

RECOMMENDED PACKING LIST – Kilimanjaro

- *Backpack, duffel bag or other soft bag - 65 l capacity – waterproof*
- *Warm sleeping bag - comfort temperature minus 10 degrees C*
- *Isolation mattress*
- *Day pack – 35 l capacity – with rain shield cover*
- *Warm clothing for temperatures up to minus 20 degrees C - several thinner ones, worn "onion-style" recommended -Do not wear cotton – breathable, synthetic, moisture-wicking fabrics recommended.*
- *Rainproof gear including waterproof jacket*
- *Good hiking boots – ankle high – ensure that you wear them in before the climb*
- *Pair of comfortable trainers (for the camp)*
- *Warm socks and a pair of thin socks*
- *Warm hat or "balaclava"*
- *Warm gloves and scarf*
- *Gaiters recommended – ensure the correct fit*
- *Head torch and spare batteries*
- *B39 hiking poles*
- *Insulated water bottles (3 x 1 lt capacity), 1 x 1ltr thermos flask (night ascent) - "camel bags" are not recommended for the summit stage as they tend to freeze and block*
- *Waterproof luggage cover*
- *First aid / medical kit – include Rehidrat, insect repellent, anti-histamine cream, painkillers*
- *Sun hat*
- *Sunglasses (UV proof)*
- *Sunscreen (factor 30-50) and sunscreen lip ice*
- *Energy snacks: power gels, muesli bars, chocolate bars, powdered drinks etc...*
- *Copies of all important travel documents (passport, tickets, insurance etc.)*
- *Money belt with cash to tip porters*
- *Wet wipes*
- *Scissors / nail clipper*
- *Spare camera batteries and charger*
- *Ear plugs (snoring fellow climbers etc.)*
- *Small towel/face cloth*
- *Pocket knife*

Please be aware that plastic bottles are now forbidden on the mountain tours.

We recommend you take your own refillable durable water bottles with, ideally: 2 x 1 litre water bottles and 1x 1 litre thermos flask. The water bottles can 'double-up' as a hot water bottle for the cold nights on the mountain. Please make sure that they come with reliable lids so they do not leak when you pop them into your sleeping bag! If you have cold feet at night it is impossible to fall asleep.

Take a small pillow with as it is important to always keep the head higher than the rest of the body. This will keep the pressure away and might help to hinder possible headaches in the higher altitudes.

For the night ascent to the peak: a very good warm pair of gloves and socks/shoes will prevent the body from freezing even if the clothing you are wearing is very warm.

Depending on your body weight, make sure that a minimum of 3 litres of liquid is drunk throughout the day on the mountain (approx. 60 kg body weight – 3 litres water) but don't drink too much after 6 pm as you will not be able to sleep well due to nightly visits to the toilet. Do not drink any caffeine after 4pm even if you drink it at home, the altitude may have side effects preventing you from having a good night's sleep.

Drink well, eat well & sleep well: the key to a successful ascent. There is no such thing as bad weather – only bad clothes!

WARNING !!! Drugs such as DIAMOX are DEFINITELY NOT recommended and highly questionable as a prophylaxis against altitude sickness. They should only be taken on prescription and under supervision of a professional doctor - as a therapy treatment against severe altitude sickness - and, on the DESCENT ONLY.

Wishing you a successful climb!