



What to bring

It is important to pack carefully as there are restrictions on the weight that porters can carry and these are strictly enforced by KINAPA and adhered to by Kilimanjaro Climbing Company to ensure the welfare of our porters. Your rucksack, which is carried by a porter, should weigh no more than 17kg (around 40lbs). Your day pack, carried by each climber, will contain your water and other daily essentials such as sunscreen, camera, snack foods, water proofs and valuables. This should weigh no more than 5kg (around 12lbs). If for some reason you find it necessary to exceed these allowances you will be required to pay an extra daily charge for an additional porter (\$10 per day).

- **Boots for Kilimanjaro** A good pair of waterproof trekking boots are the most important item in your kit. Ensure that they are big enough to allow you to wear at least one pair of thin socks and one pair of thick socks comfortably. Remember that your final day is a long steep downhill descent and you need to have plenty of room around your toes. Your boots should also provide good ankle support over rocky terrain. Purchase your boots early so you have plenty of time to break in your boots before arriving in Tanzania. Gaiters offer extra protection from dirt, mud and moisture and also extra warmth. If you do not wish to purchase these they are available for hire.
- **Socks** At least 3 pairs of thick thermal socks and three pairs of regular ones should be sufficient.
- **Down jacket** generally only necessary on your ascent to the summit but depending on the time of year you may also need it at nighttime around the camp. Because this item is bulky and generally expensive many climbers prefer to hire their jacket. We have good quality jackets available for a very reasonable price. See below for a list of items available for hire and prices. You will need to advise us in advance if you wish to hire any equipment by completing the attached order form.
- **Fleece** Fleeeces are light, pack down small, dry quickly and can be very, very warm. Take at least two fleeces for your Kilimanjaro expedition: one thick 'polar' one and one of medium thickness and warmth.
- **Thermals** Good quality thermal underwear draws moisture (i.e. sweat) away from your body. Invest in good quality thermal vest and long johns (one of each is sufficient).
- **Trousers** Two pairs of lightweight **trekking trousers (not jeans)**.
- **Sun-hat** A sun hat is an essential item – preferably one with a wide brim and neck coverage. If you choose to wear a baseball cap make sure you have a bandana or scarf for extra protection.
- **Woolly/fleecy hat** absolutely essential on summit night – perhaps even a balaclava.
- **Gloves** Preferably fleecy and waterproof; many trekkers on Kilimanjaro wear a thin thermal **under-glove** too.

- **Rainwear** Good waterproofs are essential for Kilimanjaro, preferably made from Gore-Tex or similar breathable material, and big enough to go over all your clothes. Waterproof trousers can be worn over your trekking trousers for extra warmth on summit night. You do not want to attempt to summit in wet clothing and as you may encounter snow or sleet you need to keep as dry as possible. A cheap waterproof poncho 'from a dollar store' will provide protection for you and your backpack so is also a good item to include.
- **Sleeping bag** On Kilimanjaro, the warmer the sleeping bag the better. A three-season bag is probably the most practical, offering a compromise between warmth and cost. We have good quality sleeping bags for hire at reasonable cost.
- **Sleeping mat** On Kilimanjaro a sleeping mat is essential if camping but unnecessary if you're following the Marangu Route, when you'll be sleeping in huts. We supply a good quality sleeping mat as standard.
- **Water bottles/Platypus Hoser system** We recommend you carry at least three litres of water per day. Make sure your bottles are thermally protected or they will freeze on the summit. Platypus Hoser-style systems, or CamelBaks, a kind of soft, plastic bladder with a long tube from which you can drink as you walk along are a good option.
- **Water purifiers/filter** Water purifiers are also essential on Kilimanjaro, if you're going to drink the recommended 3-4 litres every day, which will be collected from the mountain streams. Purifying tablets, such as iodine, are effective, as they kill everything in the water, though they taste awful. A cordial will help to mask this taste; you can buy packets of powdered flavouring in the local supermarkets. Filters are less effective and more expensive, though the water they produce tastes much better.
- **Torch** On Kilimanjaro a head-torch is far more practical than a handheld one, especially on summit night.
- **Sunscreen** A high-factor sunscreen (35-40) is essential on Kilimanjaro.
- **Towel** A chamois type travel towel is light weight and a very practical option on Kilimanjaro where opportunities to wash anything other than your face and hands are minimal. You can dry your towel by attaching it to the outside of your rucksack with clothes-pegs.
- **Sunglasses** Good quality sunglasses on Kilimanjaro are very necessary for the morning after you've reached the summit, when the early morning light on Kibo can be really painful and damaging. Sports sunglasses that allow condensation to escape are ideal if you have them.
- **Money for tipping** We recommend 10-15% of the total cost of your climb (so generally \$175-250 per climber) which will be distributed by the head guide according to a system agreed by all crew members. Tips are given to the head guide at the end of the climb at Marangu Gate or Mweka Gate.
- **Toothbrush and toothpaste**
- **Toilet paper**
- **Tampons/sanitary towels**
- **Contraceptives**
- **Waterproof bag or case**, and keep at least the emergency stuff in your daypack - where hopefully it will lie undisturbed for the trek's duration.
- **Plastic bags** Essential for packing your clothes inside your rucksack and duffle bag to keep items dry.
- **Trekking poles** Trekkers on Kilimanjaro often use trekking poles / sticks (also called ski poles) the whole way, however they are almost essential on the descent, to minimize the

strain on your knees as you trudge downhill. Telescopic poles can be brought from trekking/camping outfitters in the West, or you can hire from KCC.

- **Boiled sweets/chocolate/trail mix** Good for maintaining energy levels
- **Chapstick/lip salve or vaseline**
- **Money** For sundry items on sale at huts en route to and from the summit of Kilimanjaro.
- **Mobile phone** You should be able to get reception on much of the southern side of the mountain - including, so it is said, on the summit.
- **Diary/reading material** Though you'll probably be too tired to read or write much.
- **A medical kit** to take with you up Kilimanjaro should include the following:
 - Antiseptic cream for small cuts and grazes.
 - Plasters
 - Bandages useful for twists and sprains as well as for larger flesh wounds.
 - Compeed for blisters.
 - Elastic knee supports for steeper gradients, particularly if you have knee problems.
 - Anti-malarials Though you're highly unlikely to catch malaria on the mountain (you'll be above the anopheles mosquito's maximum altitude for nearly all the trek), if you're on a course of anti-malarials you should continue taking them.
 - Ibuprofen/Aspirin/Paracetamol Or other painkillers,
 - Imodium Stops you going when you don't want to go, which could come in handy.
 - Insect repellent
 - Rehydrating powders Such as Diarolyte.
 - Lip salve or chapstick/vaseline
 - Throat pastilles
 - Any current medication you are on
 - Carry everything in a waterproof bag or case, and keep at least the emergency stuff in your daypack - where hopefully it will lie undisturbed for the trek's duration.
 - Your head guide will carry a more extensive medical kit for more serious medical emergencies



Equipment Hire

This form is to be completed by each individual climber and forwarded to Kilimanjaro Climbing Company at least one week before the climb commences.

KCC Ref. Code:

Client Name:

Route:

Duration of Climb:

Date Climb Commences:

Sex: M/F

Size: Xsmall/Small/Medium/Large/Extra Large

Item	Price per day (US\$)	No of Days	Sub-Total
Summit Jacket	4		
Waterproof trousers	2		
Waterproof jacket	2		
Walking Sticks	2		
Gaiters	1		
Sleeping Bags	4		
Grand Total			