

Kilimanjaro rises above the African plain to a height of 5,895m and is the tallest free-standing mountain in the world. It can be ascended via any one of seven main routes, all of which take you from warm Savannah, through jungle rising to the large glacier at the roof of Africa. The main challenge of Kilimanjaro is its altitude - you ascend relatively quickly often without time to acclimatise. The trails are easy to moderate for most until you ascend about 4,500m, then the going gets tougher and the altitude greater, and for those who succeed the reward is unforgettable. The majority of nights will be spent sleeping in tents (depending on your chosen route) and for the most part the hard working porters will carry most of your possessions, so you can concentrate your energy on the four to six hour daily treks and staying well hydrated. This kit list assumes you will be on an organised trek where many items such as shelter and food will be provided.

# KIT Lists

ITEMS	QNTY	✓
Large rucksack/ kit bag/ duffle	1	
Day sack 30-40L	1	
3 Season sleeping bag	1	
Sleeping bag liner	1	
Pillow (optional)	1	
Sleeping mat	1	
Waterproof gloves	1	
Fleece gloves	1	
Waterproof jacket	1	
Waterproof trousers	1	
Lightweight (convertible) trekking trousers	1	
Long-sleeved shirt	2	
T-shirt	2	
Fleece	1	
Thermal top	1	
Thermal leggings	1	
Down jacket	1	
Hat	1	
Mosquito Head Net Hat (optional)	1	
Sun Hat	3	
Walking boots	1	
Gaiters	1	
Blister Patches	1	
Alternative footwear for camp area	1	
Socks	3	
Water bottle - 1 litre	1	
Water bladder 2 litres	1	

ITEMS	QNTY	✓
Chlorine dioxide tablets	1	
Neutralising tablets	1	
Trekking poles	1	
Trek towel	1	
Sun hat	1	
Balaclava	1	
Sun cream	1	
Lip protector	1	
First Aid Kit	1	
Sunglasses	1	
Sunglasses case	1	
Dry wash	1	
Ear plugs	1	
Waterproof camera case	1	
Head torch	1	
Mirror (optional)	1	
Body wallet	1	
Spare boot laces	1	
Food (sweets, etc.)	1	
Wet wipes	1	
Camera		
Ipod		
Energy food		
Rehydration tablets		
Paracetamol		
Enough money to tip porters		
Passport		