

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on a Kili climb. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Daypack 25-35L
- Duffle bag/rucksack 70-90L
- Waterproof bag covers (daypack and duffle bag)\*
- Waterproof liners (daypack and duffle bag)\*
- Hotel bag to leave non-trekking items in the hotel

## SLEEPING

- 4 to 5 season sleeping bag comfort rating of -10 to -20
- Sleeping mat/Thermarest
- Sleeping bag liner (fleece/silk)\*

## FOOTWEAR

- Well-worn walking boots with ankle protection
- Hiking socks at least 4 pairs, of which one thermal
- Training/comfy shoe for evenings
- Spare laces\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks bars, dried fruit, chocolate, nuts
- Dry bags for keeping clothes and documents dry
- Walking poles
- Thermal water bottle\*
- Umbrella\*
- Camera\*
- Portable power pack\*
- Contact lenses (plus spare glasses)\*
- Gaffa tape\*
- Alarm clock/watch\*
- Ear plugs\*

## CLOTHING

- Waterproof and breathable jacket GORE-TEX recommended
- Waterproof and breathable over trousers GORE-TEX
- Down jacket
- Windproof softshell jacket
- Lightweight fleece top
- Wicking t-shirts
- Trekking trousers (not jeans)
- Thermals (it can get down to -20°C on summit day)
- Underwear light and loose
- Bandana/buff for the cold
- Balaclava/hat
- Insulated gloves/mittens
- Liner gloves
- Warm, casual clothes for around camp
- Hiking shorts\*
- Smart clothes for the celebratory meal\*
- Swimwear dependant on hotel\*

## SMALL FIRST AID KIT

- Your own medication
- Malaria tablets under advice from your GP
- Pain killers
- Plasters
- Zinc oxide/K Tape tape
- Blister plasters such as Compeed
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Deep heat\*
- Knee supports\*
- Water purification tablets\*

**KEY** \* Indicates Optional

## TOILETRIES

- Personal toiletries
- Tissue/toilet paper
- Bag for used toilet paper
- Insect repellent containing DEET
- Sunscreen (min factor 30), Aftersun/moisturiser
- Lip salve with SPF
- Dextrose tablets for extra energy\*
- Rehydration tablets (added to water)\*
- Dry wash\*

## DOCUMENTS

- Passport
- Visa
- E-tickets
- Photocopy of passport
- Money – see Challenge trip notes
- Debit/credit card
- Copy of travel insurance

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at **Outdoorhire**. They can hire really good quality outdoor equipment and hiring a high quality piece of equipment is better than purchasing a cheap version.

Once you have registered for a challenge, you will receive a discount code for Cotswold Outdoors, Snow & Rock, Cycle Surgery, Runners Need and Outdoorhire.

# MAKING THE MOST OF YOUR KIT

## PLASTIC BAGS

The government of Tanzania has implemented a ban on plastic bags. Visitors should avoid carrying plastic carrier bags or packing items in plastic carrier bags in the suitcase or hand luggage before embarking on visit to Tanzania. Carrying items in 'ziploc bags' specifically for carrying things such as toiletries are allowed as long as they remain within the possession of the carrier and are not disposed of in the country.

## REDUCING COSTS

On Kilimanjaro you are trekking in extreme conditions that will really test your kit to its limits. Good quality kit can be the difference between summiting and not quite making it. We would highly recommend hiring equipment from our partners at [Outdoorhire](#). For Kilimanjaro we would particularly recommend that you consider hiring a good quality down jacket and sleeping bag.

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide/K Tape tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold and the weather may be cloudy, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

## CLOTHES

Temperatures can fluctuate enormously from day-night and between the bottom of the mountain and the summit. **Lots** of light layers are key, as well as a synthetic or down jacket for Summit night. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For Kilimanjaro this should be between 10° and -20° C. If you particularly feel the cold, then upgrade your sleeping bag to the next level eg. from 4 Season to 4+ Season. Don't forget a fleece or silk sleeping bag liner for extra comfort without taking up too much space in your pack. Investing in a Thermarest over a regular foam camping mat will also help you get a good nights sleep. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures. You may want to bring a pillowcase to stuff with some items of clothing and use that as your pillow.

## HYDRATION

At high altitude and during exercise your fluid needs increase dramatically and hydration is vital, not least to help prevent Altitude Sickness. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a wide mouth bottle with a drinking tube adaptor. This set up is easy to fill on the mountain and if the tube freezes it can be removed and you can still drink straight from the bottle.

## SUMMIT NIGHT

If you do use a water bladder, take a water bottle as well and before you set off on Summit night, get your porters to fill your water bottle with hot water and keep it inside your pack, that way you'll have plenty of easily drinkable water and it won't be freezing cold. Another option is to take an insulated water bottle to help prevent freezing. Summit nights are cold so make sure you wear your waterproof because, as well as keeping you dry, it'll also keep the wind out and add a valuable insulation layer. Glove liners are also useful to prevent your hands getting cold even when you have to remove your larger gloves (eg when opening packets during snack breaks). Descending from the summit is hard work, especially on your knees, so make sure you have a pair of good quality walking poles with you to help take some of the strain.

## PACKING

Remember that the porters on Kilimanjaro are only able to carry duffle bags/rucksacks **up to 15kg**, so don't overpack! Your bag will be weighed at the gates of the mountain to ensure that it fits within porter regulations. Your daypack should have a thick waist strap for maximum comfort, and you should have this fitted properly in the shop. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your daypack **and** duffle bag. You can take up to 23kg of luggage on the plane and will be able to leave a small bag at the hotel with fresh clothes to wear at the end of the challenge.



**Portable chargers or power banks** containing a lithium-ion battery must be packed in carry-on bags. Specific regulations regarding power banks may vary depending on the airline, the country you're travelling to, and the type and capacity of the power bank. It's always a good idea to check with the airline and the destination country's regulations before your flight to ensure that you comply with their specific rules regarding power banks.

### **DONATIONS TO THE LOCAL TEAM**

The local team are always happy to accept kit donations. If you have some gear at home (gloves, buffs, hats, any layers, sleep mats etc) that you don't use anymore, then please bring them along and you can donate them to the local team.

