

CAMBO'S KILIMANJARO KIT LIST



*Please note this is just a guideline based on the kit I took with me for my Kilimanjaro expedition

Clothing

Lower altitude

- 4 x T-shirts (moisture wicking)
- 2 x Longsleeve shirts (moisture wicking)
- 2 x hiking shorts
- 2-3 trek quick-drying full length pants ideally with zip-off lower legs
- 1 x waterproof, lightweight jacket

High altitude

- Base layer – thermal top and bottom
- 2 x 100-weight polar fleeces
- 1 x 200-weight polar fleece
- 1 x Polar fleece long pants
- 1 x Water and windproof jacket
- 1 x Water and windproof long pants

Head & hands

- 2 x Buffs
- 1 x Sun hat
- 1 x Polarized Sunglasses
- 1 x Polar fleece beanie
- 1 pair thermal liner gloves
- 1 pair waterproof and windproof gloves for summit night

Sleeping related items

- 1 x Down filling sleeping bag rated to at least -8 degrees e.g. First Ascent Icebreaker
- 1 x Inflatable pillow
- 1 x Sleeping mat (the one's that the tour company provided were very thin and did not give much comfort so I recommend you bring your own mat)

Footwear & related items

- Waterproof hiking boots (make sure you wear them in before climbing)
- Running shoes/takkies for wearing around camp e.g. Salomon XT Pro
- Gaiters (optional but I found them useful as it is very dusty on the mountain)
- 1 pair sock liners for each day on the mountain
- 2 or 3 pairs hiking socks (moisture-wicking is best)
- 1 pair of thick, summit socks
- Extra pair of socks to put bottles in upside down for summit night as hydration packs freeze
- Walking poles/sticks
- Blister plasters

Snacks & Hydration

- 3 litre hydration pack
- 2 x Screw-top water bottles (up to 1 litre each)
- Water purification drops (I never ended up using these as the tour company I used purified the water to fill our bottles/hydration packs each day)
- Snacks to eat whilst hiking e.g. nuts, protein or energy bars, glucose sachets etc

Bags and backpacks

- 1 x daypack (30-40litres) with comfortable straps and a waist belt. It should have space to put your hydration pack, warm clothing, waterproof jacket, lunch pack and easy to access pockets for snacks.
- 1 x 80liter waterproof duffel bag to put all your clothes/kit. Also have waterproof inner bags to keep everything dry inside the bag in the event of rain.
- 1 x bag that you can lock which will be kept at the hotel with extra clothes and items not necessary for the climb

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Toiletries & Medical items

- Wet wipes
- Sunscreen and lip protection
- Survival blanket
- General toiletries – hairbrush, toothbrush, toothpaste, soap, deodorant, face & body cream
- 2 x Toilet rolls
- 1 x Quick-drying towel e.g. Tek Towel by Sea-to-Summit
- 1 x Small mirror and a manicure set
- Basic medical kit including items such as any personal medication, headache pills and painkillers, flu/cold medication, anti-nausea pills, anti-diarrhoea pills, antiseptic cream, muscle pain cream, anti-cramp pills, insect-repellent, plasters and bandages etc.
- Diomox (speak to your doctor first about possibly taking these pills for acute mountain sickness)

General items

- LED Headlamp
- Camera
- Spare batteries for headlamp or camera
- Cell phone (there is some cell phone reception on the mountain)
- Book to read during relaxation time at camp

Travel related items

- Passport (check if you require a VISA for Tanzania)
- Cash preferably US Dollars for tips for the guides and porters
- Tour guide company details
- Immunization requirements such as Yellow Fever. Check with your local travel clinic for recommended/required immunizations for visiting Tanzania

Now that you have all your kit ready to go, I would just like to wish you all the best with your summit attempt of the highest mountain in Africa, Mount Kilimanjaro.



If you have any questions regarding my kit list I have put together for climbing Mount Kilimanjaro, please do not hesitate to contact me by visiting my contact page on

www.camboadventures.com