



Kit Lists – Kilimanjaro

Climbing Kilimanjaro is a challenging and rewarding experience for both novice and experienced mountain walkers. The kit list below covers the essential items you will need for your attempt on Kilimanjaro's summit though is not exhaustive.

Kit List			
Baggage		Clothes	
Large rucksack/Duffel bag (70-90 litre)		Top:	
Day rucksack, 30-40 litres		Waterproof & breathable jacket	
Waterproof rucksack liner/dry bag		3 x Thin base-layers tops	
Waterproof rucksack cover		Thermal baselayer top	
Small waterproof dry bags		Lightweight fleece top	
		Insulated down jacket	
Sleeping Kit		Legs:	
Sleeping Bag (Comfort Rating of -10 Celsius)		Lightweight walking trousers	
Sleeping Bag Liner (Silk or Polycotton)		Heavyweight walking trousers	
Self-inflating Sleeping matt & repair kit		Thermal baselayer pants	
		Underwear	
Essential Trail Equipment		Waterproof & breathable over-trousers	
Water bottles with 3 litre capacity		Feet:	
Head torch with spare batteries		Waterproof walking boots	
Sunglasses with UV-filter lenses		Trainers/Sandals	
		1 pair Mountaineering Socks	
Wash-kit		3 x pair walking socks & 3 x pair liner socks	
Travel towel		Gaiters	
Toothbrush & Toothpaste		Hands & Head:	
Deodorant		Insulated gloves or mittens	
Wet-wipes		Liner gloves	
Antibacterial hand gel		Buff or balaclava	
High factor, sweat resistant sun cream		Warm hat	
High factor, sweat resistant lip balm		Wide brimmed sun hat	
Spare contact lenses and fluid			
Vaseline		Other Recommended Items	
Hair brush		Telescopic/folding walking poles	
Toilet paper/Tissue packs		Spare boot laces	
Sanitary products		Survival bag	
Nail clippers & file		Watch	
		Camera and spare batteries	
Health and First Aid Kit		High energy snacks	
Malaria Tablets		Hydration tablets (electrolyte replacement)	
Pain Killers (Ibuprofen)		Hydration bladder	
Paracetamol		Duct tape	
Zinc oxide tape and small scissors.		Knife	
Compeed Blister Pads		Knee supports	
Loperamide Diarrhoea Tablets		Travel pillow	
Personal Medication			

Dioralyte sachets or similar rehydration packs			
Water purification tablets / Iodine drops			
Insect repellent			

If you have any questions or would like further advice on what to pack please do not hesitate to contact us. Our friendly staff are on hand 7 days a week and happy to offer help and advice.

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