



## Kilimanjaro Trek Kit List

### KIT LIST

- Tents will be provided by the local agent. Although the local agent will supply a sleeping mat, we strongly recommend that you bring a thermarest for added comfort and warmth.
- During the trek your main bag should weigh no more than 12kg. This will be carried by the porters. Any additional kit can be stored at the hotel until the end of the trek.
- You will be moving from a tropical climate (above 30c) at the start of the trek, to sub-zero temperatures (as low as -25c) on the summit. Please pack accordingly.
- We recommend that trekking boots and essential kit are worn on the flight – if your bag gets lost in transit, you will still be able to continue with the trek.

When packing, please **do not** strap items such as sleeping bags or mats to the outside of your bag. There is a good chance that they will be ripped off while in transit, and it is possible that they will get wet. They also make handling the bags much more difficult when loading the buses on the trek. It is much better to bring a larger bag which is big enough for all of your kit, than a smaller one onto which you have to strap extra equipment.

### Essential items for trek:

- Large duffle bag / expedition bag (recommended rather than rucksacks – easier for porters to carry), weighing no more than 12kg when full.
- Well broken-in trekking boots with ankle support
- Trekking trousers / leggings
- Shorts (for lower down the mountain)
- Base layer (e.g: long sleeved top). Wicking material ideal
- Mid layer, such as a lightweight fleece
- Warm fleece, or fleece-lined jacket
- Waterproof jacket and trousers. These should be lightweight and breathable
- Breathable socks
- Waterproof gloves with warm inner glove
- Warm hat
- Scarf to cover face
- Plenty of bin liners to keep everything in your main bag dry.

**Day pack** – your day pack should be large enough to carry a packed lunch and the following items (we recommend at least 25-litre capacity):

- Platypus/Camelback (recommended) or water bottles – min. 3-litre capacity. (Please note that platypus tubes will freeze during the final ascent to the summit, so we recommend you consider purchasing an insulating tube or bringing a spare water bottle)
- Flask for hot drink for summit day
- Alcohol hand gel – essential for use after toilet stops and before eating or snacking
- Head torch (LED head torches recommended). Extra batteries and bulb.
- Camera, spare memory card / plenty of film and a spare battery.
- Toilet paper
- Sun hat
- Sunscreen (minimum factor 30) and SPF lip salve
- Sun glasses
- Insect repellent



- Water purification tablets (iodine) enough for 40 litres
- Personal snacks
- Small waterproof bag containing; passport, airline ticket, credit cards and money
- Personal First aid kit (see below)
- Wet wipes (and plenty of them!)

### **Essential items for camping:**

- Four season sleeping bag (AT LEAST 4 season recommended)
- Sleeping bag liner
- Thermarest mat
- Trainers for wearing around camp
- Down jacket for wearing at camp, and on summit day. The temperature will drop well below zero at night.
- Warm, comfortable trousers
- Thermal underwear (leggings and long-sleeved vest)
- Spare underwear, including spare pairs of warm socks
- Something warm to sleep in (perhaps thermal underwear)

### **Essential personal items:**

- Clean clothes for celebratory meal on last night

### **Optional useful items:**

- Walking poles (strongly recommended. Can be hired locally for approx. \$10)
- Lightweight, foldable umbrella or poncho to help guard against rain
- Gaiters (useful in the dust and in the snow!)
- Earplugs
- Nail brush
- Facial wipes (there is little or no opportunity to wash on the trek)

**With prior notification some items of kit (such as sleeping bags or gaiters) can be hired in Tanzania. Please contact the ATD office for prices.**

### **First Aid kit**

ATD doctors carry a complete medical kit during the trek, but are not able to supply everyone with essentials such as painkillers. You are requested to bring a comprehensive First Aid kit for personal use during the event. If you are travelling with a friend, you may wish to share your first aid kit, but please ensure you bring a full weeks' supply of painkillers, plasters (especially blister treatments) Imodium and other 'essentials' for both of you, just in case you both get blisters or fall ill.

- Painkillers
- Ibuprofen or other anti-inflammatory (not for asthmatics)
- Imodium for diarrhoea
- Rehydration mix such as Dioralyte
- Antiseptic wipes
- Plasters
- Gauze pads
- Crepe bandage
- Zinc oxide tape (or Leucotape which is much better)
- Antihistamine cream
- Moleskin and/or 'Compeed' for blister treatment



- Small tub of Vaseline
- Tweezers (not in hand luggage on flight)
- Scissors (not in hand luggage on flight)
- Safety pins (not in hand luggage on flight)