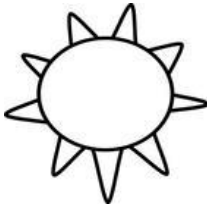



# Trek Kilimanjaro Kit List

This kit list has been carefully designed and takes into account the weight limit and needs of this challenge. Taking the right equipment for your challenge is very important so just get in touch if you have any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it but **being prepared is vital**. There is a **weight limit** on the bag the porters will carry. We work on 'a set to wear and a set as spare' guideline, so you should have no problem with this limit.

Weather Conditions and Kit	 Average min/max Temp <b>+16°C / +35°C</b> (Moshi / rain forest)  <b>-15°C / +8°C</b> (higher on mountain)	 Average Rainfall <b>5mm – 110mm</b>
<p>We cannot stress enough that you have good quality clothing for this trek. It can have a huge impact on your enjoyment overall and may determine whether you are able to complete your challenge. Remember that you will be trekking for full days whatever the weather. You don't need to break the bank to buy expensive kit but do choose wisely. Do test your kit out in all weather conditions during your training so that you have full confidence in what you have chosen. We work on the basis that you have a set to wear and a set as spare which can then layer up when it gets colder.</p> <p>At lower elevations it is likely to be hot, sunny and humid, but can be overcast and rainy. Above 4000m (13123ft), we are likely to see snow instead of rain, and you must be prepared. Mountain weather is very unpredictable. It can also be very windy. The temperatures will drop as we gain height. Evenings and nights will be cold, especially near the summit, where it will drop well below freezing.</p>		

## In Your Day-Sack / \*to Wear

✓	<b>Essential</b> Unless otherwise noted	<b>Your day-sack and contents should weigh no more than 6kg (or less!) including 2L (70oz) of water when trekking. Remember the more non-essential 'stuff' you carry, the more effort it takes and the more energy you will waste - be kind to yourself! This list looks extensive, but the kit included is essential and you will be wearing most of it at times</b>
	*30 litre day-sack	Adjustable shoulder-straps and a comfortable waist belt are essential. You will be carrying about 5-6kg (11-13lbs) of kit including 2L (70oz) of water, so bear this in mind when training – but do work up to it if you have not worn a pack before
	*Walking boots	A leather or fabric boot with mid-ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and ensure they are waterproof too. Well worn-in boots are irreplaceable so wear them on flight in the (very rare) case your luggage is delayed. Taking your insoles out of your boots overnight can help air and dry them faster. Approach shoes or trainers are not suitable for this challenge
	*Wide-brimmed hat / cap	For sun protection. Advisable in the rainforest and at altitude, even if cloudy as it is essential to protect against the strong UV rays
	*Sunglasses – Category 3	Wraparound style sunglasses are the best as you need to protect your eyes from the strong UV rays at altitude, even when it is cloudy. Sunglasses are graded Category 1 – 4 with 1 being the least protective. Cat 3 are strongly recommended for this challenge. Contact lenses are generally not affected by the altitude or cold, but having clean fingers to change them is essential to avoid infection
	Waterproof jacket	Good quality jacket essential (eg Gore-Tex, Pertex or Paramo); material should be breathable and seam-sealed. Combining a high standard waterproof with fleece layers is more versatile than a heavy outer jacket, such as a ski jacket, which will be too hot. It must keep you dry in heavy, prolonged rain, not just showers – test it while training. Waterproofs act as a windproof too, so wear when cold and windy for an insulating layer. Make sure it fits over your down/warm jacket for summit night
	Waterproof over-trousers	Quality as above. Recommended in cold rain, and protects your socks from rain, which then helps prevent blisters. Again, acts as a great windproof too
	2L (70oz) hydration bladder (e.g. platypus) + 1L (35oz) bottle 3L (105oz) total essential	2L (70oz) bladder is great for the trek as they are easy to use whilst walking. The 1L (35oz) bottle is great for camp and rest-stops and to put inside your down jacket for summit night, while your platypus goes in your pack. A bottle with a sports cap or flip-top lid is much easier to use than a twist-off lid; just ensure it does not leak. NB: Single-use plastic bottles are not permitted on Kilimanjaro
	Liquid handwash x 2	Two small bottles for easy hygienic hand-washing after toilet and before meals / snacks – this prevents any bugs spreading around the group. 1 in your day-sack, the other as spare in your mountain bag
	Toilet paper + nappy sacks on trek	Toilets and paper are available in camps but not during your trekking day. Take a small amount of toilet paper plus one or two nappy sacks for each day to store your used paper in, so that we leave no trace on the trail. The bags are disposed of in the camp bins and then taken off the mountain. Due to

		the plastic bag ban in Tanzania, we would advise that you limit how many you take with you and refrain from bringing an unnecessary amount. When travelling, pack these in your hold luggage
	Whistle	For safety reasons if you become separated. Many day-sacks have them on the chest strap buckle so check yours before you buy a separate one
	Snacks (e.g. flapjacks / shortbread / dried fruit packs / nuts / jelly babies)	You are fed extremely well on the mountain, however we strongly recommend plenty of snacks as extra sources of energy to keep you going in-between meals. We recommend 3-4 snacks per day and at least 6 for summit night. Please note - energy gels are not advisable and energy/protein bars tend not to taste very nice and are not easily digested at altitude. Separate your snacks out for each day before you leave and make sure your summit night snacks are things you really want to / can eat on the go. Chop up your Mars Bars (or the like) into small chunk-sized pieces as they may freeze during the night and will then be impossible to bite into! Carry only the snacks you need for the day in your pack, the rest can stay in your mountain bag
	Gloves / mitts	3 pairs of gloves of varying thickness is ideal. A liner pair, a mid-weight pair (preferably waterproof or have a waterproof mitt) for trekking, and a thicker warmer pair for summit night which can be worn over the top of your liner pair. Do make sure that your gloves are not tight; tight gloves will mean cold fingers. Your summit gloves can stay in your mountain bag other than on summit day
	Warm hat / buff	A buff or lightweight scarf is ideal as a headband or around your neck for lower elevations, and to protect you from breathing in dust. A warm hat is ideal for cold mornings / evenings and as you get higher; sleep in your hat for extra warmth!
	Head torch with spare batteries	Essential in camp and on summit night. To be kept in your day-sack whilst trekking during the day, just in case. Make sure the strap is not too tight as it will give you a headache
	Camera / phone	There are plenty of photo opportunities! Use your phone on airplane mode to save the battery and keep anything with batteries at the bottom of your sleeping bag at night to keep them warm. Cold batteries do not last very long
	Waterproof rucksack cover	Keeps your day-sack and its contents dry; alternatively, waterproof ponchos that fit over your day-sack can usually be bought cheaply from the Park entrance gate
	Sun cream – SPF50 SPF lip balm	Minimum SPF50 plus high factor lip salve. UV rays are very strong at high altitude, even in cloud cover, so a combination of sun cream and covering up is essential to avoid sun burn. A 50ml bottle will suffice for this challenge
	Painkillers / blister plasters / personal medication	You should ensure you have enough of these meds for your personal use. Hydration is all-important to stave off headaches, but you may still get the odd altitude headache so bring paracetamol and ibuprofen (if you are able to take it). We recommend minimum 32 tablets of each, which sounds a lot but best to have plenty than not enough. Zinc oxide tape and dressings recommended for covering hot spots and blisters (as soon as you feel them). Personal meds should always be carried with you
	Trekking poles	Invaluable on steep and uneven terrain going both up and down, especially if you are tired or unsteady on rough ground. Strongly recommended; reduces the impact on your knees considerably. Use them when training to get used to them
	Boot Grips	For use when there is snow on the mountain; boot grips i.e. Yaktrax, with either spikes or springs, will be a useful safety aid when walking on packed snow and ice
	Gaiters - optional	Protection for boots & socks / extra warmth / stops scree getting into boots
	Money	For local crew tips (see FAQs for the amount) Keep in a dry-bag / waterproof pouch

## In Your Mountain Bag

✓	<b>General Clothing &amp; Equipment</b>	<b>The weight limit for this trek is 12kg (26lbs). If your kit bag weighs 2kg (4lbs) then you will only have 10kg (22lbs) for your kit so bear that in mind when buying a bag. DA kitbags are light and sturdy, and perfect for this trip! Kit can be multi-use (clothes can be a pillow) which saves weight</b>
	Expedition Kitbag for main luggage with padlock plus a small bag to leave at hotel	To carry all of your kit to Tanzania (airline weight limit is 20kg/44lbs) and is carried between campsites by porters – <b>weight limit applies (see above)</b> You will not be able to access it during the day. Soft-sided luggage essential. Bring an additional small rucksack/stuff-sack for clothes which stay at the hotel during your climb
	Trek trousers x 2	1 pair of zip-off/convertible trekking trousers adds versatility in warmer temperatures and 1 pair of slightly thicker warmer trousers for higher altitudes. Make sure the 2 <sup>nd</sup> pair fit over your thermal bottoms for summit night and can also be used as camp trousers
	Wicking base layer x 1	T-shirts or tops made from lightweight wicking material or merino wool help to regulate your body temperature. Avoid cotton as it absorbs sweat, takes a long time to dry and will make you cold. Long sleeves are best to keep the sun off your skin, UV rays at altitude are strong!
	Mid-layer x 1	Warmer long-sleeved layer (eg light fleece or merino wool). Thinner layers trap warmth and are more effective and versatile than wearing one thick top so you can layer up all 3 tops for effective insulation

Thermal layer x 1	A warmer fleece for higher elevations, summit night and in camp
Walking socks x 4	Socks can be worn for more than one day but do look after them as damp socks can cause blisters. Ensure they wick well and are the right fit for your boots and your feet. Liner socks can make a difference but do ensure you have tried out different combinations of socks while training, so you have the perfect fit and ones that work for you. A thicker warmer pair is advisable for summit night and do make sure you have toe-wiggle room in your boots with this combination; cold feet can cause you to turn back
Underwear	Comfy big pants for trekking are advisable to avoid chafing; lightweight and non-cotton material even better. Ladies, try to avoid underwire bras as these can rub on long sweaty days. Sports bras are a great option. The number of each is up to you, depending on weight but wearing the same pair of pants 2 days in a row is normal on expedition!
Thermal bottoms x 1	Useful for wearing at night in camp and in your sleeping bag (see below*) and essential for summit night
Down / thermal jacket	For cold mornings / evenings in camp / summit day. Down jackets are best for dry conditions, Primaloft is a good alternative. They make a great pillow too!
Sleeping-bag Comfort Rating -10° (14F)	Should be comfortable at temperatures below freezing; ideally between 0 and -10°C (32 – 14F, 4 season) – ensure you keep it dry. *To be warm in a sleeping bag, go to bed with warm skin, strip off to pants and a top and your sleeping bag will then heat up quickly by the warmth of your skin. If you go to bed fully clothed, you will introduce cold air to your sleeping bag and thus you will be cold too
Sleeping bag compression sack	Essential for reducing size of packed sleeping bag, leaving room for the rest of your kit. Most bags come with compression sack, but can be bought separately
Sleeping mat	Essential for extra warmth & comfort; self-inflating ‘Thermarest’ style is recommended. Do remember that you still need to blow air into the sleep mat to make it more comfortable
Sleeping-bag liner	Recommended for added warmth (and convenience of washing); silk is warmer and lighter than cotton, and packs down smaller
Camp clothing / night wear	Bring a spare pair of warm trousers or jogging bottoms and a spare top, or use your warmer trekking trousers/top so you can change out of your trekking gear in camp - and for your nightwear (see the explanation for the sleeping bag)
Trainers / spare footwear	Lightweight footwear for camp. Giving your feet a rest from your boots is essential so bring some crocs or light trainers to change in to. Flip-flops are not that useful if it rains
Wash kit	Keep it simple. A small wash-bag with ½ packet of wet wipes, small tube of toothpaste, toothbrush, deodorant and moisturiser are essentials. Everything else is a luxury although earplugs are useful as people tend to snore at altitude!
Dry-bags (assorted sizes)	To prevent everything getting wet when it rains, store your kit securely in dry-bags, especially your sleeping-bag and spare clothes
Spare batteries	For phone, camera, head torch. Solar chargers cannot be relied on if it is cloudy. Or bring a small power bank as a back up
Personal med kit	Insect repellent – useful at the hotel and in the rainforest Diarrhoea tablets – consult your DA crew before using Rehydration sachets – have a few as a back up Malaria tablets – consult your travel nurse for advice Antihistamines – in case you react to bites Aftersun – summiting at dawn avoids exposure to strongest sun, but bring a small bottle just in case you burn
Feminine hygiene products	Ladies - yes, a subject not often covered on kit lists! Periods tend to be brought on by trekking at altitude and the countries we visit rarely have the same products that we have in the UK. It’s best to bring what you usually use, just in case!
Talcum powder / vaseline - optional	If you have the space and weight allowance for small tubs, can help with blister prevention – experiment at home while training
Muscle rub - optional	As above; if it really helps you, bring a small tube
Alarm clock – optional	Alternatively use your phone but you are likely to naturally wake up with the camp sounds early in the morning
Small travel towel - optional	You will be given a bowl of warm water in camp to wash your hands, face and feet so bring a small lightweight quick-drying travel towel for comfort

✓	<b>Hotel / travel clothing</b>	
	Set of clean clothes	For travelling / end of trip / celebration meal; to be left in hotel
	Swimming costume	For hotel pool
	Money belt	Safest way to carry valuables

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); see FAQs for entry requirements. Your passport will be collected by your leader and handed to our local agent at the hotel. All passports are kept in a safe during your climb and should not be taken with you onto the mountain
	Passport photos x 4	Not required for your visa but useful to have in case of emergencies
	Visa	Required for most nationalities including UK – see FAQs for details
	Money - USD	Tanzanian Shillings not available from the UK – see FAQs for details Ensure you have enough funds to cover any resultant costs, should you need to descend to lower elevations for your own safety – see FAQs for further information
	Flight Tickets	To be collected from your tour leader / DA representative at the airport
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	Immunisations Record	Useful if you need a record/proof of your vaccinations - see FAQs for details

### Notes on Luggage:

- To travel – use your day-sack as your carry-on baggage and your main luggage must fit in one soft-sided bag (NOT a hard-sided suitcase or rucksack with external frames)
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- A spare stuff-sack or bag is useful for leaving behind in Moshi with gear not needed on the trek
- Your luggage allowance on the plane is usually 20kg (44lbs). You should not need this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Remember to leave some room for souvenirs!
- As noted above, there is a weight limit to protect the porters' safety. If you follow the advice above, and have a good practice packing session, you should not find this too difficult
- In June 2019, the Tanzanian Government introduced a ban on all plastic bags (see note re. Nappy Sacks above). Please do not bring any plastic carrier bags, bin liners or rubble sacks into the country, of any size, even if they are not single-use. Clear plastic bags available at airports for liquids and toiletries should be fine. A limited number of ziplock bags are okay to pack in your hold luggage, however we would advise using a suitable alternative to these where possible, such as dry-bags and small, lightweight wash bags
- Remember not to pack any sharp objects - penknives, scissors, tweezers, etc. in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions>
- Trekking poles should not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable