



Kit list for climbing Kilimanjaro

Click on the links where relevant to be taken to an example piece of kit (mix of men and women)

Baggage:

- [Gear bag](#): Your gear bag will be moved by porter and you won't have access to it during the day. Bags must be 'duffle' style and weigh a maximum of 18kg. Any more than this and you may be charged for the extra porter needed at a cost of \$150. Your gear bag will be placed in another waterproof bag for transit on the mountain.
- [Day pack](#): We recommend 20 to 40 litres and should be comfortable and with a waistband. Your day pack contents will include 2 to 3 litres of water, food, layers, waterproofs, personal medication, sunglasses, hat, gloves and perhaps camera.

Boots/shoes:

- [Boots: Good, well-fitting and broken in boots with ankle support are recommended. Bring space laces.](#)
- [Camp shoes: It's good to have some lightweight trainers for afternoons and evenings in the camp.](#)

Clothing:

The temperatures will vary as we trek through the rainforest and up into the higher mountain. Layers help manage warmth and protect from the elements.

- Thermal base layers: High wicking, close fitting (merino wool) and have top ([Long sleeve](#) and [short sleeve](#)) and [bottoms](#).
- Mid layer: A warm middle layer perhaps fleece. [Thin fleece](#) and [thicker, warmer fleece](#).
- [Insulated jacket](#): For summit night and evenings in the camp.
- Outer layers: [Waterproof jacket](#) and [bottoms](#).
- Casual clothes: To be left at the hotel and for the celebration dinner.
- [Walking trousers: Perhaps zip off bottom of legs to turn in to shorts and 2 pairs.](#)
- Walking socks: [Thick](#) and [thin](#) and multiple pairs.
- [Underwear](#): Wicking, no holes in. Enough for the expedition.
- Trekking shirt or top: Long sleeved and could be fleece mid-layer.
- [Walking t-shirts: Bring a few and wicking property i.e. not cotton.](#)
- [Warm hat: Personal preference.](#)
- Gloves: [Thin pair](#) and [thicker warm](#) pair for summit night.
- Neck warmth: [Buff of neck gaiter](#).
- [Sun hat: Wide brim.](#)
- Sunglasses: To look cool but importantly protect from wind or sun.
- [Walking shorts](#): If not taking zip off trousers.

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Other equipment:

- Sleeping bag: Four season and example of Rab Ascent 900.
- [Sleeping mat: One is in the tent but this provides extra comfort to sleep.](#)
- [Sleeping bag liner](#): Hygiene and sleep layering.
- Hydration: [Hydration system](#) like Camelbak plus 2 x 1 litre Nalgene style bottles with insulation.
- [Head torch](#): With spare batteries.
- Guidebook: If required.
- Camera: If wanted.
- [Walking poles: Highly recommended.](#)
- Personal snacks: One or two per day.
- [Dry bags](#): To help organise and keep kit dryer and various sizes available.
- [Waterproof cover](#): For rucksack plus consider liner and make sure it fits your kit.
- Pillowcase: Be comfortable by adding clothes to make a pillow.
- Pee bottle or SheWee: Tent admin!
- [Travel towel.](#)
- Power pack for charging electronics.
- Headphones: Music, podcasts, audibles etc. and in-ear are better as less bulky
- Journal: To make notes and diarise the journey.
- Ear plugs: Reduce campsite noise.
- Fixing kit: Spare laces, tape, sewing kit.

Toiletries/Medical/Health:

- Sun block: Plus, also lip balm and 30+ SPF.
- Personal medication: If needed and enough for the duration.
- Paracetamol: If not allergic.
- Ibuprofen: As above.
- Anti-malaria: As per travel advice.
- Tummy: Stuff for upset and blocked tummies.
- Diamox: STRONGLY recommended and available from doctor or online.
- Toiletries: As required to keep clean and tidy and with [washbag](#).
- Anti-bacterial gel: For hands and hygiene. Bring a few bottles.
- Dry soap: Recommended for hygiene or wet wipes/[all-purpose soap](#).
- General antibiotic: Perhaps discuss with doctor.
- Blister plasters/[anti-blister](#): Just in case.

If you have any queries or questions about kit please email info@aspire-adventures.com and one of the team will get back to you. Please remember kit is a personal choice.

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