

Suggested Kit list for Kilimanjaro Climb

You will only carry personally a day bag, which should weigh no more than 5 Kg. Everything else will be carried by porters. You can hire equipment in Arusha if you do not want to buy any items or cannot borrow specific items yourself.

Day Bag containing:

Daily lunch Boxes are provided. The rest of these items you will need to bring: Water bottle, Chocolate/energy snax, Money belt/money/passport, Sunscreen, Sunglasses, Light rain coat, Flash light, Camera, Any other personal items, Toilet Roll, Any medication

Other items should include:

Sleeping bag, Tracksuit/lightweight trousers for first day, Warm trousers, Gaiters, Thermal tops and leggings, Socks – cotton and walking socks, Boots, T-Shirts, Polo-neck sweater, Sweater, Warm coat, Walking Poles, Gloves, Balaclava, Hat, Scarf, Any other personal items such as underwear and washing kit

We advice you to bring the following gear:

- Hiking boots
- Thick hiking socks 4pairs
- Wind- and waterproof trousers and jacket
- Gaiters
- Balaclava hat
- Gloves
- Heavy winter jacket
- Small backpack
- Headlight type flashlight
- Water bottle
- Water purification tablets
- Sun block
- Lip balm
- Energy bars
- Sleeping bag / inflatable pillow