



KILIMANJARO FULL EQUIPMENT LIST WITH EXAMPLE IMAGES

Images are only examples. Generally, we do not have a brand preference. It is best to contact us or the outdoor

Retailer of your choice for further questions if unsure about any of the equipment you will need.

Stay away from any cotton fabric or jeans as this material will not dry and leave you wet and cold!

Base Layer (2 pairs top & trouser)

The foundation of your layering system, these should wick moisture away, keeping you dry and comfortable.



P.o.Box 11541 Arusha, Tanzania

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Website: www.kiwoitoafricasafaris.com



Middle Layer (1 x light fleece, 1 x heavy fleece)

Acting as your primary insulation, these trap heat to keep you warm.



Light to Medium Puff Jacket (1 x down/synthetic)

For those extra chilly moments, this layer provides additional warmth.



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Outer Layer (1 x waterproof jacket & 1 x trouser)

Your first defense against rain and wind.



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Heavy Summit Jacket (1 x down/synthetic)

Essential for the summit push. Can replace with two thick layers under the outer layer for ver



Charging Device (Solar or power bank)

Ensure your gadgets remain charged during the trek. Consider solar for longer treks where electricity is unavailable.



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Mountain Boots B/C (with Scree-protection)

Sturdy footwear is critical. Ensure they are waterproof, offer good ankle support, and are broken in before your trek.



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Sleeping Bag (Down/synthetic – minimal Comfort value: -11C/12,2F)

Nights can get extremely cold; a good quality sleeping bag is a must.



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Gaiters

Protects your legs from debris and can keep you dry during wet conditions.



Trekking Poles

Assist with balance and reduces strain on knees during descents.



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Warm Beanie

For cold nights and early morning treks, keeps your head warm.



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Buff or Balaclava (Covering neck and mouth)

Protects against cold winds and can also be used as a dust protector.



Hiking Socks warm (6 pairs)

Moisture-wicking and padded for comfort.



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Thin Liner Socks (6 pairs)

Helps in reducing blisters by minimizing friction.



Mittens warm (Down or Synthetic)

For the extremely cold temperatures at higher altitudes.



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Light Gloves / glove liners

Useful during trekking in moderate temperatures.



Waterproof Duffle Bag for Porters (70 – 100l)

Ensures your gear remains dry regardless of the weather.



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Daypack with Rain Cover (35-45l)

For your daily essentials during the trek.



Hiking Shorts/Pants

Breathable and allows free movement.



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Sunglasses

Protect against the strong sun rays at high altitudes.



Sun Hat

Shields against sunburn.



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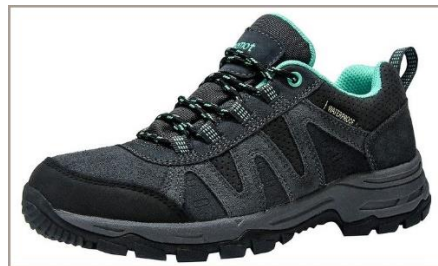
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Camp Shoes / sneakers / trainers

Comfortable footwear for the end of a long trek day.



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Nalgene Water Bottles (x 3 incl. 1 x pee bottle)

Staying hydrated is critical. Also, consider a pee bottle for cold nights.



Optional: Water Bladder (2l – 3l)(option)

For easy access to water while trekking.



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Head Lamp (option)

Essential for early morning starts or late evening treks. Also extremely useful for bathroom trips.



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Personal 1st Aid Kit

Carry basics like band-aids, painkillers, and altitude sickness tablets.



Sunscreen and Lip Balm (Strong sun protection, 50+)

Protects against sunburns.



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Quick Dry Towel & Wet Wipes

For basic sanitation and hygiene.



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KILIMANJARO PACKING CHECK-LIST

Before embarking on your Kilimanjaro trek, use this printable check-list to ensure you have all the essentials. This list is a guideline and may be **too much for some people and limited for others**.

Any items marked with * are easily available from our or other local rental stores. Remember to reserve your items beforehand (especially during the peak season).

Documents

- Passport (with 6 months validity after your proposed return date)
- Cash in USD \$ (Bank notes printed after 2006, notes printed before this year are not accepted anywhere in Tanzania)
- Yellow fever certificate (If transiting/travelling from high risk countries including **Burkina Faso, Cameroon, Central Africa Republic, Chad, Republic of Congo, Cote d'voire**)
- Airline travel documents
- Health / travel insurance documents
- High altitude trekking insurance
- Latest booking summary
- Tanzanian tourist visa
- VISA CARD / MASTERCARD card for emergency (surcharges applicable)

Footwear

- Light shoes (Trainers / sneakers, running shoes etc. for walking around the camp)
- Water-proof hiking boots (Well worn-in)
- Woolen socks / Thermal socks
- Hiking socks
- Thin liner socks
- Calf Gaiters
- Crampons

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Clothing

- Balaclava
- Fleece or hoodies
- Anorak / Down jacket / Water and wind proof jacket
- Glasses (recommended instead of contact lenses)
- Raincoat or Poncho
- Waterproof / wind-proof trousers
- Hiking trousers / pants
- Shorts
- Regular underwear
- Scarf / Neck warmer
- T-Shirts
- Sports bra / underwear
- Sunglasses (UV filtered)
- Watch
- Sun hat, warm hat
- Thermal trousers and top
- Waterproof gloves
- Glove liners

Personal first aid / medicine

- Acetazolamide (Diamox) if required
- Pain killers (e.g. Aspirin, Ibuprofen, Paracetamol)
- Plasters / bandages / plaster tape
- Own prescribed medication
- Sun protection cream (SPF 30+)
- Lip salve/balm (With UV protection)
- Malaria tablets (Malarone)
- Anti-diarrhea tablets
- Antiseptic cream

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- Anti-nausea tablets
- Blister pads
- Small scissors
- Anti-acid
- Water purification tablets
- Other medicine / first aid contents
- Throat lozenges
- Rehydration packets

Personal hygiene

- Deodorant
- Hairbrush/comb
- Sanitary products
- Soap / Body wash (no rinse)
- Toothbrush + toothpaste
- Wet wipes & tissue packets
- Vaseline
- Towels
- Toilet paper

Food and drink

- High energy snacks (e.g. Cereal bars, dried fruits, nuts, chocolates and sweets)
- Powdered sports drinks / energy drinks
- Water purification tablets (for 1-5 lts) / Water purification system
- Personal food products (e.g. for special dietary requirements, allergies etc.)
- Water bladder / Water bottle (hard plastic, metal etc. – no soft plastic bottles permitted on the mountain by National Park)

Baggage and sleeping

- Waterproof day pack (33-35 Lts capacity, for personal use on the mountain / daytime hike pack)
- Duffel bag / large rucksack/ hold all – 100+L capacity to be carried by porters (not hard material)
- Inflatable / Self inflating mattress

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- Ziploc bags (for cameras, binoculars etc.)
- Sleeping bag (with at least a -10 rating or better)
- Travel pillow
- Waterproof rucksack cover
- Sleeping bag liner

Other items

- Binoculars
- Head torch (with extra batteries)
- Power bank for electronics
- Video/picture camera (with spare film/memory cards/batteries and a disposable camera just in case)
- Torch/flashlight (with extra batteries)
- Playing cards, books, etc. (for evening entertainment)
- Mobile phone (there is some signal reception available on most parts of the mountain)
- Luggage locks
- Ear Plugs
- Walking poles (a pair)
- Purse / Wallet / Money belt
- Notebook and pencil/pen

Are you buying equipment working out to be expensive? Why not rent some of the items for your trek, we can arrange some all the essential equipment for you.

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