

## Kilimanjaro Hiking Gear

Below is a list of materials needed for your Kilimanjaro climb. We created this list to help you prepare. Please note that this list is advisory. However, we do think all items on this list are essential for a successful attempt to climb Tanzania's favourite mountain!

### Hiking Gear

#### Day pack small backpack



An internal frame climbing/trekking pack of approximately 32-40 litres in carrying capacity. Emphasize simple, lightweight designs.

#### Boundary bag



Traditionally used for whitewater activities, these burly, roll-top waterproof bags are required for protecting your gear. Be sure your bag is approximately 115 litres in size, and has backpack-style shoulder straps for ease of carriage.

#### Water bottle



Two to three one liter bottles. Bottles should be wide-mouth made of co-polyester (BPA-free plastic). Don't use metal bottles as they tend to freeze.

### Camelbak/ water hydration system



The water hydration system is a specialised backpack designed to carry water and provide hands-free hydration during your climb.

### Duffel bag



This item can double as carry-on luggage for your flight and is used to store any items you do not plan to take into the mountains. Think light and simple, with 40-50 litres of total capacity. Bring a travel lock for peace of mind.

### Hand warmers



Bring at least three sets. Please note that toe warmers are different from hand warmers. They are formulated to work in a lower oxygen environment, like the inside of a boot, they also burn out more quickly.

### Walking / hiking poles



Collapsible skiing/trekking poles. Three-section, adjustable-height models are preferred.

### Head lamp



A modern outdoor LED headlamp offering 90-200 lumens of output. Freshly installed batteries plus spare batteries. Weather-resistant models are strongly preferred.

### Binoculars



Bring a pair of binoculars to better zoom in on the fantastic fauna and flora during your climb.

### Sunglasses



High-quality, UV-blocking sunglasses with good all-around protection are recommended. A good fit is critical for comfort. Try on glasses to check for a comfy fit and good light blockage. Keep in mind that high-quality lenses are an absolute must due to the mountain sun.

### Ski goggles



High-quality, ski goggles protect your eyes from UV radiation, wind and weather and improve visibility in snow and ice.

### Sunscreen



One to two ounces of SPF 30+ sunscreen. Varieties with zinc oxide are more protective! One ounce is typically sufficient weekly, but several small tubes can offer insurance against lost or exploded tubes. Sunscreen loses SPF rating over time; we strongly recommend brand-new sunscreen.

### Lipscreen



Several tubes of SPF 30+ lipscreen. As with sunscreen, be sure your lipscreen is new.

## Camping Gear

### Sleeping bag



Whether filled with down or synthetic insulation, your sleeping bag should be rated to approximately 0 degrees Fahrenheit or -20 degrees Celsius and feature a collared hood for warmth. Be sure to include a compression stuff sack. Weather conditions and your body temperature needs may affect what rating of sleeping bag you require.

### Sleeping bag liner



A lightweight cloth sacks usually fitted inside your sleeping bag to provide extra comfort and insulation, and help keep the sleeping bag clean.

### Foam mattress



A lightweight and portable mattress to comfort your sleep. They are easy to carry when rolled up and are also able to withstand rough terrain and harsh weather conditions.

## Camping bed



A narrow, lightweight bed, often made of sturdy cloth stretched over a folding frame to give you a more comfortable sleeping experience while climbing Mount Kilimanjaro.

## Pillow



A lightweight, compressible, sometimes inflatable pillow to comfort your sleep while climbing Mount Kilimanjaro.

## Toiletry bag



Includes toilet paper (stored in a plastic bag), hand sanitiser, toothbrush, toothpaste, floss, and wet wipes. Choose a quantity appropriate for the length of your trip.

## Clothing

### Head Gear

#### Buff



A must-have for all outdoor activities, the UV Buff is a versatile replacement for the bandana and serves a multitude of purposes.

#### Sun hat



Any style of lightweight hat for shading the head and the back of the neck will work well.

#### Warm balaclava



One mid-to-heavyweight balaclava for face protection in very windy or stormy conditions. Choose a model that will fit comfortably over your head. Models with nose and mouth coverage can be nice, but a scuba-style opening can also suffice.

#### Warm hat



A non-cotton wool or synthetic hat that covers the head and ears comfortably.

## Neck warmer



A neck warmer is an enlarged collar of a garment, that is worn for warmth. It is usually a closed tube of fabric, often thick fleece, merino wool, synthetic wicking, or knit material, which is slipped on and off over the head to cover the entire neck and conserve body heat.

## Scarf



An open stretch of fabric to be worn around your neck for warmth, but can also be displayed when taking the famous picture at the top!

## Gloves

### Glove liners



Very lightweight wool or synthetic liner gloves that offer a snug, comfortable fit. Lighter colours absorb less sunlight while still offering UV protection.

### Warm mitts or gloves



Warm waterproof mitts or even gloves when your liner gloves are not warm enough anymore. Leather-palm construction is always ideal for the sake of durability. We recommend that your liner gloves can fit inside the mitten system as well.

## Outerwear

### Hiking shirt



One or two short-sleeved outdoor t-shirts for hiking on warm days. "Tech tees" work well for this, as they are synthetic and quick-drying.

### Thermal top (long sleeves)



One to two long-sleeved baselayer tops. Baselayers must be constructed of a non-cotton material such as merino wool or polyester. Note that light-coloured, hooded baselayers are strongly recommended for sun protection, and are worn by most guides.

### Fleece jacket



This breathable but wind-and-weather-resistant jacket is a key part of a mountaineering layering system. We recommend a hooded model. This layer must fit well over your hiking shirt and thermal top.

### Ski jacket



An insulated, fully waterproof and breathable jacket that protects you from wind and weather on the mountain. Make sure it fits comfortably over your other layers.

## Down jacket



This jacket or parka should be heavily insulated with high-quality down fill. We recommend an overall parka weight between 1.5 and 2.5 pounds. For warmth, a hood is required. Down sweaters or light puffy jackets will **not** be sufficient.

## Poncho



A waterproof barrier that's easy to put on, offer a hood for protection from the rain and wind.

## Rain jacket



Choose a waterproof or water-resistant jacket that is lightweight and can even protect you against wind. Make sure you that it fits comfortably over your other layers.

### Trekking trousers



Bring one or two pairs of lightweight nylon trekking pants for the hot portions of the climb. Some prefer to bring zip-off styles, while others bring a pair of trekking shorts instead of a second pair of trekking pants. These also work well on safari!

### Hardshell outdoor trousers



Waterproof hardshell outdoor trousers that fit comfortably over your underwear or softshell pants. Full-length zippers are optimal. Shorter side zippers are good if you can take your pants on and off without taking off your shoes.

### Ski trousers



The main function of ski trousers is to protect you from moisture, snow and cold on the mountain. The trousers must be cut in such a way that you can wear other layers underneath.

### Rain trousers



Rain trousers are trousers made of windproof and water-repellent or waterproof material, which are usually combined with a rain jacket and usually worn over everyday trousers. To make them easier to put on, many models have a zipper along the trouser legs.

## Underwear

### Short underwear



Synthetic or wool fabrics only; bring a comfortable athletic style for any top and bottom underwear.

### Thermal bottoms



Non-cotton baselayer bottoms that should fit snugly without constriction.

### **9 DAY LEMOSHO TRIP ADD-ON ITEMS**

For those joining us on the extended Lemosho itinerary, we recommend bringing a total of 4-6 pairs of socks, 5-7 pairs of underwear, 3 short-sleeved baselayer tops, and 3 long-sleeved baselayer tops. This small number of extra items will allow you an additional change of clothing.

## Footwear

### Hiking socks



Four or five pairs of mid- to heavyweight hiking socks. Choose wool or synthetic socks. Newer socks offer increased loft, warmth, and padding than older socks. Your socks must fit comfortably over liner socks if you choose to use liner socks. Plan to dedicate one pair of socks to use around camp and when sleeping on very cold nights.

### Gaiters



Waterproof gaiters sized to fit your boots snugly. Tall mountaineering gaiters or shorter trekking gaiters are both sufficient.

### Crampons



Crampons are made of steel alloy, lightweight aluminum, or a combination of the two. Lighter-weight crampons are best for hiking, especially through the summit zone.

### Mountain / hiking boots



Waterproof hiking boots designed for hiking in cool to cold conditions. Modern, lightly insulated boots with room in the toe box and good support should be stressed.