not own some items of equipment and do not want to spend a lot of money buying it, we would highly recommend hiring it or trying to borrow from friends or family. We can hire good quality outdoor equipment and often hiring a high-quality piece of equipment is better than purchasing a cheap version. The prices are per climb and not per day. Where an item is available for hire you will find it written in bold with the price in [] on the list below.

Packing

Porters will only carry 15kgs of kit for you, including the weight of the bag. We are very strict about measuring this for the porter's protection. This is enough to bring everything on our kit list but is tight when you factor in items such as snacks. Any additional luggage you need in Tanzania, but not on the mountain, can be left in storage at your accommodation. Please try not to travel with unnecessary valuables such as jewellery. If leaving valuables at your accommodation please take them to reception to be put in the safe and signed for, rather than the usual luggage storage room.

Please travel wearing a set of trekking clothes and your walking boots, or carrying them in your hand luggage on the flight. Bags can get lost. You can hire most items if this does happen, but cannot replace your well fitted walking boots. Please don't worry about this, but at the very least have your boots and one set of clothes with you.

Hydration

At high altitude and during exercise your fluid needs increase dramatically and hydration is vital, not least to help prevent Altitude Sickness. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Disposable plastic bottles are not permitted on Kilimanjaro for environmental reasons.

Water does freeze on summit night. Water bottles are slower to freeze and your guide can give you lots of advice on how to prevent this happening, including adding rehydration salts and insulating your bottles/pipe with duct tape or a dirty sock!

Drinking water will be treated, so there is no need to bring your own chlorine tablets. You may wish to bring neutralising tablets or small bottles of concentrated cordial to take away any taste from the treatment process.



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Clothing

Temperatures can fluctuate enormously from day-night and between the bottom of the mountain and the summit. Lots of layers are key, as well as a synthetic or down jacket

for summit night. Cotton is not appropriate. Cheap, quick-wicking trekking clothing is easily available in sports and outdoor shops. Make sure you wear and test your kit before arrival, particularly your hiking boots.

Sleeping

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature as possible. For Kilimanjaro this should be between -12°C and -20°C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. from 4 Season to 4+ Season, or bring an additional fleece liner. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera and any valuables such as your passport or tips money in your sleeping bag when you sleep. This will ensure they are safe and conserve the batteries, which run down quickly in cold temperatures.

Health

Sun hat, sun cream and SPF lip protection are essential. The sun is strong up there, even on very cloudy days. Use high factor (ideally 50+) and make sure you have plenty on the backs of your hands, your neck and your lips. This is also necessary on summit night as your lips and the edges of your nose are susceptible to blisters from the cold.

Antibacterial gel and wet-wipes are very important for protecting against traveller's diarrhoea and other bugs. When using wipes and toilet paper for breaks in between camps, please put them in biodegradable diaper/doggy poo bags to dispose of correctly at camp, and do not leave them behind or under rocks. Wet-wipes are also useful for removing dust before you use your washing water.

Snacks are essential for summit night as you will walk for up to 14 hours between meals. Bring fast and slow burning energy foods that you can eat easily and enjoy, e.g. energy gels and tablets, nuts and raisins, energy and cereal bars, sweets/candy, peanut M&M's etc. You may also use some of these on other days of trekking when you have a late lunch. Make sure they are things you can eat when they're frozen or you've lost your appetite! Plan for approximately 1 bar to cover around 2 hours on summit night, plus candy/energy tablets/nuts for in between. In addition, plan for a couple of snacks for every other day of walking. Please note, we all burn energy at different speeds and some will find that on normal days of walking they can manage with very few snacks. Others graze frequently. Ensure you factor this into your planning.



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Kilimanjaro Equipment List

Key

Bold Available to hire, price in [], lost/damaged items charged at fair market value

* Optional items

Luggage

- Day sack 30-40L** (*MUST* have comfortable, supportive waist belt. Accessible pockets, hydration pack slots, back ventilation & walking pole loops also make life easier whilst trekking) [\$25]
- Rucksack/Duffel bag 70-100L** (*must be soft, as porters carry this on their heads*) [\$25]
- Waterproof cover/Dry Bags/Heavy duty garbage bags** (*essential to keep clothing & sleeping equipment dry in your bag*) [\$10 each for day sack & porter bag]
- Zip lock bags* (*helpful for organising your bag*)

Sleeping

- 4 season sleeping bag** (*comfort rating of at least -12°C*) [\$25]
- Sleeping mattress/Inflatable Thermarest** (*for comfort & insulation, thin foam mats are not adequate*) [\$10]
- Sleeping bag liner*** (*silk or fleece*) [*fleece liner \$5*]

Clothing

- Waterproof and breathable jacket** (*GORE-TEX or equivalent recommended, must fit over down jacket*) [\$10]
- Waterproof over trousers** (*GORE-TEX or equivalent recommended*) [\$10]
- Poncho*** [\$10]
- Down jacket/Warm ski jacket** [\$15]
- Thick fleece top** [\$7]
- Windproof softshell jacket/Lightweight fleece top x 1/2** [\$7]
- Wicking t-shirts x 2/3; Long-sleeved wicking top/shirt x 1/2
- Trekking trousers x 2/3 thin, 1 x thick** (*not jeans, thin most days – zip off shorts/pants also work well, thick for evenings & summit night*) [*Thick \$10; Light \$7*]
- Hiking shorts*
- Thermal long johns** (*for sleeping & summit night*) [\$7]
- Thermal top x 1/2** (*for sleeping & summit night*) [\$7]
- Underwear (*light and loose, ideally not cotton*)
- Sun hat (*should have a peak or wide brim to protect neck and ears*)
- Bandana/buff (*for the dust & cold*)
- Balaclava/Warm hat** [\$7]
- Insulated thick gloves/Mittens** (*windproof & waterproof for summit night*) [\$7]
- Thin liner gloves** (*for other days, ideally fit under thick gloves for summit*) [\$7]
- Clothing for your time not on the mountain
- Swimming costume* (*for before/after your climb*)



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Footwear

- Walking boots** (*MUST* have ankle protection, water repellent, worn in) [\$25]
- Hiking socks x 5+ (*at least 4 pairs, of which at least 1 should be thermal*) [\$2 per pair]
- Gaiters*** [\$10]
- Running shoes/Comfortable shoes* (*for evenings around camp*)
- Spare laces*

General Trekking

- LED head torch** plus spare batteries [\$10 – *please bring AAA batteries if planning to hire*]
- Water bottles/Hydration pack** (*minimum total capacity 3-4L, combination of both in case bladder leaks & to minimise freezing on summit night*) [Bottle - \$7 each; Bladder - \$10]
- Sunglasses** (*100% UV protection, ideally wrap around*) [\$7]
- High energy snacks (*tracker bars, dried fruit, chocolate, nuts, energy tablets – see guidance above*)
- Walking poles*** (*highly recommended, especially useful to reduce strain on your knees*) [\$10]
- Chemical hand-warmers*
- Camera & spare batteries*
- Power pack/Solar charger*
- Contact lenses* (*plus spare glasses*)
- Gaffa tape for emergency repairs*
- Alarm clock/Watch*
- Ear plugs*
- Mobile phone & charger cable*
- Travel pillow* (*rolled up down jacket or fleece in a pillow case also works well*)
- iPod/MP3/Music on phone & headphones*
- Book/Kindle/Playing Cards*

Small First Aid Kit

- Pain killers (*e.g. paracetamol*)
- Anti-inflammatories (*e.g. Ibuprofen*)
- Antihistamines
- Anti-nausea tablets
- Indigestion remedy
- Plasters/Zinc oxide tape
- Blister plasters
- Throat lozenges*
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets/ORS
- Personal medication* (*for example asthma inhaler or tablets regularly taken, if applicable*)
- Deep heat/Ibuprofen gel*
- Knee supports*
- Malaria tablets* (*under advice from your doctor*)
- Diamox/Acetazolamide* (*under advice from your doctor*)



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Toiletries

- Antibacterial hand gel
- Lip balm *(with strong SPF)*
- Sun protection *(minimum factor 30, ideally 50+)*
- Insect repellent containing DEET *(used first and last day only)*
- Toothbrush
- Toothpaste
- Soap/Shower gel *(small for mountain, ideally biodegradable; more for hotel)*
- Facecloth* *(easy for washing from a bowl)*
- Nailbrush*
- Small quick-dry travel towel
- After sun/Moisturiser
- Deodorant
- Foot powder*
- Tissue/Toilet paper
- Sanitary products *(if applicable)*
- Wet wipes
- Nappy sacks/Doggy poo bags *(for toilet paper whilst on the trail, disposal available in camps)*
- Dry shampoo*
- Shampoo/Conditioner *(for the hotel before & after the climb)*

Documents

- Passport
- Photocopy of passport & Passport size photo *(stored separately from passport in case of loss)*
- Visa
- E Ticket
- Cash in US Dollars *(post 2010 notes in good condition, some small notes for tipping)*
- Debit/Credit card
- Travel insurance & 24-hour emergency contact number/email
- Yellow Fever vaccination/Exemption certificate *(see notes in pre-climb information)*