



## Mt. Kilimanjaro Equipment List

The weather in Africa can be volatile and clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will layer together to provide appropriate insulation in the most demanding conditions. Because it may snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronia, fleece, and pile are best, though wool will also work. Cotton, with the exception of a t-shirt for the sun, is unacceptable. It is also a very good idea to test out your gear before you arrive in Tanzania.

### Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable. Cotton is unacceptable, except for a sun shirt while hiking on warm days.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight top made of synthetic material that can be layered together to increase warmth. A light-colored silk weight (white/tan/light blue/etc...) is a good idea because it will decrease the amount of solar radiation (warmth) that your shirt absorbs. Conversely, your mid-weight base-layers should be darker so that they do absorb the sun's warmth.	-
T-Shirt	1		To be worn as a sun shirt while hiking at lower elevations. Synthetic fabric is the way to go, and can double as a bandana or extra sun protection under a baseball cap.	-
Lightweight Long-Sleeved Top	1		To be worn for sun protection while hiking at lower elevations. This could be substituted with one of your base layers.	-
Medium Weight Top	1		To be worn over the base layers, this should be synthetic or wool. (a soft shell is an acceptable substitute)	-
Synthetic Jacket	1		Should be made of fleece or synthetic fill and fit over several layers.	-
Down Jacket	1		For summit day. Should fit over all other layers and a warm hood is a nice touch. Please don't hesitate to call us before making any major purchases. 1.800.985.4957	\$50
Outer Wear	1		A jacket made of waterproof / breathable material such as Gore-Tex is vital for keeping you warm and dry. It needs to fit over all layers.	-





## Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight bottom layer made of synthetic material that can be worn together to increase warmth.	-
Fleece or Synthetic Pants	1		These should be either fleece or synthetic down. If the pants have side zips, it will make your life a lot easier by allowing you to layer without removing your foot wear. We recommend the Patagonia <a href="#">'micro-puff pants'</a>	-
Shorts or light hiking pants	1		These are optional, but are nice to wear at lower elevations. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear.	-
Outer Wear	1		Pants made of waterproof / breathable material such as Gore-Tex are vital for keeping you warm and dry. They need to fit over all layers and should have side zips.	-

## Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We as humans lose a massive percentage of body heat through our heads, and our hands and feet are the most susceptible to inconveniences like trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Warm-Hat	1		Should be made of synthetic material or wool, cotton is unacceptable and dangerous.	-
Sun-Hat	1		The sun can be very bright especially with reflection off the water, the more protection your cap offers from the sun the better.	-
Sunglasses	1		Dark lenses are a must. The sun can be very bright (especially with reflection off of the water) and can cause permanent eye damage. Most of our instructors wear <a href="#">Costa Del Mar</a> sunglasses	-
Light Weight Gloves	1		Windstopper fleece works best. Work gloves with a water proof palm are nice to have along when dexterity is more important than warmth.	-
Outer gloves or mittens	1		1 pair made of Gore-Tex, StormH2no or equivalent. Heavy rubberized gloves are also appropriate. They should be waterproof and fit over inner gloves. Ski gloves are okay.	-
Socks	3-4		These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather.	-
Hiking Boots	1		Should be well broken in and waterproof. We recommend full grain leather boots, <a href="#">Vasque</a> boots are great. Please don't hesitate to call us if you have any questions about purchasing boots.	-
Gaiters	1		These fit over boots to keep out snow and stones.	-





### Trekking Gear

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Day Pack	1		For water, extra clothes, camera, etc... during the day. The porters will carry your sleeping gear and other clothes, but you will not have access to this equipment during the day. 3000 cubic inches is an acceptable size.	\$50
Trekking Poles	1		Ski poles work, however adjustable ones work best.	\$20
Large Duffel Bag	2		Needs to be large enough to hold your equipment inside. Porters will carry these. Large vinyl "Dry Bags" work best and keep things dry. The bags we rent are the dry bag type. The second bag is left at the hotel with travel clothes.	\$35

### Sleeping Bag & Pads

Having a good sleep system is essential in the mountains. While down bags are very warm and pack incredibly small, they lose all insulative properties when they get wet.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping bag	1		We recommend a down or synthetic fill bag with a comfort rating of -10 degrees Fahrenheit. <a href="#">Kelty</a> bags work well.	\$75
Sleeping pads	2		If you wish to bring your own, one should be a compact inflatable pad, such as a Thermarest. The other, a closed cell foam pad such as a Z Rest, or, Ridge Rest. 2 foam pads will also work.	Provided

### Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Passport	1		Make sure you have this critical item for international travel.	
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries.	-
Toilet Paper	1		Bring your own in a Ziploc bag.	-
Iodine	2 bottles		'Potable Agua' works well.	-
Lip Balm	1-2		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
Personal Med-Kit	1		A personal prescription of a broad-spectrum antibiotic like Ciprofloxacin or Erithromycin is recommended. Diamox is optional; speak to your doctor for additional information. Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Imodium, Band-Aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory. If you have any questions please don't	-





hesitate to call us at 1.800.985.4957

Toilet Paper	2 rolls			-
Hand Sanitizer	2		Purell makes nice travel size bottles that work well.	-
Water Bottles	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best. You may also bring one bottle and one "hydration system".	-
Drinking Mug	1		Sturdy, plastic and insulated with a lid is best.	
Bandana	1		Used for extra sun-protection. Your t-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Stuff Sacks	2-4		For organizing your gear inside of your backpack and duffel bags. You should also consider bringing a few plastic zip bags and garbage bags for keeping gear dry and/or organized.	-

### Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping Bag Liner	1		Can be used to increase the comfort rating of your sleeping bag.	-
Pee Bottle	1		1-liter wide-mouth Lexan with a SECURE LID. Nice to have when there is really inclement weather outside.	-
Camp shoes	1		These can be worn at camp instead of your hiking boots. Tennis shoes work fine.	-
Energy/Candy Bars	0-10		Bring bars that taste good!	-
Drink Mix	-		Condensed powdered mix like crystal light works best.	-
Glucose Tabs	-		Great energy for up high.	
Insect Repellent	1		The bugs at lower elevations can be bothersome at times.	-
Cough Drops	-		Nice to have for dry throats up high on the mountain.	-
Chemical Hand Warmers	1-2 sets		They are great to have for summit day.	-
Book	1-2		Leave the 15 pound hardcover at home.	-
Backpack Cover	1		Should be waterproof and fit over your backpack when it is completely full.	-
Journal	1		'Rite in the Rain' or similar water resistant papers work best.	-
Camera	1		Digital or Film. If you are buying a digital camera; having a view finder allows you to take photos when it is too bright to see the screen and helps save batteries, also having a camera that is compatible with AA's allows you to bring extra batteries that don't cost an arm and a leg. Bring an extra memory card.	-





**Alaska Mountain Guides  
International Inc.**

## Additional Information



We use gear from these select companies on every trip we run! Their gear has proven itself again and again on the highest mountains, roughest water, and steepest ice. We endorse these companies because they make gear that is functional and reliable.



**We provide the following:** American guides, private toilets, oxygen and Gamow bag (for emergencies only), tents, group climbing equipment, expedition first aid kits, cooking equipment, porters, and trip food.

**The following are available for rent:** Backpacks, sleeping bag and pads, trekking poles, and down jackets.

Please don't hesitate to call us with any questions at 1.800.766.3396

