



What to Pack and Wear on Kilimanjaro

The accompanying checklist summarizes what you need for a successful climb. You may not need everything on the list, but weather varies, sometimes unpredictably, and each individual will have a different comfort zone while hiking and in the tent.

There are several things to consider when purchasing, packing and organizing your gear. First, understand that the weather can change quickly from hot to cool, clear to rainy, or dry to muddy or snowy. Having what you need readily available saves time and discomfort. For this reason, we suggest layering with a light wind and water-resistant garment that works as an outer layer. It is miserable and dangerous to bring too little warmth and, if you are lucky, you will have brought more than you need. You will only need your warmest outfit on the morning of the final ascent. You should consider 5 layers for your top and 3 layers for your legs; some form-fitting knit or polypro underwear, a pair of twill or wool hiking pants, and a pair of easily-removable, zipper-sided wind/rain pants. In the best of circumstances the wind/rain pants will be unnecessary. In the worst case, they are essential.

Second, do not bring new footwear. You are probably better off trying to climb the mountain in well-worn trail running shoes than new hiking boots. If you bring boots, be very aware of any blistering during the first or second day and switch to lighter shoes if you can. If your feet blister on the way up, they will get worse on the way down. Be sure to keep your socks dry and to use the two-layer system.

Third, water and light will become precious commodities. We favor LED headlamps for the final climb. They also work well for reading in the tents and seeing your meal at dinner. Bring at least two one-liter, Nalgene-type water bottles and protect these against freezing as you approach the summit. Some people choose to use CamelBak water bottles with an insulation around the drinking tube, however we urge caution when using this type of water bottle, as they have a higher potential to freeze if not used properly. Also, be aware that the sun can be more brutal than the cold. Bring a broad brimmed hat, a good sun block and a pair of dark sunglasses.

Fourth, don't expect to recharge camera, video or iPod batteries on the climb. You may still want to bring these devices starting off with a full charge and perhaps extra batteries. Most people seem to manage on a single charge.

Important:

While climbing Mt. Kilimanjaro, you are permitted a pack for portage of up to 15 kg (33 lbs). Luggage will be weighed before you begin the climb. If your baggage weighs more than 33 lbs. you will be asked to leave some of your belongings behind, or you will be charged a minimum of \$75 for an additional porter.

If you have excess clothing, because your climb is only a portion of your trip, you may want to pack an additional bag in which to store your belongings in the hotel, during your climb. You may, of course, choose to carry as much as you like in your own day-pack.

Mount Kilimanjaro Equipment & Clothing Check List

- | | | |
|--------------------------|---------------------------------|---|
| <input type="checkbox"/> | Cotton shorts | good for hiking while at lower elevations |
| <input type="checkbox"/> | T-shirts | |
| <input type="checkbox"/> | Light-weight shoes or sandals | to wear in camp after a day of hiking |
| <input type="checkbox"/> | Shade hat | |
| <input type="checkbox"/> | Sunglasses | dark lenses |
| <input type="checkbox"/> | Sunscreen | 15 SPF or higher |
| <input type="checkbox"/> | Sleeping bag | rated to -10 degrees F |
| <input type="checkbox"/> | Sleeping pad | for all routes except Marangu route |
| <input type="checkbox"/> | Water bottles | two, 1-liter bottles, Nalgene wide-mouth are good |
| <input type="checkbox"/> | Water purifying-tablets | Halazone, iodine, or filter cup |
| <input type="checkbox"/> | Gatorade or other dry mix | to make the water taste better |
| <input type="checkbox"/> | Hiking boots | not insulated, comfortable & worn-in |
| <input type="checkbox"/> | Thin socks | to wear under thicker socks to keep feet dry and prevent blisters |
| <input type="checkbox"/> | Thick socks | heavy wool, to wear for warmth |
| <input type="checkbox"/> | Gaiters | for dust or snow protection around ankles, over boots |
| <input type="checkbox"/> | Upper body layer | three layers of wool, polypropylene or pile-not cotton |
| <input type="checkbox"/> | Long underwear bottoms | thermaknit or polypropylene |
| <input type="checkbox"/> | Pants | loose fit and comfortable |
| <input type="checkbox"/> | Rain jacket and pants | Gore-Tex is preferable |
| <input type="checkbox"/> | Warm hat, gloves/mittens, scarf | hat should cover your ears |
| <input type="checkbox"/> | Frameless back pack | for your own use |
| <input type="checkbox"/> | Duffel bag | for porters to carry, (max 15 kg/33 lbs per person) |
| <input type="checkbox"/> | Moleskin | to protect your feet from getting blisters |
| <input type="checkbox"/> | Pocket knife | put in checked luggage! |
| <input type="checkbox"/> | Flash light or headlamp | LED style is great |
| <input type="checkbox"/> | Extra Batteries | |
| <input type="checkbox"/> | Trail munchies / energy bars | 1-2 lbs of your favorite |

Personal first aid kit

- Diarrhea/intestinal disorder medication
- Headache pills - Tylenol is recommended, anything stronger than codeine will mask potential altitude problems
- High altitude sickness medication - such as Diamox
- Cough syrup
- Antibiotic cream for cuts and abrasions

Equipment for rent (we recommend reserving equipment prior to your departure, to ensure availability)

Sleeping Bag	\$45
Therma Rest Mat (filled with air)	\$45
Ridge Rest Mat	\$35
Foam Mat	\$10
Trekking Poles (pair)	\$20

