

Mount Kilimanjaro Kit List

One of the important factors of a successful summit attempt is being properly equipped. Ensure that you are well equipped - print the kit list below and mark it off, it will be an essential part of your preparation for the climb.

Please remember to limit the weight of your duffel bag and its content, to be carried by the porters on the climb, to 15 kg (32 lbs.) or less.

Extra luggage, including clean clothes to wear after your climb, can be left at the hotel in Moshi. You are responsible for bringing personal gear and equipment. Communal equipment (tents, food, cooking items, etc.) is provided.

How Should I Dress for Kilimanjaro?

The temperatures you may encounter on Mount Kilimanjaro can be over 100 degrees to well below zero. Therefore, it is important for all climbers to understand how to best dress to cope with the mountain weather. By following the provided kit list, you'll already have everything you need to stay comfortable and warm.

Layering

The most logical approach is to wear multiple layers of clothing. The advantages of layering are that you can add or remove layers to adapt to changing weather, activity level and body temperature.

Multiple thinner layers are warmer than an equal thickness single layer and take up less space in your backpack.

Cotton is not a good base layer material! It does not have any moisture-wicking properties, does not dry quickly, and will actually increase your heat loss when wet.

With the kit listed below, you should be able to withstand whatever weather conditions Mount Kilimanjaro has in store for you. It is important that you be aware of changing conditions as you hike and adapt accordingly (unzip/shed layers before you sweat, zip up/add layers before you get cold, wear waterproof gear before you get wet, etc.)

Below is a Kit List of required, recommended and optional items to bring on your climb.

Technical Clothing

- 1 - Waterproof Jacket, breathable with hood
- 1 - Insulated Jacket, synthetic or down
- 1 - Soft Jacket, fleece or soft-shell
- 2 - Long Sleeve Shirt, light-weight, moisture-wicking fabric
- 1 - Short Sleeve Shirt, light-weight, moisture-wicking fabric
- 1 - Waterproof Trousers, breathable (side-zipr recommended)
- 2 - Hiking Trousers (convertible to shorts recommended)
- 1 - Jogging Bottoms, to wear at camp
- 1 - Shorts (optional)
- 1 - Long Underwear (moisture-wicking fabric recommended)
- 3 - Underwear (moisture-wicking fabric recommended)
- 2 - Sport Bra (women)

Headwear

- 1 - Brimmed Hat, for sun protection



- 1 - Woolly Hat, for warmth
- 1 - Balaclava, for face coverage (optional)
- 1 - Bandana (optional)

Handwear

- 1 - Gloves, warm (waterproof recommended)
- 1 - Glove Liners, thin, synthetic, worn under gloves for added warmth (optional)

Footwear

- 1 - Hiking Boots, warm, waterproof, broken-in, with spare laces
- 1 - Trainers, to wear at camp (optional)
- 3 - Socks, thick, wool or synthetic
- 3 - Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters (optional)
- 1 - Gaiters, waterproof (optional)

Accessories

- 1 - Sunglasses or Goggles
- 1 - Backpack Cover, waterproof (optional)
- 1 - Poncho, during rainy season (optional)
- 1 - Water Bottle (wide mouth bottle 32oz, recommended)
- 1 - Water Bladder, Camelbak type (recommended)
- 1 - Towel, lightweight, quick-dry (optional)
- 1 - Pee Bottle, to avoid leaving tent at night (recommended)
- Stuff Sacks or Plastic Bags, various sizes, to keep gear dry and separate

Equipment

- 1 - Sleeping Bag, warm, four seasons
- 1 - Sleeping Bag Liner, for added warmth (optional)
- 1 - Trekking Poles (recommended)
- 1 - Head lamp, with extra batteries
- 1 - Duffel bag, for porters to carry your equipment
- 1 - Daypack, for you to carry your personal gear

Other

- Toiletries
- Prescriptions
- Sunscreen
- Lip Balm
- Insect Repellent, containing DEET
- First Aid Kit
- Hand Sanitizer
- Toilet Paper
- Wet Wipes (recommended)
- Snacks, light-weight, high calorie, high energy. Sweets etc – Highly recommended!
- Pencil and Notebook, miniature, for trip log (optional)
- Camera, with extra batteries (optional)

Paperwork

- Trip Receipt
- Passport
- Insurance Documents

