Kilimanjaro Expedition Kit List

Our comprehensive kit list has evolved over many successful expeditions to Kilimanjaro. Having the correct clothing and equipment on the mountain makes your climb more enjoyable and comfortable. For specific advice on individual items please don't hesitate to contact us or talk to a specialist outdoor retailer prior to your trip. Items marked 💧 can be hired from Moshi.

General

- [ ] **Passport & Travel Documents plus photocopies:** These can be stored securely in our hotel during our trek.
- [ ] **Rucksack:** 20-30L daypack.
- [ ] **Holdall:** To put everything in for our local porters to carry.
- [ ] **Bag to leave in Hotel.**
- [ ] **Waterproof Liners:** For your day pack and holdall. Everything goes inside these so your kit is always dry.
- [ ] **Sleeping Bag & Sleeping Pad:** Mountain Expeditions provide both the sleeping bag and the thick mattresses which are comfortable. You are welcome to bring their own if they prefer. In addition, a Thermarest (or similar) is highly recommended to help ensure a better night's sleep. 💧
- [ ] **Sleeping Bag Liner:** Adds warmth and will keep your sleeping bag clean.
- [ ] **LED Headtorch:** For use in tents, around camp and on summit night. Please bring spare batteries.
- [ ] **Trekking Poles:** Highly recommended. 💧
- [ ] **Camera:** Plus memory & spare batteries.
- [ ] **Personal Entertainment:** Music, book, cards, diary, notepad & pen.

Head & Hands

- [ ] **Sun Glasses:** Cat.3 or 4, 100% UVA/UVB.
- [ ] **Sun Hat:** Essential.
- [ ] **Buff:** Essential against the dust and Sun.
- [ ] **Warm Hat.**
- [ ] **Thin Gloves:** Liner gloves.
- [ ] **Thick Gloves/Mittens:** Warm and insulated. Sized to go over your liner gloves for extra warmth. 💧

Upper Body

- [ ] **Down Jacket:** It is very cold on the summit of Kilimanjaro and at the higher camps, so this is an essential item. 💧
- [ ] **Waterproof Jacket:** Lightweight and breathable e.g. GoreTex, eVent.
- [ ] **Baselayers:** T-shirts or lightweight long sleeve shirts (not cotton); polypropylene, Capilene or Merino wool in lighter colours are better.
- [ ] **Lightweight Fleece.**
- [ ] **Heavyweight Fleece,** softshell or Primaloft jacket. 💧

Legs & Feet

- [ ] **Hiking Boots:** Comfortable and waterproof with good ankle support. Worn in and warm enough for summit day. *Mountain Expeditions favourite: Salomon Quest 4D.*
- [ ] **Trainers/Sandals:** For use in Moshi and in the evening around camp. You can also trek the first few days in good sturdy walking trainers.
- [ ] **Socks:** 3-4 pairs of lightweight trekking socks plus a pair of thicker mountaineering socks e.g. Smartwool or Thorlo.
- [ ] **Walking Trousers:** Comfortable, lightweight and quick-drying.
- [ ] **Long Thermal Leggings:** To sleep in and wear under your trousers on summit day.
- [ ] **Waterproof Trousers:** Lightweight and breathable e.g. GoreTex, eVent.
- [ ] **Walking Shorts:** Ideal for the first few days on the mountain where it is warmer.
- [ ] **Swimming Costume:** For enjoying the pool in Moshi.

Hygiene, Food & Toiletries

- [ ] **Water Bottles:** 2 x 1 litre water bottles. Camelbak or Platypus systems are strongly recommended on the trek but will freeze on the summit ascent. 💧
- [ ] **Water Purification Treatment.**
- [ ] **Sunscreen & Lip Protection: Essential.** High SPF (30+).
- [ ] **Anti-bacterial Hand Gel.**
- [ ] **Wash Kit:** Wet wipes, toothbrush & toothpaste, travel towel.
- [ ] **Toilet Paper:** Provided in our toilet tent but having some of your own is recommended.
- [ ] **Snacks:** To supplement the food provided. 1-2 per day is enough. High energy, lightweight and tasty.
- [ ] **First Aid Kit:** Your Mountain Expeditions Guide will carry a comprehensive group first aid kit. A small blister/first aid kit of your own is advised: Compeed/Second Skin; plasters, painkillers (Paracetamol and Ibuprofen), Zinc Oxide tape, powdered rehydration sachets, antibacterial foot powder plus any personal medication you need.
- [ ] **Small Repair Kit:** Gaffer tape, needle and thread, zip ties and para-cord are useful for little repairs.

Any unwanted clothing or equipment that you wish to leave behind at the end of your trek is warmly appreciated by our local porters and guides.

Discount Codes

Cotswold code: **AF-MEXP-C2**

Montane code: **M3XP3D20**