



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. Mountain Hardware makes good lightweight, wicking base layers.	-
Tee 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.	-
Medium Weight Top	1		To be worn over the base layers and should be synthetic or wool (a soft shell is an acceptable substitute). Both Black Diamond and Mountain Hardware offer great mid-weight layers.	-
Heavy Weight Top	1		To be worn over the base layers and medium weight top and should be synthetic or wool. Both Black Diamond and Mountain Hardware make nice thick layers.	-
Synthetic Down Parka	1		In the mountains, a burly synthetic parka will be your best friend on those cold wet nights or windy summit mornings. It should easily fit over all layers. A down jacket with a water proof finish is acceptable, but if it gets wet you won't be happy...or warm. The Mountain Hardware B'Layman Jacket or Black Diamond Stance Belay Parka are both solid options.	YES
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. Mountain Hardware shells are breathable, dry, and windproof.	-





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 layered together to increase warmth.	-
Underwear	2-4 pairs		Synthetic briefs and underwear will keep you comfortable and hygienic during high output. Plan on bringing one pair per 4-6 days of use.	-
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 Mountain Hardwear Compressor Pant or the Black Diamond Stance Belay Pant .	-
Shorts or Lightweight Pants	1		These are optional, but are nice to wear at lower elevations, in town, or as additional layering options. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear. A light softshell pant could work as well. Mountain Hardwear makes great pants.	-
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. Mountain Hardwear shell pants and bibs work great.	-

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	2		Should be made of synthetic material or wool, cotton is unacceptable. Should layer underneath a climbing helmet. Mountain Hardwear has a wide selection of warm hats.	-
Sun-Hat	1		The sun can be very bright (especially with reflection). The more protection your cap offers from the sun, the better.	-
Sunglasses	2		Dark lenses with good side protection are a must. The sun can be very bright (especially with reflection off of the water/snow/ice) and can cause permanent eye damage.	-
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. 'Dura-Therm' or like models (synthetic glove with rubber palm) work well, just ensure you find the warmest model available. Mountain Hardwear and Black Diamond make great gloves.	-





Outer gloves or mittens	1		1 pair made of Gore-Tex, or equivalent waterproof/windproof material. They may fit over inner gloves and ski gloves are okay. Black Diamond and Mountain Hardwear have toasty high altitude mitts.	-
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. Please don't hesitate to call us if you have any questions about purchasing boots.	-
Gaiters	1		These should fit over your mountaineering boots, and are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant. Both Black Diamond and Mountain Hardwear make great gaiters.	-

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. Mountain Hardwear and Black Diamond packs are versatile and rugged. 3000 cubic inches (50 liters) is an acceptable size.	YES
Trekking Poles	1 pair		Ski poles work, however lightweight adjustable poles work best. Black Diamond poles are a great fit.	YES
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. Mountain Hardwear and Black Diamond make tough expedition duffel bags	YES

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 insulating 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. Mountain Hardwear bags work well. Please don't hesitate to call us before making any major purchases.	YES
Sleeping pads	1		Bring 1 inflatable sleeping pad such as a Thermarest . 1 foam pad will be provided.	1 foam pad provided





Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Passport	1		Make sure you have this critical item for international travel. A minimum of 4 photocopies should be made of your passport prior to your departure as well.	-
Pack Towel	1		A lightweight backpacking towel can be nice after washing up in camp.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries. Black Diamond SPOT or ICON headlamps work great.	-
Extra Batteries	3-4 sets		Start out with fresh set in your headlamp. Plan on using 1-2 sets during the climb and save 1 extra set for summit day. Batteries purchased in Tanzania are not always reliable.	-
Toilet Paper	2 rolls		Bring in Ziploc bag to keep dry.	-
Iodine	2 bottles		A bottle of 'Polar-Pure' Crystals is the most convenient, but 'Potable Agua' works well also.	-
Lip Balm	2 tubes		Should have 20 SPF protection or higher.	-
Sunscreen	8oz.		Should be SPF 30 or higher and be waterproof.	-
Personal Med-Kit	1		<p><u>Required Medications</u> as per Health Form: 1 Course Antibiotic: respiratory (i.e. azythromiacin) 1 Course Antibiotic: broad-spectrum (i.e. ciprofloxacin) Diamox (acetazolamide): 16, 250mg tablets Decadron (dexamethasone): 10, 4mg tablets</p> <p>Speak to your doctor for additional information.</p> <p><u>Other Items:</u> Personal medications, Zinc Lozenges, Ibuprofen, Aspirin, Imodium, Band-Aids, Neosporin.</p> <p>DO NOT bring Sleeping Pills: these aren't appropriate for high altitude</p> <p>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 1.800.766.3396</p>	-
Blister Kit	1		To take care of blisters or hot spots on the trail. Contents should include moleskin, gel pads, and callus/bunion rings	-
Face Protection			Balaclava or Neoprene facemask. For warmth on summit day. Mountain Hardwear has a great series of face masks and balaclavas.	-
Chemical Hand Warmers	3-4 sets		Save 2 pair for summit day.	-
Hand Sanitizer	2		Purell makes nice travel size bottles that work well.	-
Water Bottles	2		2 wide mouth 1-liter Lexan bottles ('Nalgene') are required. You may also bring an additional "hydration system".	-
Water Bottle Cozies	2		These keep water bottles from freezing on summit day.	-





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	6 assorted sizes		For organizing your gear inside of your backpack and duffel bags. Consider using compression sacks for both your sleeping bag and clothes to maximize usage of space. This makes for easy organization in your pack, in the duffel and at camp. Sea to Summit makes great waterproof stuff sacks.	-
Garbage Bags	8		Tall white 13 gallon kitchen bags work great. These are used to line the inside of your stuff sacks and make them waterproof.	-

Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Umbrella	1		A small umbrella can be a nice addition lower on the mountain to keep you extra dry in the rainforest	-
Sleeping Bag Liner	1		Can be used to increase the comfort rating of your sleeping bag.	-
Ear Plugs	1		Can be nice to help get a good night sleep.	-
Pee Bottle	1		1-liter wide-mouth Lexan with a SECURE LID. Nice to have when there is really inclement weather outside. The Lady J funnel system is a good option for women.	-
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.	-
Energy Gels	4-10		Great energy for up high. i.e. shot blocks, goo energy gels, power bar brand.	-
Insect Repellent	4 oz		For use on the lower mountain.	-
Hard Candies	10-20		Nice to have for dry throats up high on the mountain.	-
Goggles	1 pair		They are great to have for summit day Especially if conditions are snowy or windy. POC makes some great goggles.	-
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.	-
Moisturizing Lotion	4 oz		Small bottle	-
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.	-





DO NOT BRING

Here are just a few items that you should avoid bringing for your trek up Kilimanjaro

Candles			These are a safety hazard and should not be used in tents	
Cotton			Avoid Cotton Clothes	

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

