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Keeping Tanzania Original for You

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Kilimanjaro Kit / Preparation Checklist

ITEM	Essential	Recommended	Tick
FOOTWEAR			
Comfortable, worn in leather or Gortex hiking boots (ankle support)	✓		
Trainers or lighter footwear for use around the campsites		✓	
Gaiters		✓	
Thick walking socks (at least 4 pairs)	✓		
Thinner sock liners which may help to avoid blisters	✓		
Mountaineering socks for summit		✓	
EQUIPMENT			
Four Seasons sleeping bag (with cover) including liner for extra warmth	✓		
Up to 110litre backpack – to be carried by Porters.	✓		
Day pack / rucksack to carry all personal items during the day	✓		
2-3 litre CamelBak water carrier	✓		
2 x 1 litre water bottles (without tube and not plastic) for summit night	✓		
Waterproof storage bags or bin liners to keep clothing / equipment dry and to organise your packing. Re-sealable freezer bags are useful.	✓		
Trekking poles	✓		
Head Torch with spare batteries	✓		
Sunglasses that wraparound. 100% UV protection. Research those suitable for altitude trekking and conditions	✓		
TOILETRIES			
Hand gel – antibacterial	✓		
Toilet Roll / Toilet Wipes	✓		
High factor sun screen and after sun lotion	✓		
Lip Balm	✓		
Wet wipes	✓		
Standard items – soap/toothpaste/toothbrush/	✓		





Kilimanjaro Kit / Preparation Checklist

ITEM	Essential	Recommended	Tick
CLOTHING Important Note: Do not choose cotton options for clothing as this absorbs sweat instead of other fabrics which can regulate body temperature and are quick drying such as polyester. The approach for trekking is to layer your clothing correctly.			
Down or synthetic jacket for summit	✓		
Breathable waterproof jacket with hood – this will be the outer layer so must fit over other layers	✓		
Breathable waterproof trousers – as above, these need to be big enough to fit over other layers	✓		
Gloves (need windproof and waterproof) and glove liners	✓		
Shorts (1 pair should be sufficient)		✓	
2 x combat / trekking trousers – ideally that convert to shorts	✓		
Tracksuit / spare trousers for evening wear		✓	
2 or 3 tops for layering (appropriate material such as micro fleece)	✓		
3 t-shirts for trekking – not cotton	✓		
Thermal underwear – top and bottom as base layers	✓		
Balaclava or other appropriate option that covers ears	✓		
Headwear that protects from the sun	✓		
Clothing for camp (evening) – Important: we recommend you keep a full set of clothing separate for wear around camp that remains clean and dry (not used for trekking).		✓	
FIRST AID / MEDICATION We will carry a standard mountain first aid kit as well as oxygen tank. Daily health checks are carried out.			
Anti-Malarial Tablets	✓		
Antihistamines – bite / sting relief creams / repellent	✓		
Plasters for blisters as well as general	✓		
Paracetamol / Ibuprofen / Aspirin / Throat lozenges	✓		





Kilimanjaro Kit / Preparation Checklist

ITEM	Essential	Recommended	Tick
FIRST AID / MEDICATION Continued..			
Medication for diarrhoea / stomach upsets and subsequent fluid/salt replacement (dioralyte or equivalent)	✓		
Ibuprofen gel or equivalent for muscle pains		✓	
Vaseline – useful against footwear rubbing		✓	

Personal Items / Sundries

We have compiled a list of further items you may find useful to bring and others as a reminder

- Snacks / energy bars for each day of trekking
- Energy tablets to add to drinking water
- Camera with extra batteries / memory cards
- Ear plugs for night use in camp
- Travel pillow can sometimes be useful
- Mobile phone. There are signal points on Kilimanjaro.
- Music via ipod or equivalent
- Knee Supports if you need them or any other applicable supports Contact lens solution if applicable and spare glasses as a back-up
- Feminine hygiene products
- Any personal medication prescribed by your Doctor. This includes Diamox for acclimatization if you have chosen to use this. We would advise splitting medication between hold and hand luggage to ensure you have supplies should there be any delay to your luggage arrival. *Please inform your Lead Guide clearly on any medication.*

You will undergo a full briefing prior to your trek so please do ask all questions you may have and we will be doing our best to prepare and support you fully for your challenge.

