

Kit List for Kilimanjaro Climbs

The items listed below are recommended – please pay careful attention to the ‘essential’ items.

NB. IT CAN BE EXCEPTIONALLY COLD ON KILIMANJARO. It can also be alternately dusty and muddy.

ITEM	ESSENTIAL	OPTIONAL	TICK IT OFF
BAGGAGE AND SLEEPING			
Large Holdall or Rucksack (a suitcase is not appropriate)	✓		
Day Rucksack (for carrying sun cream, camera, water bottles etc)	✓		
Sleeping Bag (four season)	✓		
Sleeping Mat (Foam or High Strength Thermarest)	✓		
CLOTHING			
Long-sleeved Shirt	✓		
T-shirts	✓		
Sweatshirt		✓	
Tracksuit bottoms		✓	
Down Jacket or ski jacket	✓		
Fleece	✓		
Thermal long johns and vests. Two sets.	✓		
Trousers (such as lightweight trekking trousers, avoid jeans)	✓		
Shorts	✓		
Underwear (light and loose)	✓		
Socks (hiking / leisure)	✓		
Dress/Skirt/Sarong		✓	
Lightweight waterproofs (jacket and trousers)	✓		
Walking boots (sturdy well worn in boots)	✓		
Ankle gaiters (for stopping grass scratches and rashes)		✓	
Trainers for evenings		✓	
Wide brimmed hat (or buff to protect head and neck from sun)	✓		
Insulated gloves or mittens and ALSO thermal inner gloves	✓		
Cotton scarf, bandana or dust mask		✓	
Swimsuit if needed after the climb		✓	
HYGIENE			
Wash Bag	✓		
Toothbrush & Toothpaste	✓		
Razor & Cream		✓	
Shampoo		✓	
Travel Towel	✓		
Soap (anti bacterial or bio-degradable)	✓		
Deodorant	✓		
Wet wipes (preferably antiseptic)	✓		
Toilet Paper/Tissues. Toilet paper is supplied on the mountain.	✓		
Hairbrush/comb		✓	
Sanitary products		✓	
Lip Salve with Sun Protection	✓		
Nail Brush		✓	

HEALTH			
Insect Repellent (containing DEET)	✓		
Vitamins		✓	
Malaria Tablets (seek advice from your GP)	✓		
After Sun / Moisturiser		✓	
Sun protection (Factor 30 minimum)	✓		
DOCUMENTS			
Passport (with 6 months to run from end of expedition)	✓		
Visa (Tanzanian Entry Visa Required)	✓		
Air Travel Documents (to be sent to you two weeks before departure)	✓		
Drivers Licence		✓	
Passport Photographs		✓	
Cash	✓		
Credit Card	✓		
Travel Insurance	✓		
Vaccination Certificates	✓		
OTHER			
Water Bottle (two 1litre bottles minimum)	✓		
Steel thermos flask		✓	
Camera		✓	
Binoculars		✓	
Sunglasses	✓		
High Energy Snacks (Tracker bars, dried fruit and nuts)	✓		
Contact Lenses (bring spare lenses, and glasses in case of dust)		✓	
Penknife		✓	
Gaffa Tape (for emergency repairs)		✓	
Cord or String		✓	
Sewing kit		✓	
Notebook and pen(s)		✓	
Compass		✓	
Alarm Clock		✓	
Watch		✓	
Torch (with spare batteries and bulb) Head Torch recommended	✓		
Water Purification Tablets / Iodine drops	✓		
Ear Plugs		✓	
Re-sealable dry bags (for dirty washing etc)	✓		
Spare boot laces		✓	
Telescopic walking pole or two	✓		
SMALL FIRST AID KIT			
Pain Killers / Paracetamol	✓		
Adhesive dressing (plasters)	✓		
Compeed Blister Pads	✓		
Antiseptic spray	✓		
Diarrhoea Tablets	✓		
Any medication you normally use	✓		
Vaseline		✓	
Security			
Padlock for main luggage bags; & body belt or safe pocket in day pack for money, passports, insurance certificate etc.	✓		

Kilimanjaro Kit Hire

Gane and Marshall can pre-book your kit hire for you. Supplies of this good quality kit are limited so please contact us with your requirements well in advance. You do not need to pay us right away. We shall add the amount due for the hire to your balance due invoice which is paid two months before travel start date. You will receive and be able to inspect the items at the pre-climb briefing in Tanzania. The items and costs are as follows:

Item for rent	Specifications	Cost
Duvet (down) Jacket such as Mountain Equipment Annapurna	Mountain Equipment Annapurna down jacket S (38 to 40 inch, or 96-102 cm) M (40 to 42 inch, or 102-107 cm) L (42 to 44 inch, or 107-112 cm) XL (44 to 46 inch, or 112-117cm)	£55
4 season Synthetic Sleeping Bag + cotton liner	4 season synthetic bag. Comfortable to -10°C, in extreme -18°C	£40
5 season Down Sleeping Bag + cotton liner	Vango's F10 Vulcan -17C. A down-filled, 5 Season, mummy-shaped sleeping bag. For more information on this sleeping bags specifications please refer to Vango's website: https://www.vango.co.uk/gb/sleeping-bags/686-f10-vulcan-17.html	£55
Safari-style Mattress	5 cm thick foam, sourced locally	£30
Walking stick (pair)	Collapsible aluminium trekking poles	£10

Notes on daily weather patterns and required clothing from Jeremy Gane

The best way to deal with potential big daily changes in temperature is adopt a layer system. Here are some quick notes about the weather you can expect to encounter on the mountain and how to manage your clothing layers day by day.

When you wake up (typically around 06:30) you will face temps just above freezing on the first days of your climb, and just below as you go higher. Then, by the time breakfast is over and you are ready to trek, it will be warming up and in the sheltered places temperatures can rise to 18c and even 20c to 25c as the morning progresses. But if the mornings are cloudy even the initial rainforest days can be very chilly.

The main factor to consider is mountain convection, which pushes warm air up from the plains and over the rain forest, picking up moisture. This moist air may then precipitate early to mid-afternoon as damp air, drizzle, sleet or snow higher up the mountains. Temperatures can then drop in the early afternoons to only a few degrees above freezing. As you go higher these temps drop further in cloudy weather but on sunny days the sunlight becomes increasingly potent with very high levels of UV and potential for sunburn.

My typical day's main clothing (apart from summit day) is as follows: 3-4 season trekking boots and two pairs of socks liner sock and thick sock; long trekking trousers every day to avoid sun burn and give warmth when overcast; sweat wicking T shirt and mid weight or heavy fleece or ultra-light down jacket for the chilly mornings, with waterproof trousers and jacket in the day pack ready for rain, snow or cold wind. Wide brimmed hat and lightweight gloves – I use my thermal liner gloves but take two pairs up the mountain just in case I lose a glove before summit night!

The down jacket does not go with me on normal trekking days but stays in my main pack with the porters. I use this jacket in the cool evenings and on summit night. This is a matter of personal choice; but you will realise from the potential daily variations a layer system is really important. As a minimum, you must wear or carry in your day pack every day: water proofs, hat, gloves and fleece jacket.

For summit night you will need 4 layers top and 3 or 4 layers bottom, so add to the above clothing: thermal base layer, padded trousers (optional), down jacket, balaclava, heavy duty cold weather mittens. Your summit night clothing would include:

Feet: boots with thick trekking socks and liner socks;

Lower Body: thermal long johns, trekking trousers or padded trousers, waterproof trousers to protect against wind chill.

Upper Body: thermal long sleeved top, T shirt or trekking shirt (optional), fleece or ultra-light down jacket, full down jacket, waterproof jacket.

Hands: liner gloves and 4 season mittens with Gortex cover.

Head: balaclava, woolly hat, hood from down and waterproof jackets.

Don't be embarrassed to take your time selecting kit. It's expected of you to take your time to choose the equipment that suits you best. It is going to be your shield against the elements in the high mountains!

Clothing layers, types & some purchase price indicators

1) BASE LAYER

This layer (long johns and long sleeved vest) must be sweat-wicking. Merino Ice Breakers are the best at around £70 for a set; but other sweat-wicking base layers do the job too. On a long expedition, take two sets – one for the trek in and the other as pyjamas when it is cold at night and also kept aside for the summit climb. For the warmer days at lower altitude you will need a couple of sweat-wicking T shirts.

2) MID LAYER

The mid layer consists of fleece jacket and high performance trek trousers. Fleece comes in three weights (100, 200, 300) and you should go for 200 or 300 depending on how sensitive you are to the cold. Pay £40 to £100. Or go for a light-weight down jacket, they pack small and deliver warmth. Costs from £120 upwards. PHD make in their UK factory the best light-weight down clothing. I use the Wafer Jacket to replace a heavier fleece.

3) OUTER LAYER

There are two requirements for your outer layer – waterproofs and insulators (such as down jacket).

When choosing **waterproofs** go for Hiking Grade not Mountain Grade. They should be lightweight and breathable. E.g. Berghaus Paclite costing around £200 for a set of jacket and pants.

Your main insulator will be a **down (or duvet) jacket** must be top grade. No compromise here. PHD's Hispar, Yukon or Rondoy jackets; Mountain Equipment Annapurna, Rab Endurance or Rab Summit are the standard required. Pay £220 to £450. *We hire out down jackets.*

4) SLEEPING BAGS

For Kilimanjaro your bag should be safe rated to -10c or more and comfort rated to -3c or more. There is a big difference between comfort rating and the less strict safety rating. You are looking for comfort rating. PHD's Hispar 500 or 600 for top quality light-weight down bags. Get the 600 if you are thinking of continuing with higher climbs after Kilimanjaro.

Rab Neutrino Endurance 600 gives – 3c comfort

Mountain Equipment Classic 1000 gives - 8c; Mountain Equipment Iceline gives -13c

We hire out two types of sleeping bag – 5 season down, and 4 season synthetic.

5) GROUND MATS

If choosing a Thermarest you must buy the heaviest version because high mountain moraine and scree can puncture standard Thermarests. If choosing foam, then buy a good one.

We hire out good thick local foam mattresses, which make your nights much more comfortable.

6) BOOTS

Go for 3 to 4 seasons leather or Gortex if buying new. Some options to consider include:

Meindl Himalaya with nubuck uppers. Meindl Island with nubuck uppers around £140.

Meindl Nepal or Burma around £175 if you prefer leather.

Berghaus Explorer Plus at £90 for the budget conscious but at the lower end of the options.

Scarpa Rebel Lite or Scarpa Manta £170 to £250. Go for these if you also do Alpine and/or Scottish winter climbing.

But the main point is to choose a boot that is comfy for you. The boot shop must loan you some trek socks and give you time to test the boots in the shop – try stairs as well as level areas in the shop.

7) SOCKS

Double layer required for the summit with thermal liner and good warm, top grade trekking sock for outer.

The outer can be double knitted too to reduce blistering. Keep one set of socks clean and fresh for the summit. Icebreaker, Bridgedale Summit are all good.