



## KILIMANJARO - EQUIPMENT LIST

If you have extra luggage that you do not wish to take on the mountain with you, it can be left in a locked storage room at the Hotel in Moshi for no charge. Valuables should be left in a safety deposit box at the Hotel. The Peak Potential Adventures Team will discuss with you your equipment requirements to determine your budget and potential future use to decide whether to hire equipment in Moshi or purchase it before the climb. Our team is very familiar and experienced with most of the outdoor equipment brands, their performance suitability and where you can obtain the best pricing deals.

### POINTS TO REMEMBER

- The pack that the porters carry is limited to 15 kg (35 pounds)
- Overweight or extra luggage will require an extra porter
- Group tipping at the end of climb US\$350 each
- Store electronics in sealed water-proof bags (double sealed if possible)
- Wrap clothing in plastic bags or waterproof stuff sacks
- In the daypack, take along water, sunglasses, camera, waterproof jacket and trousers at a minimum. Add any other items you might need during the day because you may not see the porters and the rest of your gear until the end of your trek for that day. Also, carry with you snacks like energy bars etc.

### LUGGAGE

- ✓ Day pack, for you to carry (25-35 litres) - (A strong and durable collapsible day pack can work well)
- ✓ Large backpack (70-85 litres), or durable expedition duffel (120 litres) for porters to carry
- ✓ Plastic bags or waterproof stuff sacks
- ✓ Combination lock.

**Note:** The most convenient system for expedition travel is to take a 120-litre collapsible duffel bag, 120-litre durable expedition duffel bag and a collapsible day pack. If you have a current large backpack around 75-80 litres, that will also work, or feel free to purchase a backpack if you think you will use a large backpack for future adventures. Large backpacks generally cost more than a large duffel bag and can be harder to pack on the mountain. If you are planning to take a large backpack, also purchase a large collapsible 120-litre duffel. When you travel, put the large pack inside the collapsible duffel bag with any other items that can be stored in the undercarriage of the aeroplane, and board with your daypack with any valuables like cameras, computers etc. You can then leave the duffel bag at the hotel with any gear in it that you do not wish to take on the mountain. A 120-litre collapsible duffel can be purchased at many of the adventure shops or on eBay. **Please also make sure the duffel bag can be locked with a combination lock. Please contact us if you'd like to discuss.**

### CLOTHING

You want your inner layer to be wicking material—**not cotton**. Next layer should be insulating and warm like fleece, and the top layer should be waterproof but breathable like Gortex or Event. You can get away with cheaper non-breathable wet weather gear. You will need clothes for hiking during the day, lounging in the evening, and for sleeping. Layers are important as temperatures vary greatly on the mountain. Kilimanjaro may be on the equator, but it gets cold up there!

- ✓ Shorts, for first and last day only
- ✓ Long trousers, for hiking and for the evenings (zip off leg trousers work well, and saves taking shorts)
- ✓ Short-sleeved wick t-shirt
- ✓ Long-sleeved wick shirts, for hiking and the evenings
- ✓ Thermal long underwear and top
- ✓ Fleece jacket or wool sweater - (preferably fleece)

- ✓ Fleece trousers
- ✓ Down jacket with hood, or thick ski parka (for temperatures well below freezing plus wind)
- ✓ Waterproof jacket and trousers
- ✓ Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered together)
- ✓ Woollen hat or Balaclava and/or neck scarf

## FOOTWEAR

Please be sure to break in your boots before the climb!

- ✓ Trekking boots for hiking during the day, preferably warm, waterproof, and with ankle-support - not too light and not too heavy. Leather or a composite boot is perfect. Have a look at [Asolo](#) and [Salomon](#) boots.
- ✓ Comfortable shoes or sandals for lounging in the evening
- ✓ Gaiters
- ✓ Hiking socks for warmer conditions
- ✓ Wool socks for colder conditions
- ✓ Sock liners to wick away moisture

**Note:** Boots are a personal preference but have a look at Asolo and Salomon brands. Make sure they are not too tight at the front; give yourself plenty of room for coming down without hitting your toe on the front of the boot. If you have problems with your feet like blisters, we would suggest trying on the Salomon mid-high ULTRA 3 GTX and QUEST 4D GTX. They are a bit more like a runner, so they may be more comfortable. If you decide to go with the Salomon ULTRA 3 GTX, please make sure you use some thicker summit socks, as the boots are a bit lighter, so a thicker summit sock will ensure that your feet stay warm.

## SLEEPING

- ✓ Sleeping bag (Rated -10 degrees F/-25 degrees C or colder is recommended)
- ✓ Fleece sleeping bag liner if you are a cold sleeper
- ✓ Inflatable sleeping mat

## OTHER ITEMS

- ✓ Water bottles or Camelback (3 litres) - (Nalgene largemouth water bottles work better on summit day)
- ✓ To prevent water from freezing on summit day, keep your water source inside your jacket. For Camelbacks, blow air back into the bladder after each sip and drink often.
- ✓ Water purification tablets
- ✓ Sun hat
- ✓ Sunglasses (preferably polarised)
- ✓ Money (see tipping guidelines in the FAQ's)
- ✓ Trekking Poles
- ✓ Headlamp or torch
- ✓ Bring enough batteries for your headlamp/flashlight and camera as cold weather shortens their life
- ✓ Energy bars, boiled sweets, snacks, and comfort foods
- ✓ Playing cards, games, books, for the evenings
- ✓ Plastic bags and zip-lock bags for waterproofing
- ✓ Salt, pepper, spices for bland food
- ✓ Toiletries – including toilet tissue (bio-degradable preferably) – baby and face wipes are also excellent
- ✓ Small bottles of hand sanitiser.

## FIRST AID

One of the senior guides will be carrying a large first aid kit for the group that will contain all of this medical equipment, but we would highly recommend that you carry a small personal first aid kit that contains these basic items.

- ✓ Ibuprofen, Acetaminophen, or Aspirin (talk to your doctor)
- ✓ Throat lozenges
- ✓ Plasters
- ✓ Moleskin
- ✓ Sunscreen (SPF 50) & lip balm with sunscreen
- ✓ Insect repellent
- ✓ Disinfectant, antiseptic cream
- ✓ Diarrhea medicine
- ✓ Antihistamines
- ✓ Melatonin (1-3mg) or other sleep aid
- ✓ Malaria pills (talk to your doctor)
- ✓ Diamox (talk to your doctor)

## FOOD AND SNACKS

- ✓ Breakfast bars, or muesli bars
- ✓ Porridge satchels
- ✓ Lollies
- ✓ Energy Gels
- ✓ Condensed milk coffee tubes

**Note:** Please try to conserve your sugar-based foods for higher up the mountain. You will find, as you gain altitude, your appetite may decrease, particularly on summit night, so having a good supply of energy bars, muesli bars, breakfast bars and energy gels will get keep your body fueled on the summit push. Having easy to manage and easy to get to food will make it much easier for consumption, particularly if it is bad weather and very cold. It is important to consume regularly on your summit push, as you will be burning energy very quickly keeping warm and climbing. Many people fail to reach the summit due to poor food and water management.

## GIFTS FOR GUIDES, PORTERS AND LOCAL CHILDREN

- ✓ Shoes
- ✓ Any warm clothing
- ✓ T-shirts
- ✓ Hats
- ✓ Pens

**Note:** Please feel free to contact the Peak Potential Adventures Team to discuss any equipment that you may be looking at purchasing to ensure that it will be suitable on the mountain. To make it easier, please email through a link to the item so we can assess the technical aspects of the item. The two main pieces of equipment that we put most emphasis on to ensure a comfortable climb are, outer down jacket and boots.