



Mt. Kilimanjaro Equipment List

Below is a list of highly recommend items. Required items are indicated with *. Please remember that the weather is very unpredictable and temperatures can fall as low as -25°C. It is always better to be over, than under prepared. Any items you do not wish to purchase or bring from home can be hired on the spot from local gear shops specialized in quality imported items.

Clothing

Waterproof jacket, breathable with hood*
Weather rated insulated jacket, synthetic or down *
Soft jacket, fleece or soft-shell
Long sleeve shirts: light-weight, moisture-wicking fabric
Short sleeve shirts: light-weight, moisture-wicking fabric
Waterproof pants, breathable*
Hiking pants (convertible to shorts recommended)
Fleece pants
Shorts (optional)
Long underwear (moisture-wicking fabric recommended)
Underwear, briefs (moisture-wicking fabric recommended)
Sport Bra (women)
Swimsuit

Footwear

Hiking boots, warm, waterproof, broken-in, with spare laces
Trainers, to wear at camp (optional)
Socks, thick, wool or synthetic (3-5)
Sock liners, tight, thin, synthetic, worn under socks to prevent blisters (3-5)
Gaiters, waterproof – highly recommended to prevent loose gravel and sand

Equipment

Sleeping bag, warm, four season rated*
Sleeping bag liner, for added warmth (optional)
Trekking poles (highly recommended)
Head lamp, with extra batteries*

Duffel bag, for porters to carry your equipment*
Daypack, for you to carry your personal gear*

Documents

Trip Receipt
Passport
Visa
Yellow fever vaccination card (only if arriving from another African country)
Insurance Documents

Headwear

Brimmed hat, for sun protection
Knit hat, for warmth
Balaclava, for face coverage (highly recommended)
Bandana (optional)

Hand wear

Gloves, warm (waterproof recommended)*
Glove liners, thin, synthetic, worn under gloves for added warmth*

Accessories

Sunglasses or goggles
Backpack cover, waterproof*
Poncho, during rainy season (optional)
Water bottle* (Nalgene recommended, must have 2-3 l combined)
Water bladder* Camelback type – note disposable plastic bottles are not allowed on the mountain per National Park regulations
Towel, lightweight, quick-dry (optional)
Pee Bottle, to avoid leaving tent at night (highly recommended)

Other

Toiletries
Medications
Sunscreen*
Lip balm
Insect repellent, containing DEET
First aid kit
Hand sanitizer*
Toilet paper
Wet wipes
Snacks, light-weight, high calorie, high energy
Camera with extra batteries