



Gear List & Equipment for Kilimanjaro

www.tranquilkilimanjaro.com/kilimanjaro-gear-list

Tents, food, cutlery, and other communal supplies are provided. You are in charge of bringing the personal gear and accessories that are indicated below as necessary, suggested, and optional. Overpacking is the most frequent error that climbers make. Choose carefully what you bring with you. Your own belongings can only weigh 33 lbs. (15 kgs) with our porters.

Sleeping Gear:

- Sleeping Bag rated 0°F, -15°F
- Sleeping mat : we provide one
- Sleeping bag liner (for extra warmth or for rented sleeping bag)
- Compression sack for sleeping bag

Packs & Bags:

- Waterproof duffel bag 80-100 litres
- Daypack 25-35 litres
- Waterproof pack cover
- Compression sacks or 6-8 waterproof bags
- (Optional) Packing cubes to organize your duffel bag
- Bag lock for duffel bag

Footwear & Trekking Poles

- Hiking boots - waterproof mid-weight
- Running shoes/light hikers (for wearing around camp)
- Gaiters
- 5-6 pairs liner socks (wool or synthetic, no cotton)
- 4-6 pairs thick socks (no cotton!) - thermal socks for summit night
- Spare laces for hiking boots
- Trekking poles

Clothing: Lower Body

- Underwear (no cotton)
- 1 “Convertibles” or shorts
- 1-2 light-medium weight Base layer
- Hiking pants (no cotton)
- Winter hiking pants
- Waterproof shell pants (recommend size zippers)

Clothing: Upper Body

- Comfortable sports bra (ladies only)
- 1-2 light-weight T-shirts (no cotton)
- 1-2 light weight long-sleeved T-shirts (no cotton)
- 2-3 Light to mid-weight Base Layer
- 1-2 Fleece as insulation layer
- Insulated shell jacket
- Down jacket (approx 750-fill)
- Waterproof shell jacket that fits over all your layers

Headwear

- Brim hat or cap with neck protection
- Warm hat with ear flaps
- Neck gaiter or “Buff” (very versatile)
- Sunglasses (rated 100% UV protection)
- Headtorch (don't forget spare batteries)

Water & Snacks

- 2-3 liter hydration bladder (Platypus or Camelbak or similar)
- 1-2 One-liter wide-mouth water bottle (Nalgene or similar)
- Electrolyte/Sports drink powdered formula for adding to your water
- Snacks: Energy bars of your preference - plan for 2-4 per day
- Water purification tablets or filter pen (we provide boiled/filtered water)

Personal Health & Comfort

- Toiletries: toothbrush & paste, hairbrush/comb, foot powder, hand cream, deodorant, soap.
- “Baby-wipes” and anti-bacterial, hand-sanitizer wipes
- Any regular medication you are taking
- Anti-bacterial hand-sanitizer gel such as Purell
- Fingernail brush
- Nail clippers
- Ear plugs
- Sunscreen SPF 40+
- Small microfiber quick-dry towel
- Pee-bottle for night time calls of nature
- Small torch
- Headtorch
- Pocket knife (Swiss Army Knife or “Leatherman”)
- Spare contact lenses/glasses
- Toilet paper (1-2 rolls. Take out the cardboard center for easier packing)
- Camera/phone/iPod/Kindle
- Spare batteries

Gloves

- Thin gloves (wool or synthetic, no cotton)
- Thick waterproof gloves or mittens

Personal first-aid Kit

- Blister plasters - different shapes and sizes
- Antibiotic cream or ointment
- Band-Aid/Elastoplast for minor cuts and scrapes
- Ibuprofen/Paracetamol - over the counter pain relief
- Skin healing ointment such as Aquaphor
- Immodium for diarrhea
- Anti-nausea medication
- Any prescription medications
- Diamox (if using)

Ladies Only:

- During menstrual period, plan to change your tampon or pad 3-4 times daily
- Ziplock bags for used tampons/pads (these must be carried off the mountain)
- Anti-bacterial hand sanitizer - clean hands regularly
- “Baby wipes” or heavy-duty wipes
- Pee funnel: if you’ve ever wanted to pee standing up, now’s your chance!

The above items can be hired on-site, in Moshi or Arusha; payment is only accepted in US dollars in cash. Tanzania has a broad ban on plastic bags, however tourists are allowed to use Ziploc-style bags.