

PACKING LIST FOR CLIMBING KILIMANJARO AND MOUNT MERU



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During a day on Kilimanjaro the temperatures can easily range from the high 20's (centigrade) right down at night to -15c. To cope with this huge range in temperature you're clothing and kit strategy needs to be based around combining lots of thin layers that you build up and take off as the weather demands.

Please note that Tanzania is implementing a ban on the use of single-use plastic bags on 1st June 2019. Please ensure that none of the items in your luggage are packed in plastic bags - if you are looking to separate items in your bag, please consider re-usable 'packing cubes'. Please also be aware that disposable plastic bottles are not permitted on Kilimanjaro.

Kilimanjaro National Park operates an absolutely strict limit of 15kg per porter for your main equipment bag, which includes your sleeping bag. This is more than sufficient for your needs on the mountain. Your bag will be weighed before you leave the hotel to start the climb and if it is overweight you will have to take items out and leave them at the hotel.

KILIMANJARO AND MOUNT MERU GEAR LIST

If you are packing for your climb, it is important to really plan your clothing appropriately. This is why we recommend that you pack the following:

- Top Base Layer
- Bottom Base Layer
- 4-5 Pairs of Underwear
- 3-4 Short Sleeve

- 1 Insulated Trekking Pants
- 1-2 Long Sleeve Hiking Shirts
- 1-2 Pairs of Hiking Trousers
- 1 Insulated Winter Jacket
- 1 Polartec Fleece Jacket
- 1 Hard Shell Jacket

BASIC EQUIPMENT

Daypack: Your main gear will be carried by a porter (up to 15kg). You will need to carry your own daypack. 30-40L is sufficient.



Waterproof duffle bag: To carry your main gear we recommend using an 80-90L duffle bag. Large rucksacks (>65L) can also work.



Sleeping bag: You will need a 4-season or -20 Deg C sleeping bag and compression sack. We recommend Mountain Hard ware or The North Face sleeping bags. You can hire sleeping bags from our local shop Tanzania.



Trekking poles: Trekking poles can reduce the impact on your joints by up to 20%. They are great for going down Kili! We recommend adjustable Black Diamond trekking poles.



HEAD

Warm beanie style hat: Go for a version of a beanie that is either knitted or fleeced for extra warmth.



Neck gaiter or scarf: It can get dusty on Kilimanjaro. We recommend bringing a neck gaiter or bandana. The most versatile options are made by Buff or Hood-Rag Headwear.



Sun hat: Preferably go for a hat that is wide-brimmed for protection, and has a neck cover if you aren't going to be wearing a neck gaiter.



Sunglasses: Choose a pair of high UV protection glasses as sun intensity above 4,500m is very high. Julbo are a great mountain sunglass brand but any brand with high UV protection will suffice.



Headlamp: You will need a headlamp with good light output for any late-night toilet journeys, and importantly for summit night. Petzl make market-leading and affordable headlamps.



HANDS AND FEET

Lightweight Gloves: For lower slopes we recommend lightweight, fleece or quick drying fabric gloves.



Warm gloves or mittens: For the cold nights and for the summit push we recommend heavyweight, insulated, preferably water-resistant gloves.



Trekking boots: We recommend using a mid-weight trekking boots with good ankle



SUPPORT.

Training shoes: To wear around camp after a day's trek we recommend bringing a pair of training shoes or sandals.



Socks: 3-4 pairs of outer socks and 2-3 pairs of liner socks. We also recommend bringing 1 x thick thermal socks for summit night. Merino wool is the best material and Bridge dale or Smart wool make good trekking socks.



Gaiters: Help keep your trousers clean in wet and muddy or dusty conditions.



Micro-spikes: Not always required, but seasonal conditions may mean that it is icy at the summit. Micro-spikes fit easily to your boots and give you extra traction. Available to rent from our local shop in Tanzania if required.



UPPER BODY

Thermal base layer: 1 x thermal base layer ideally made from merino wool.



Short sleeved shirt: 2 x lightweight, moisture wicking short sleeved shirts.



Long sleeve shirt: Go for a light or medium weight, moisture wicking long sleeve shirt (x2).



Fleece or soft shell jacket: A mid-weight Polartec fleece jacket is ideal for Kilimanjaro.



Insulated jacket: A good quality and warm down or prim aloft jacket is required for the cold nights and summit push.



Hard shell outer jacket: A water/windproof hard shell outer jacket to protect you from the elements. Gore-Tex material is best.



LEGS

Leggings: Thermal or fleece base layer for your legs. Merino wool is preferable.



Trekking trousers: Light or medium weight (x1) trekking trousers. Convertible trousers are an option.



Hard shell trousers: To protect yourself from the elements you need a good pair of waterproof / windproof hard-shell trousers.



ODDS AND SODS

Sun and lip screen: High SPF sunscreen and lip protection balm.



Toothbrush and toothpaste: Ideally travel size.



Wet wipes and hand sanitizer: Staying clean on Kilimanjaro are challenge. Wet wipes and hand sanitizer are a huge help.



Personal medicines and medical kit: Recommend bringing Paracetamol, Ibuprofen and Imodium at a minimum.



Ear plugs: For light sleepers. Snoring travels in quiet high-altitude camps!



Camera and spare batteries: Unless you are a keen photographer, we recommend taking a good quality and lightweight point and shoot camera like the Nikon.



Plug Adapter: A plug adapter for charging your devices in the hotels before and after the trek. The standard voltage and frequency in Tanzania is 230 V and 50 Hz respectively. The power sockets that are used are of type D / G.



Personal snacks: Boiled sweets, nuts, energy bars and dried fruit are all a good shout.



I HAVE	I RENT	REQUIRED ITEMS	PRICE PER PIECE
		1-Walking Poles	\$ 20 pp
		1-Crampons	\$ 35 pp
		1-Sleeping Bag	\$ 50 pp
		1-Duffel Bag	\$ 35 pp

		1-Waterproof Jacket, breathable with hood	\$ 20 pp
		1-Insulated Jacket, synthetic or down	\$ 20 pp
		1-Sleeping Pad/ Mattress	\$ 15 pp
		1-Soft Jacket, fleece or soft-shell	\$ 20 pp
		2 - Long Sleeve Shirt, light-weight, moisture-wicking fabric	\$ 15 pp
		1 – Short Sleeve Shirt, light-weight, moisture-wicking fabric	\$ 15 pp
		1 – Waterproof Pants, breathable (side-zipper recommended)	\$ 15 pp
		2 – Hiking Pants (convertible to shorts recommended)	\$ 15 pp
		1 – Fleece Pants	\$ 15 pp
		1 – Shorts (optional)	\$ 15 pp
		1 – Long Underwear (moisture-wicking fabric recommended)	\$ 15 pp
		3 – Underwear, briefs (moisture-wicking fabric recommended)	\$ 15 pp
		2 – Sport Bra (women)Head wear	\$ 20 pp
		1 – Brimmed Hat, for sun protection	\$ 10 pp
		1 – Knit Hat, for warmth	\$ 10 pp
		1 – Balaclava, for face coverage (optional)	\$ 10 pp
		1 – Bandana (optional)Hand wear	\$ 10 pp
		1 – Gloves, warm (waterproof recommended)	\$ 10 pp
		1 – Glove Liners, synthetic, worn under gloves for added warmth	\$ 10 pp
		(optional)	
		1 – Hiking Boots, warm, waterproof, broken-in, with spare laces	\$ 25 pp

		1 – Gym Shoes, to wear at camp (optional)	\$ 25 pp
		3 – Socks, thick, wool or synthetic	\$ 15 pp
		3 – Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters (optional)	\$ 10 pp
		1 – Gaiters, waterproof (optional)Accessories	\$ 15 pp
		1 – Sunglasses or Goggles	\$ 15 pp
		1 – Backpack Cover, waterproof (optional)	\$ 15 pp
		1 – Poncho, during rainy season (optional)	\$ 15 pp
		1 – Water Bottle (Nalgene, 32 oz. recommended)	\$ 10 pp
		1 – Water Bladder, Camelback type (recommended)	\$ 15 pp
		1 – Towel, lightweight, quick-dry (optional)	\$ 15 pp
		1 – Pee Bottle, to avoid leaving tent at night (recommended)	\$ 15 pp
		1 – Sleeping Bag Liner, for added warmth (optional)	\$ 15 pp
		1 – Head lamp	\$ 20 pp
		1 – Daypack, for you to carry your personal gear	\$ 20 pp