

Bag / Sleeping

- Large Rucksack or Holdall:** *Your personal porter can carry up to 16kg in your large bag.*
- Daysack:** *25-35 litres for personal use on mountain, to store ready-access items*
- Sleeping Bag:** *-10 degrees centigrade rating or colder.*
- Sleeping Mat:** *To put on the ground under your sleeping bag when camping.*
- Waterproof Rucksack:** *Elasticated waterproof rucksack cover.*

Clothing

- Sweat-wicking T-shirts:** *Breathable material that pulls sweat away from your skin.*
- Light Weight Fleece:** *Ideal to help with temperature control both when walking and during 'downtime'*
- Insulated Jacket:** *Used during camping to keep you warm when not trekking.*
- Mittens:** *Suitable when you need to use your fingers around the campsites.*
- Thermal Long-Johns:** *Normally only needed for summit night.*
- Lightweight Walking Trousers:** *Required for trekking each day. Trousers that double up as shorts are useful.*
- Underwear** *Briefs or tight boxer shorts that do not chafe. Materials that keep the skin dry are highly recommended.*
- Walking Socks:** *Good quality socks can make or break the trip.*
- Thin Liner Socks:** *Helps to prevent friction and therefore blisters .*
- Breathable Lightweight Waterproofs:** *Jacket and trousers to keep the water away from you, as odds are you will experience rain at some point.*
- Good Walking Boots.** *Waterproof, sturdy, lightweight (1-2kg) and worn-in. (DO NOT use new boots for the first time on this trek, wear them in first.)*
- Balaclava:** *Great for keeping your head warm but still allowing you to talk and eat!*

Woolen Hat: *Keep your ears warm, as it gets a bit chilly at the top.*

Sun Hat: *Wide brimmed sun hat to protect face, ears and neck.*

Hygiene Essentials

Toothbrush and Toothpaste: *Keep your mouth feeling fresh and free from tooth ache.*

Deodorant: *Helps combat 6 days without the use of proper washing facilities .*

Flannel and Hand Towel: *Next best thing to a shower when you are high up in the air.*

Travel tissues: *Best keep in a plastic travel pouch to prevent getting wet.*

Lip salve with UV protection: *Helps keep your lips in good condition.*

Vaseline: *Helps prevent chafing skin and friction blisters.*

Hand Sanitiser: *Really useful for keeping your hands clean and killing bacteria.*

Other Potential Hygiene Items: *Soap, Toilet Paper, Nail Clippers, Insect Repellent, and Feminine Products.*

Health

Malaria Tablets: *We only recommend consuming tablets in town and not on Mt Kilimanjaro (where there are no mosquitos) due to associated sickness and vomiting.*

Sun Cream: *Factor 30+ sun cream as it can get pretty hot up there.*

Pain Killers: *Painkillers as required or advised by your doctor*

Diamox: *Optional but can assist with acclimatisation*

Zinc Oxide Tape: *Used to help prevent sports injuries and support muscles to stabilise injured ligaments. Don't forget some little scissors to cut the tape.*

Compeed Blister Pads: *Get a pack with a range of sizes to help combat any type of blister that may appear.*

Diarrhoea Tablets: *Helps relieve the symptoms of an undesirable African experience.*

Plus any medication you would normally use.

Documents

Passport: Needs to have 6 months validity after proposed return date.

Air Travel Documents: Always handy to print your boarding cards before you get to the airport to save on time.

Cash in US dollars: Denominations of \$10 and \$20 and \$1 (tipping allowance and local purchases, taxis, meals, etc). Notes must be 2005 and above to be accepted in Tanzania.

Credit Card: Just in case of any emergencies.

Travel Insurance Documents: Insure yourself against injury and loss of belongings, make sure you tell the provider that you are climbing Kilimanjaro.

Vaccination Certificates: Yellow Fever, if visiting a 'risk zone' prior to entering Tanzania.

Other items

Camera: There will be plenty of photographic opportunities, don't forget a spare battery.

Sunglasses: Keeps the sun out your eyes and also helps avoid headaches.

High-energy snacks: Cereal bars, dried fruit and nuts are all good choices.

Head Torch: Ideal for tent admin and summit night.

Water Bottles and Camelback: Ideally 3 litres carrying capacity.

Water Purification Tablets: Make sure all water you consume is purified.

Ear Plugs and Blindfold: Helpful to aid sleep on summit night.

Plastic Bags: For dirty washing and keeping items separate from each other.

Telescopic Walking Poles: Optional but can be helpful for challengers.

Mobile Phone. There is signal reception on most parts of the mountain so you will be able to update friends and family en route.

Power Charger. Anker or Solar power device.