



## **Mount Kilimanjaro Climbing Checklist:**

One of the important prerequisites of a successful summit attempt is being properly equipped. Ensure that you are well equipped – print the Checklist 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. Please feel free to contact us should you have any further questions regarding the checklist. We also provide a complete and quality rental service on all the equipment required on the mountain, as a sensible alternative to purchasing. Please click Gear Rental for more information.

**Please note:** This checklist is only a guideline. A comprehensive checklist will be send to you as soon as your hike is confirmed. Make sure you have everything you need to help you successfully summit the Roof of Africa.

### **Travel Documents**

1. Valid passport and visa
  2. Airline ticket
  3. International health card with immunizations (Yellow fever)
  4. Travel insurance
  5. Medical insurance
  6. US\$ cash / Travelers Checks / Credit Card
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### **Essential Items**

1. Duffel bag – large enough for all climbing gear and clothing. To be carried by the porters. An extra bag to be left at the hotel with extra gear
  2. Small luggage lock – to lock zippers
  3. Day backpack – between 20 – 35 litres. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
  4. Sleeping bag
  5. Ski-pole / walking stick
  6. Water bottle / containers
  7. Kilimanjaro map (Can be bought at Park gate)
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### **High Altitude Gear**

1. Waterproof, breathable & windproof jacket (outer wear like Ventex, Gore-Tex or Jeantex)
  2. Waterproof, breathable & windproof pants (outer wear)
  3. Polar fleece (middle layer)
  4. Thermal underwear (under layers)
  5. Mittens or warm gloves
  6. Glove liners (if necessary)
  7. One pair thermal (polertex) socks
  8. Balaclava
  9. Gaiters
  10. Thermal water flask
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### **Hiking Gear**

1. Shorts
  2. Hiking pants
  3. Regular underwear
  4. T-shirts
  5. Raincoat or Poncho
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### **Footwear**

1. Water resistant semi-stiff hiking boots – mid weight boots work great
  2. Shoes for overnight camps – i.e. sneakers, running shoes, etc.
  3. Socks – several pairs for the climb
  4. Liner socks – to keep your feet dry and limit the risk of blisters
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### **Equipment**

1. Sun hat or similar (with a brim)
2. Collapsible ski stick (optional but highly recommended)

3. Water bottles – two or three (total capacity at least 4 litres)
  4. Head lamp, good strong one with spare batteries and an extra light bulb
  5. Water purification tablets
  6. Sunglasses, good quality dark lenses for the climb, with a securing strap
  7. Flashlight (torch) with spare batteries
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#### **Personal Items**

1. Toilet kit (soap, tooth brush, toilet articles, wet wipes, etc.)
  2. Towel
  3. Sun screen and lip protection, SPF 30+
  4. Ziploc bags, to protect camera, binoculars, etc. from dust
  5. Toilet paper
  6. Money belt for passport and valuables
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#### **Medical and First Aid Supplies**

1. Headache tablets
  2. Altitude sickness–Diamox (if not allergic to sulphamethoxazole)
  3. Diarrhoea – Imodium
  4. Nausea – Valoid
  5. Malaria – Prophylaxis
  6. Water purification tablets
  7. Painkillers
  8. Muscular sprains
  9. Abrasions blisters and cuts – Plaster, bandages
  10. Antiseptic cream – Betadine
  11. Flu and colds
  12. Eye drops
  13. Insect repellent
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#### **Optional Items**

1. Camera, extra lenses and film (ASA 200 film recommended)
2. Binoculars
3. Powdered sports drinks for the climb (ex. Gatorade or Isotonic drinks)
4. Pocket knife
5. Notebook & pencil
6. Plastic bags to keep clothing dry (masking tape)
7. Energy snacks and sweets
8. Video camera, tapes, battery packs and tri-pod