

What you need



Checklist Tanzania trip and ascent of Mt Kilimanjaro

Please read through the entire list very carefully. If you have any questions about items on the list or about the suitability of your own equipment please contact us, or a reputable mountaineering equipment dealer.

Shoes:

amount

mountain boots, ankle-high, waterproof, broken-in	1 pair
Gym Shoes, to wear at camp, Safari & hotel	1 pair
bathing shoes	1 pair

Equipment for the mountain:

waterproof duffel bag or large bag, for porters to carry your equipment	1
daypack, 30-35L capacity with rain cover, for you to carry your personal gear	1
sleeping bag, min. comfort rating – 8 °C	1
sleep sack for more convenience	opt.
sleeping pad self-inflating, 4 cm high for the tent	1
1 – 1,5 litre water bottle	2
1 litre Thermos	2
Trekking Poles, collapsible	1 pair
gaiters	1 pair
head lamp, with extra batteries	1
glacier goggles / sun glasses	1

Clothing at the mountain:

Goretex Outdoor jacket with hood	1
Goretex Outdoor pant	1
hiking pants	2
insulated Jacket, synthetic or down	1
Soft Jacket, fleece or soft-shell	1
long sleeve shirt	2
short sleeve shirt also wearable as T-Shirt	6
underwear, briefs	3-4
long underwear	1
Sport Bra (women)	1
sweatpants warm for coldness and summit	1
hiking socks	3 pair
gloves warm and waterproof	1 pair
gloves thin	1 pair
brimmed hat, for sun protection	1
knit hat, for warmth	1

	balacava, for face coverage	1
	bandana	1

For the Hygiene

	toiletries	
	tissues and wet wipes	
	sun cream, lip balm	
	trekking towels	2
	antibacterial cleansing gel	1

Odds and ends

	pocketknife	1
	universal adapter	1
	diary and pen	1
	glasses in reserve for spectacle wearer	1
	sewing kit	1
	insect repellent	1
	energy bars	
	energy drink supplement	
	camera with extra batteries	1
	spy-glass optional for Safari	1
	casual clothes for sightseeing and hotel	
	swimming wear	1

Documents and objects of value

	trip receipt	
	passport, Visa	
	copy of passport	
	immunization card	
	insurance documents	
	plane tickets, railway tickets	
	cash money in US \$	
	credit card	
	mobile phone with charger	

Medication

	mountaineer first aid kit	1
	Every trip member should bring a small kit of medicines for personal use. Your own experience and preferences will influence your choice. Some items require a prescription, consult your doctor as necessary.	