

Majestic Kilimanjaro Treks & Safaris

Personal Items & Personal Equipment

A trek on Kilimanjaro requires you to bring items of a personal nature. Tents, food, sleeping mattress, cooking utensils and private toilet (if applicable) will be provided.

Clothing

- 1 Waterproof Jacket - breathable with hood (essential).
- 1 Waterproof pants - breathable (essential) - recommend you have side zippers for your legs.
- 1 Insulated Jacket, synthetic or down (essential).
- 1 Jacket - soft shell or fleece.
- 1 Light weight short sleeve shirt, moisture-wicking type fabric.
- 2 Long Sleeve Shirts, light-weight, moisture-wicking type fabric.
- 2 Pairs of hiking pants - zippers to convert to short if desired.
- 1 Pair fleece Pants - mid weight to heavy weight.
- 1 Pair hiking shorts for the first or last day (optional).
- 1 Pair long underwear (top and bottom) - thermals (recommended) with moisture-wicking fabric recommended.
- 3 Pairs underwear briefs (moisture-wicking fabric recommended).
- 1 Pair skins (recommended - particularly if prone to chaffing).

Headwear

- 1 Hat - wide brimmed hat for sun protection (recommended).
- 1 Scarf or neck gaiter - also known as a neck warmer (recommended).
- 1 Knit wool hat for warmth - beanie (essential).
- 1 Balaclava - for face coverage (optional).

Handwear

- 1 Pair down mittens or gloves - warm (waterproof recommended). Ski gloves work well if you have them.
- 1 Pair light weight waterproof gloves that allow you to use your fingers more than ski gloves would (optional)
- 1 Glove Liners, thin, synthetic, worn under gloves for added warmth (optional).
- Hand warmers - optional but worth considering.

Footwear

- 1 Pair hiking boots. Waterproof (Goretex). Well worn in, good ankle support with spare pair of laces (essential).
- 1 Pair running type shoes or sandals for changing into at camp sites (optional).
- 3 Pair socks. Thick, wool, synthetic or combination of both.
- 3 Pair sock liners. Synthetic and light. Prevents blisters (optional).
- 1 Pair gaiters ankle length. Goretex/ waterproof. Tracks can be muddy and will prevent scree entering boots (highly recommended).

Knee Supports

If you are someone who finds going downhill difficult after a while, we highly recommend you bring knee supports with you. They may help you as there is quite a bit of downhill walking you will need to do especially after your summit.

Equipment

- 1 Sleeping bag. Three or four seasons bag. Rated to minimum -15 degrees centigrade (essential). Conversion. -10 degrees Celsius = 14 degrees Fahrenheit.
- 1 Sleeping bag liner for extra warmth (optional)
- 1 Pair trekking poles. Extendable (highly recommended).
- 1 Quality head lamp with extra batteries (essential)

Majestic Kilimanjaro Treks & Safaris

- 1 Back pack or duffel bag - 70 to 90 litres in size (essential). Waterproof essential. To be carried by Porter.
- 1 Back pack - day pack. 25 to 35 litres in size. For personal gear during the day (essential).
- 1 Day pack cover. Waterproof with elastic outside edge for good fit.
- Stuff sacks for contents of back pack. Having several of these allows for items to be kept separated and easy to locate. All items in main back pack need to be water proofed. Use plastic bags if nothing else available.
- Visa (available at any Tanzanian international airport and at the border crossing if coming into the country by bus)
- Yellow Fever Certificate - check if required at <http://www.taa.go.tz/index.php/traveller-guides/health-requirements>
- Travel Insurance Documents - essential

Other items

- 1 Pair sunglasses (recommended)
- 1 Poncho for rainy season (optional)
- 2 Water bottles (1 litre each - Nalgene - recommended)
- 1 Water bladder 2 or 3 litre - Camelbak type (optional)
- 1 Towel (micro fibre type - lightweight and quick-dry (optional)
- 1 Pee bottle for night time (optional).

Other personal items

- Toiletries
- Prescriptions
- Sunscreen (30+ essential)
- Lip Balm
- Insect Repellent, containing DEET
- First Aid Kit for personal use (Your head guide will carry a comprehensive kit)
- Hand Sanitizer
- Toilet Paper (optional, toilet paper will be provided with your private toilet facility)
- Wet Wipes - flat pack type (recommended)
- Snacks, light-weight, high calorie, high energy (optional)
- Pencil and Notebook, miniature, for trip log (optional)
- Camera, with extra batteries (optional)

Paperwork

- Trip Receipt
- Passport - essential

Mobile telephone.

Service is usually available even at Uhuru Peak, depending on weather and your phone provider.

Weight Limit

You are limited to bringing 15kg of your personal gear (excluding the items that you will carry in your personal day pack) in a waterproof 70 to 90 litre back pack or duffel bag. This will be carried by a Porter for you. You must stay within this guideline as these porter weights will be checked and enforced. All porters work under strict rules and for their safety cannot carry more than permissible. If you wish to carry more weight in addition to the above, extra Porters can be hired. Please let us know if you have extra gear you wish to have carried.

Rental/Hire Equipment

Equipment that you may not readily own, such as gaiters, can be rented. We have an extensive list of items and their cost. You will need to give us notice in advance of what items you wish to rent.

Storage

Like many people who trek Kilimanjaro, you may also be taking a Safari or going to Zanzibar as a well earned rest after your climb. If you are, you may have a lot more luggage with you than you will need for your trek. Luggage brought to Tanzania that you do not require for your trek can be stored at the hotel.

Take your Hiking Boots on the Plane

We always recommend that you carry or wear your hiking boots on the plane just in case your luggage is delayed or lost. Items of clothing can be replaced, but it is hard to replace your hiking boots. There are quality clothing outfitters in Arusha if the need arises or you have left something at home that cannot be rented.