

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 tend	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
balaclava, 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.	