



# Equipment Guide

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## What equipment do I need to climb Kilimanjaro?

Having the correct clothing & personal equipment will make your Kilimanjaro climb more enjoyable and comfortable and ultimately increase your chance of a successful summit.

We are fully aware that with all the different information and Kilimanjaro equipment lists out there, acquiring the correct gear can become very confusing and frustrating. To help you through this aspect of your planning, we would advise you read through our Kilimanjaro Equipment guide.

It is based on our first hand experience and will walk you through the essentials and “good to have`s” for your trek.

We would hate for any of our climbers to be in a predicament of having forgotten something and so to help you organise your gear and avoiding this situation, run through our Kilimanjaro Equipment Check List at the end of this guide and tick off each item as your preparation unfolds.

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## Kilimanjaro Clothing

While climbing Kili you will be trekking through 5 climatic zones. To ensure that you remain perfectly comfortable in each zone, it is important for all climbers to understand how to best dress to cope with the mountain weather and critical that you understand the concept of layering with your Kilimanjaro Clothing.

Wearing clothing layers is to dress in multiple garments (layers) in order to regulate your body temperature, so that you do not overheat or become too cold. The clothing should transport sweat away from your skin to keep it as dry as possible, at the same time as it keeps your body warm.

You regulate your temperature by taking off or putting on layers of clothing. Wearing multiple layers of thin clothing keeps you warmer than if you are wearing a few bulky clothes.

The clothing layers that together wick moisture, insulate, and protect from wind and rain, fall into three categories

- **Base layer** – Moisture Management
- **Mid layer** – Insulation
- **Outer layer** – Weather Protection





## Kilimanjaro Clothing - Layering

### Base Layer – Moisture Management

This is your next-to-skin layer. It helps regulate your body temperature by moving perspiration away from your skin. Keeping dry helps you maintain a cool body temperature in the summer and avoid hypothermia in the winter. A base layer can be anything from briefs and sports bras to long underwear sets (tops and bottoms) to tights and T-shirts. It can be designed to fit snugly or loosely. For cool conditions, thermal underwear is available in light-, mid- and expedition-weights.

### Mid Layer – Insulation Management

The insulating layer helps you retain heat by trapping air close to your body. Natural fibers such as wool and goose down are excellent insulators. Merino wool sweaters and shirts offer soft, reliable warmth and keep on insulating even when wet. For very cold and dry conditions, goose down is best. It offers an unbeatable warmth-to-weight ratio and is highly compressible. Down's main drawback is that it must be kept dry to maintain its insulating ability. A new innovation—water-resistant down—promises to change this.

### Outer Layer – Weather Protection

The shell or outer layer protects you from wind, rain or snow. Shells range from pricey mountaineering jackets to simple windproof jackets. Most allow at least some perspiration to escape; virtually all are treated with a durable water repellent (DWR) finish to make water bead up and roll off the fabric. An outer shell is an important piece in bad weather, because if wind and water are allowed to penetrate to your inner layers, you begin to feel cold. Furthermore, without proper ventilation, perspiration can't evaporate but instead condenses on the inside of your shell.

# Layering for Kilimanjaro

**OUTER LAYER**  
Waterproof / breathable membrane technology (Gore-Tex / eVent) protects from wind, rain and snow

**MID LAYER 2**  
Synthetic down or wind resistant fleece provides extra insulation against the elements in coldest temperatures (on trail or at camp), substitute this layer with your down parka

**MID LAYER 1**  
Fleece insulates and maintains optimal core temperature by trapping air close to your body

**BASE LAYER**  
Wicking synthetics and merino wool keep moisture at bay and regulate body temperature (pack both medium and heavy weight options)

**BASE LAYER**  
Quick dry, wicking convertible hiking pants keep moisture at bay and regulate body temperature. Wear alone or over other layers.

**OUTER LAYER**  
Waterproof / breathable technology (Gore-Tex or eVent)

**MID LAYER**  
Fleece or synthetic down to maintain core temperature

**BASE LAYER 2**  
Heavy weight wicking synthetics

**BASE LAYER 1**  
Medium weight wicking synthetics

**GAITERS**  
Wear these layers in any combination under your outer layer depending on the weather

**HIKING SOCK**  
Standard / light weight

**EXPEDITION WEIGHT**  
Heavy weight sock

Wear gaiters over your pants and boots EVERY-DAY to keep rain, dirt and debris out of your boots

**Warm Weather**

**Cold Weather**



## Kilimanjaro Headgear

Protecting your head and face from the elements as you climb Kilimanjaro is vital. You could face cold, wind, rain and possibly snow – not to mention the sun during the hot and high solar radiation days. You will also need to wear a headlamp for the push on summit night.

### The 6 Essentials for Kilimanjaro Headgear

#### Hats

You will need a good hat for the climb to protect your face from sun burn and keep your head cool. We recommend using hats that have an adjustable neck cover and are made from a material that breaths well.

#### Beanies

A thermal beanie or head band is a must for summit night to keep your head and ears warm. Make sure the beanie fits snug and is suitable for snowy conditions. Look for an outdoor, lined and fleeced beanie or headband.

#### Balaklava

We recommend taking either a hiking balaclava or neck band to protect your neck and face from the elements, or cover your mouth and nose from dust. Make sure to get something that is light-

#### Headlamps

A headlamp is the best torch for night hiking as you can have your hands free at all times and is essential on summit night .

The key things to look for in a good headlamp are:

- Light/brightness quality
- Battery life
- Weight

#### Sunglasses

With sunglasses, there are two considerations you need to take into account. First is the UV intensity, which at just under 6,000m is very high and can be very damaging to your eyes if you don't have adequate sunglasses. The second factor is the snow cover, which acts to reflect and intensify visible light.

#### Sunscreen

Trekking to high altitude where the sun intensity is high requires a sunscreen with a high SPF (30+) and sweat resistant. Make sure to bring sun protection lip cream as well.



## Kilimanjaro Handwear

A Kilimanjaro climb takes you through fully five distinct climate zones; it only stands to reason that you'll need multiple glove/mitten options on your trek. Protecting your extremities such as your hands is the most difficult as they are the most exposed. The principle of layering also applies to your hands warm and comfort.

To ensure your warmth and comfort and covering every eventuality during your trek, we recommend three pairs for any high-altitude climb:

- lightweight
- mid-weight
- heavy-duty

### Inner Gloves

A lightweight glove is invaluable during your trek; on the lower slopes, liner gloves offer sun protection and help prevent blistering from your trekking poles. As you climb higher, they can serve as an additional layer underneath heavier gloves or mittens.

### Outer Gloves

A necessity for the upper reaches of the trek, especially summit night. Ideally, the outer gloves should also be waterproof, without being cumbersome or too bulky. Essentially you want gloves that provide great dexterity, whilst also providing exceptional warmth, water resistance and durability.

### Mittens

You may prefer mittens, especially if your hands tend to get cold; the greater surface area on gloves, and the fact that fingers can't "share" the warmth they're giving off, means they're inherently less warm. For harsh conditions, mittens with a wind and waterproof outer layer, as well as a removable insulation layer, offer maximum protection against the elements.

### Mittens

If you really suffer with cold hands, we do also recommend taking some hand warmers with you. They warm your hands while in your gloves. We advise using the single use option as they stay warmer longer than the reusable. Please make sure they are environmentally safe and non toxic.



## Kilimanjaro Footwear

One of the most important items you will bring to Kilimanjaro is your hiking boots! Due to the varied terrain and weather conditions you will need a very good pair of boots. Your trek will include some even paths. But mostly you will encounter trails that are uneven, slippery, steep, stony and you will be required to navigate rocks, scree and rock scrambles.

What boots should I wear? This is probably one of the most frequently asked questions we get from our clients while they are choosing their equipment. And rightly so! After all, your feet are what get you up Kilimanjaro, so look after them.

### 5 important considerations when choosing your Kilimanjaro boots

There are hundreds of different features that a pair of hiking boots can have. Many of the features that are advertised aren't essential features, and while they may be nice to have, it is important that the boots provide the same basic features. We have covered the important features to look for when shopping for hiking boots. As long as these basic features are covered, you can have your pick of the rest.

#### Comfort

Fit is always the number one concern when it comes to choosing the proper hiking boots for any terrain. Once you have narrowed down the choices of boots that fit, you should begin evaluating the different features to find the boots that will best meet your needs.

#### Boot Weight

Hiking boots should be as lightweight as possible to prevent fatigue by not making the legs work as much. The boots shouldn't be so light that they don't offer ample support though.

#### Water Proofing

Boots should allow the foot to breathe, but prevent water from entering at the same time. Gore – Tex linings inside boots are one of the best materials for providing waterproofing and breathability.

#### Stability & Protection

Padded scree collars help to keep debris out as well as prevent the ankle from rolling. Shanks can be inserted between the inner and the upper to provide rigidity to the bottom of the boot for more stability.

#### Load Support

A rigid sole also provides better load support. When carrying a heavy load, boots should prevent the feet from bending too far forward or backward.





## Kilimanjaro Mountain Equipment

The equipment list for climbing Mt. Kilimanjaro is extensive! For this reason it is important to distinguish what is “nice to have ” and which equipment is essential.

In this section we will cover the important stuff and what you should consider before acquiring your sleeping bags, sleeping mats. You will also need something to carry all your equipment in. Don` t even think about packing a case!

### Duffel Bag

As it holds all of your trekking gear this is one important piece of kit! Because your duffel bag will be carried by porters, make sure it weighs no more than 20kg (15kg is better) and has a soft bottom (approx 80-100 litres). Make sure your bag is waterproof, has a strong zipper system and hand and shoulder strapping system for

### Day Pack

.As you` ll be carrying your daypack, its important to keep it small and lightweight (25-30 litres). Your daypack will be used to carry water and personal items such as sunscreen, snacks, money etc. Look for daypacks with compression straps to reduce stress on your back, rain covers and side mesh pockets for easy access.

### Sleeping Bag

Invest in a good sleeping bag that`s rated for at least -10°C/four seasons. Down sleeping bags are great. They are light, pack down small and definitely keep you warm at night, but down is of course expensive. We do offer the option to hire sleeping bags, since the real warm ones don` t come cheap and most people will not need theirs



## Kilimanjaro Mountain Equipment -continued

### Silk Liner

A sleeping bag liner can help with temperatures. A silk liner can make a huge difference at the higher camps. A liner is also good for people who are squeamish about renting a sleeping bag. If you plan to travel before or after your trek, it also comes in handy if you are staying in

### Sleeping Mat

A good thermal sleeping mat is also a good investment. However, again you have the option to hire these from KCC. You don't need this on the Marangu Route but you still need a good sleeping bag.

### Trekking Poles

Trekking poles are must have equipment on Kilimanjaro, especially for the way down. If you've never used poles before, our guides will introduce them to you on around day 3. Go for poles which are adjustable and made of a lightweight material (aluminium or carbon fibre) with a rubber or foam grip. You can also hire poles from KCC.



## Kilimanjaro Accessories

### The small things also count

So you`ve taken care of all the obvious essential equipment needed for your kilimanjaro climb. Don`t forget the small things. To complete your equipment preparation, a well thought out list of accessories will significantly influence your comfort and perhaps even your health. Being well-prepared and packing the right accessories will help you enjoy your climb and summit Mt Kilimanjaro safely.

#### Technical

- Camera
- Smart Phone
- Power Bank
- Spare Batteries
- Kindle / Tablet
- Small Torch
- Small Headphones

#### Medical

- Medication
- Ibuprofin
- Diamox
- Blister Plasters
- Tubi Grip Support
- Insect Repellent

#### Miscellaneous

- Toiletries
- Trekking Towel
- Wet Wipes
- Ear Plugs
- Pee Bottle (women)
- Water Purification Tablets
- Energy Bars
- Energy Drink Tablets
- Note Book
- Small Lock



# Trekking Kit List

## Technical Clothing

- Underwear Briefs x 3
- Sports Bras x 2 (for the ladies)
- Long Underwear/Light-Weight Base Layer Bottoms x 1
- Light-Weight Base Layer Top x 1
- T-Shirt x 1
- Long-Sleeve T-Shirt x 2
- Hiking Pants x 2 (zip-off to shorts optional, but recommended for 1 pair)
- Poncho or Lightweight Rain Suit x 1
- Mid-Weight Base Layer Top x 1
- Fleece OR Mid-Weight Base Layer Pants x 1
- Fleece or Soft-Shell Jacket x 1
- Synthetic or Down Insulated Jacket x 1 (must be able to fit under outer shell jacket)
- Waterproof Outer-Shell Pants x 1 (Recommended to have side-zipper vents)
- Waterproof Outer-Shell Jacket with Hood x 1

## Hand, Foot, and Headwear

- Glove-Liners for added warmth x 1
- Waterproof Gloves or Mittens x 1
- Waterproof Hiking Boots x 1 (Broken-in!)
- Spare Boot Laces x 1
- Thin Sock Liners x 3
- Thick, Wool or Synthetic Socks x 3
- Gaiters x 1 (optional)
- Brimmed Hat x 1
- Knit Hat/Stocking Cap x 1 (recommended to cover ears)
- Balaclava x 1
- Bandana x 1 (optional)

## Kilimanjaro Equipment

- Headlamp x 1 (with extra batteries)
- Daypack 21 liter x 1 (recommended to accommodate bladder)
- Waterproof Backpack Cover x 1 (Might come with your backpack)
- Trekking Poles x 1 set (telescopic for easy packing)
- Water Bladder x 1 (with insulated tube and mouthpiece)
- Sleeping Bag x 1 (four seasons rating / -10 degrees)
- Sleeping Bag Liner x 1 (added warmth, optional)
- Sleeping Pad x 1 (Closed-cell foam or self-inflating)
- Duffel Bag 90 liter x 1 (Recommend Waterproof)

## Accessories

- Sunglasses or Goggles x 1 (block sun AND wind)
- Lightweight, Quick-dry Towel x 1
- 32oz Pee Bottle x 1 (For Nighttime)
- Pee Funnel x 1 (for the ladies)
- Stuff Sacks or Plastic Bags to keep gear dry (various sizes)
- Water Bladder x 1 (with insulated tube and mouthpiece)
- 32oz Nalgene Water Bottle x 1 (x3 if you do not use water bladder)

## Medication & Accessories

- Prescription Medicines
- Malaria Tablets
- Ibuprofen / Paracetamol
- Diomox (optional)
- Blister Pads
- Lip Balm
- Sunscreen
- Small First-Aid Kit (Band-Aids, ace wrap, alcohol pads, etc.)

## Hygiene

- Personal Toiletries (Deodorant, Toothbrush, Toothpaste, etc.)
- Toilet Paper
- Hand Sanitizer
- Wet-wipes and Body-Wipes

## Miscellaneous

- Camera/Camcorder
- Adaptor
- Extra-Batteries for Cameras
- Cellphone in case you want to Tweet your progress or "Check-in" on FB.
- Small notebook and pencil to log your trip
- High-Calorie snacks
- Flavor tablets for water
- Plastic baggies for trash

## Documentation

- Passport
- Visa (Will be in your passport if you obtain prior to departure)
- Printed Airline Itinerary
- Immunization Papers
- Documentation for Insurance
- Trip Receipt
- Small denomination US dollars or Euros



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