



Kilimanjaro

CLIMB KILIMANJARO · WINDS OF HOPE
PREPARE YOUR GEAR

GEAR LIST

PACKING CHECKLIST

Kilimanjaro is not a technical climb — no ropes, just a long walk uphill. Not everything here is essential; we review the list with every climber to suit you. Tick it off as you pack.

R Rentable — we can provide for a small fee **O** Optional — personal choice

01 GENERAL CLOTHING

- Light waterproof jacket, breathable + hood **R**
- Soft jacket, hoodie, fleece or soft-shell for evenings
- Waterproof pants, breathable, side-zip **R**
- Hiking pants, lightweight (no jeans / heavy cotton)
- Fleece pants
- Shorts, for warmer days **O**
- Underwear, moisture-wicking (briefs over boxers)
- Long-sleeve shirts, moisture-wicking
- Short-sleeve shirts, moisture-wicking

02 SUMMIT CLOTHING

- Thermal long johns for summit night (-25°C)
- Insulated summit jacket, down or synthetic **R**
- Gloves, waterproof down — not mittens **R**
- Glove liners, thin synthetic
- Balaclava, for face coverage **O**
- Head torch + spare batteries & bulb **R**

03 FOOTWEAR

- Hiking boots, waterproof, broken-in, Gore-Tex, spare laces **R**
- Gaiters, waterproof **R**
- Gym shoes to wear at camp
- Hiking socks, wool or synthetic (a size small)
- Sock liners, thin synthetic **O**

Good boots are your most important gear — you're on your feet 6–12 hrs a day. Don't skimp.

04 HEADWEAR

- Knit hat or beanie for warmth
- Wide-brimmed sunhat
- Bandana **O**

05 BAGGAGE & SLEEPING

- Sleeping bag, -15°C / four-season **R**
- Sleeping bag liner **O R**
- Large rucksack 70–90L — porter-carried, max 15kg
- Day pack 25–35L for snacks, wet gear, camera
- Backpack cover, waterproof
- Small suitcase for items left at the hotel
- Waterproof rucksack liner / heavy-duty sack **O**
- Elasticated waterproof rucksack cover

06 HEALTH

- High-altitude tablets — Diamox / nifedipine (ask your doctor)
- Personal first aid kit
Ibuprofen, paracetamol, zinc-oxide tape & scissors, blister pads, Imodium, hydration sachets, your usual meds.
- Malaria tablets, on GP advice
- Pee bottle for cold nights **O**
- A “She-Wee” for the ladies **O**
- Toiletries — brush, paste, deodorant, etc.

07 ACCESSORIES

- Telescopic walking poles **O R**
- Sunglasses, UV-filter lenses
- Water bottle, Nalgene 1–1.5L
- Camelbak bladder, 3L+ **R**
- Towel, lightweight quick-dry
- Stuff sacks / plastic bags, assorted
- Waterproof poncho **O**
- Camera + batteries **O**
- Thermal cover for camera / electronics **O**
- Mobile phone + thermal cover

08 IMPORTANT AMENITIES

- Sunscreen, highest SPF
- Insect repellent with DEET
- Hand sanitiser gel
- Wet wipes — bring plenty
- Toilet paper
- Tissues, in travel pouches
- High-energy snacks — bars, dried fruit, nuts
- Lip balm with SPF

09 DOCUMENTS

Keep paper copies of everything in your day pack; originals can be stored securely in Moshi.

- Passport — 6 months validity after return
- Tanzanian tourist visa (airport, most)
- Kenya transit visa via Nairobi (US\$20)
- Yellow Fever vaccination certificate
- Travel insurance + evacuation cover
- Air travel documents & itinerary
- Cash: US\$1 / \$10 / \$20 for tips & buys

● WHAT NOT TO TAKE

Drones of any kind are prohibited on Kilimanjaro — heavy fines apply, so leave yours in luggage at the hotel. Normal cameras and GoPros are welcome.

● FORGOTTEN SOMETHING?

Winds of Hope and our local guides keep a small quantity of gear for hire on the mountain, though availability can't be guaranteed. When in doubt, ask us before you fly.