

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on a Kili climb. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Day sack 30-40L
- Rucksack/Duffle bag 70-90L
- Waterproof liner\*

## SLEEPING

- 4 season sleeping bag comfort rating of -10
- Sleeping mat/Thermarest
- Sleeping bag liner (fleece)\*

## FOOTWEAR

- Walking boots with ankle protection
- Hiking socks at least 4 pairs, of which one thermal
- Training/comfy shoe for evenings
- Spare laces\*

## CLOTHING

- Waterproof and breathable jacket GORE-TEX recommended
- Waterproof overtrousers
- Down jacket
- Windproof softshell jacket
- Lightweight fleece top
- Wicking t-shirt
- Trekking trousers (not jeans)
- Thermal long johns
- Underwear light and loose
- Bandana/buff for the cold
- Balaclava/hat
- Insulated gloves/mittens
- Casual clothes for around camp
- Hiking shorts\*
- Smart clothes for the celebratory meal\*
- Swimwear dependant on hotel\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks bars, dried fruit, chocolate, nuts
- Dry bags for keeping clothes and docs dry
- Walking poles\*
- Camera\*
- Contact lenses (plus spare glasses)\*
- Gaffa tape\*
- Alarm clock/watch\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Your own medication
- Malaria tablets under advice from your GP
- Pain killers
- Plasters
- Zinc oxide tape
- Blister plasters such as Compeed
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Deep heat\*
- Knee supports\*

## TOILETRIES

- Personal toiletries
- Tissue/toilet paper
- Insect repellent containing DEET
- Sunscreen (min factor 30), Aftersun/moisturiser
- Dextrose tablets for extra energy\*
- Dry wash\*

## DOCUMENTS

- Passport
- Visa
- Tickets
- Photocopy of passport
- Money – see Challenge trip notes
- Debit/credit card
- Copy of travel insurance

**KEY** \* Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at **Outdoorhire**. They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

# MAKING THE MOST OF YOUR KIT

## REDUCING COSTS

On Kilimanjaro you are trekking in extreme conditions that will really test your kit to its limits. Good quality kit can be the difference between summiting and not quite making it. If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for two weeks and often hiring a high quality piece of equipment is better than purchasing a cheap version. For Kilimanjaro we would particularly recommend that you consider hiring a good quality down jacket and sleeping bag. To view Outdoorhire's Kilimanjaro Kit List prepared with Charity Challenge then [click here](#).

## PACKING

Remember that the porters on Kilimanjaro are only able to carry duffle bags or soft kitbags **up to 15kg**, so don't overpack! Your bag will be weighed at the gates of the mountain to ensure that it fits within porter regulations. Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

You can take up to 23kg of luggage on the plane and should be able to leave a small bag at the hotel with fresh clothes to wear at the end of the challenge.

## CLOTHES

Temperatures can fluctuate enormously from day-night and between the bottom of the mountain and the summit. Lots of light layers are key, as well as a synthetic or down jacket for Summit night. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For Kilimanjaro this should be between 10° and -20° C. If you particularly feel the cold, then upgrade your sleeping bag to the next level eg. from 4 Season to 4+ Season. Don't forget a fleece or silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

## HYDRATION

At high altitude and during exercise your fluid needs increase dramatically and hydration is vital, not least to help prevent Altitude Sickness. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor. This set up is easy to fill on the mountain and if the tube freezes it can be removed and you can still drink straight from the bottle.

## SUMMIT NIGHT

If you do use a water bladder, take a water bottle as well and before you set off on Summit night, get your porters to fill your water bottle with hot water and keep it inside your pack, that way you'll have plenty of easily drinkable water and it won't be freezing cold. Summit nights are cold so make sure you wear your waterproof because as well as keeping you dry it'll also keep the wind out and add a valuable insulation layer.

Descending off a summit is hard work especially on your knees, make sure you have a pair of good quality walking poles with you to help take some of the strain off your knees.

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

