

**Mount Kilimanjaro clothing and equipment check list**

**Please Read These Comments Too!**

**NEED TO HAVE**

**CLOTHING:**

Waterproof rain jacket	REI Kimtah Jacket with eVent (or Columbia)	\$160
Waterproof rain pants	REI Shuksan Pants	\$170
"Puffy" jacket*	Patagonia Down Sweater Hooded Jacket	\$279
Safari pants	Various (2 pair)	\$60
Safari shirts - long sleeved	Various (2 pair)	\$38
Safari shirts - short sleeved	Various (1 pair)	\$35
Thermal long underwear	Patagonia Capilene (2 pairs)	\$94
Balaclava	SmartWool Balaclava	\$35
Wide-brimmed hat	Dorfman Pacific "Indiana Jones" style	\$40
Heavy Mittens	Marmot Expedition Mitt (or O.R. Alti Mittens)	\$109
Heavy Gloves	Marmot Randonnee Gore-Tex Gloves	\$100
Hiking Boots (Water Proof)	Vasque Breeze WT GTX	\$105
Gaiters	Outdoor Research Crocodile Gaiters	\$55
Wool Socks - various thicknesses	SmartWool (1 pair/day)	\$17
Liner socks	FoxRiver (1 pair/day)	\$12
Underwear (tops and bottoms)	Various Brands (1/day)	\$30
Wool Hat	EBC	\$15

**EQUIPMENT:**

Zero degree (F) sleeping bag	Marmot Never Summer (with stuff sack)	\$247
Duffle bag	Academy Sports	\$15
Day Pack	Gregory Z40	\$149
3 or 2 Liter Water Bladder	CamelBak 3.0L / 2.0L	\$35
1 Liter water bottles	BPA free (2)	\$10
Headlamp & extra batteries	Black Diamond Spot Headlamp	\$40
Trekking Poles	Distance Carbon (not very length adjustable)	\$159

**OTHER:**

E Africa plug adaptor	Best Buy or Radio Shack	
Sunglasses		
Sunscreen		
Lip balm w/sunscreen		
Cash / Credit Card	I also bring cash/cc on mtn for drive back to hotel (souvenir stops)	
Toilet Paper / Hand Sanitizer		
First Aid Kit		
Prescription medications	Malarone, Diamox, Zofran, Ambien, Anti-biotics, Inhaler (asthma?)	
Pain medicine	Tylenol Arthritis Pain (650mg)	
*Gortex multilayer jacket	NorthFace Men's Atlas Triclimate	\$290

**NEED TO HAVE SUBTOTAL= \$2,009**

Rain gear is required (but rarely needed) due to unexpected rain that could lead to hypothermia. Consider inexpensive alternatives such as Frog Togs  
 For camp & add layers for **Summit Night**, like w/ the waterproof rain jacket  
 100% polyester  
 100% polyester  
 100% polyester. Also Gander Mtn., Magellan  
 1 pair for Sleeping and 1 pair for **Summit Night**  
**Summit Night** - Pulls up over your head  
 Daily use - the sun is very intense especially after we are out of the forest  
**Summit Night**, **EXTREMELY IMPORTANT!** The Alti Mittens cost more \$\$!  
 NOT a substitute for **Summit Night** Mittens!  
 Get fitted by the sales rep. Very important! No blisters! 1-1.5 sizes bigger than normal  
**Summit Night**. Keeps rocks out of your boots, especially on summit night  
 Prices \$14-\$24, depends on cushion (I use Med, Heavy, X-Heavy)  
 Consider washing and buying less to save \$\$  
 100% polyester  
**Summit Night**

Don't skimp on a good sleeping bag!  
 Porters carry on their heads. I need to get a better one.  
 Get it fitted to your size. Osprey is also a very good brand.  
 Goes inside your day pack. Got mine at Bike Lane  
 Mix up your energy drink powder  
**Summit Night**  
 Some people do not use poles, but I use and recommend especially for  
**Summit Night** and going down hill  
 For anything to be plugged into an outlet at Hotel  
 The sun is very intense!  
 The sun is very intense!  
 The sun is very intense!  
 Airport snacks, small tips, gifts & souvenirs (sky is limit on these two!)  
 Very important!!  
 Band-aids, Moleskin, ace bandage, Antibiotic ointment  
 Plus your own  
 Good for sun headaches & mild altitude headaches  
**Summit Night**. I switched from a down jacket to this in 2013

**Available to Rent from Zara:**

**Let me know if you want to reserve any items from Zara:**

**I only recommend renting the following from Zara:**

<https://www.zaratours.com/equipment-rental/>

Mont Bell Sleeping bag (-13F) - washed!	Warm/Down Jacket	Trekking Poles (but check them before renting)!
Duffel Bag	Gaiters - make sure not broken	

**VERY IMPORTANT NOTES!!**

- \*Never pack key valuables in your checked bags: medicines, computer, camera, etc. Pack expensive bulky items deep in your suitcases.
- \*I mostly paid store prices, sometimes on sale, but a person carefully looking online for deals, can probably pay less than 1/2 of what I have paid.
- \*Do not bring cotton clothing - all clothes should be 100% polyester, wool, or silk; which wick away moisture much faster. Avoid hypothermia!
- \*Layering is key to staying warm especially on summit night.
- \*Protection from the intense sun can help prevent headaches. The sun can cause headaches even more than the altitude.
- \*Wrap clothing in plastic bags - Kilimanjaro can be very dusty (Compression bags or food sealers should work well). I use Zip-Lock bags.
- \*Make sure you have a knowledgeable salesman help you fit your boots (1 size larger than normal).
- \*The duffel that the porters carry is limited to 15kg (35 pounds). Overweight duffel or extra duffel *will* require an extra porter for \$100/trip.
- \*In the day pack, bring filled 3 liter camelback bladder, sunglasses, camera, rain pants/jacket at a minimum. Add personal items you think might need during the day, since you may not see your porters until the end of the day.
- \*Store electronics in sealed water-proof bags (double sealed if possible) to protect from water and dust.
- \*At end of hike Zara Tours may be interested in purchasing second-hand gear for rentals.
- \*You may want to bring/leave some older items of warm clothing as gifts for your guides & porters or donate to the Mt. Kilimanjaro Porters Society.
- \*Check luggage number and weight limit with airlines - international and domestic - there are charges for too many and/or too heavy bags.
- \*You can leave extra luggage in a locked storage room at the Springlands Hotel for no charge.
- \*You can leave valuables in the safe deposit box at the Springlands Hotel that I will rent for the group.
- \*Make copies of passport, schedule. Leave a copy w/someone at home. Put a copy in each piece of your luggage and day pack.
- \*While on the mountain walk slowly (take lots of photos!!), drink 3-5 L of water each day, never wander off by yourself.
- \*Purchase and read Daniel Dorr's book, "[Kissing Kilimanjaro](#)." My experiences have not been bad like his was!

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NICE TO HAVE

**CLOTHING:**

Hiking shorts	Various	\$45
Fleece jacket and pants	REI	\$105
Heavy mid-layer top	Arterex Fortez Hooded Fleece Jacket	\$179
Heavy mid-layer pants	Outdoor Reasearch Cirque Softshell Pants	\$150
Bandana / Neck Gaiter	10th Anniversary Clean Water Climb	\$0
Lightweight fleece gloves	Marmot Windstopper Glove	\$49
Camp shoes	Merrell All Out Blaze Sieve	\$100

I wear shorts at least the 1st two days and the last day  
Summit Night  
Summit Night  
Summit Night  
 The sun is very intense, dust can be bad on Kilimanjaro (& EBC)!  
 Chilly evenings & mornings while in camp  
 Consider tennis shoes instead. Don't bring flip-flops!

**EQUIPMENT:**

Sleeping Mattress and/or pad	Thermarest Z-Lite folding pad	\$90
Super thin, frameless pack	REI Flash 18	\$35
Insulated drinking tube	CamelBak Altitude Thermal Control Kit	\$20
Solar tent light	Luci Inflatable Solar Light	gift
Fanny Pack	Eagle Creek	\$25

Or bring a blow-up mattress  
Summit Night (keeps water thawed). (or Camelbak - Racepak or StoAway)  
Summit Night (keeps water thawed)  
 It was a gift from a climber  
 Very handy to stuff snacks, camera batteries, etc.

**OTHER:**

Digital Camera, extra batteries	Canon Mark III 5D Digital SLR	
XL clear plastic ziplock bags	Hefty 2.5 Gal OneZip Jumbo (12 ct)	\$3
XL Moist Towlettes or Baby Wipes	Wet Ones Big Ones (28 ct)	\$2
Personal Toiletries	Toothbrush, Toothpaste, floss, soap	\$5
Wipes	Sanitizing & Baby	
Hand towel	Rat Towel	\$12
Powdered energy drink mix	Advocare Spark	
Trail mix, Jerky, Energy Bars	Various brands	\$6
Cell phone	iPhone 12 Pro Max (might upgrade to 13 Pro Max)	
Hand and foot warmers		
Vitamins, OTC medications,		
Saline Nasal Spray		

Bring at least a high quality point & shoot w/ a good zoom  
 Pack clothes in bags to Reduce amount of ash/dust getting into clothes  
 These are great for Spit Baths, but leave slight residue  
 Whatever you need  
 Clean up before going to bed  
 Synthetic, fast drying  
 Mix with 1 L bottle of water  
 Trader Joe's turkey, salmon, buffalo jerkey are excellent!  
 Great for Panorama, Portrait, and Night photos!!  
 Chemical activated, for Summit Night  
 Melatonin, Pepto, Lozenges, Afrin, Sinus Rinse

NICE TO HAVE SUBTOTAL= \$826

CONSIDER TO HAVE

**CLOTHING:**

Down jacket or ski parka	Whittaker Mtneering 1st Ascent Peak XV	\$299
Hoodie	Cabella's	
Base layer	Hot Chili's	
Trekking Gloves	Arterex	

Instead of multilayer jacket above - I no longer use - too hot!

**EQUIPMENT:**

Pillow	REI Backpacker Pillow	\$23
Sleeping Bag Liner	Silk Stretch Mummy Liner	\$75
Ski Goggles	Scott Storm OTG Ski Goggle	\$55
Hot water bottle	Carex 2 qt. Hot water bottle w/fleece cover (or just use an empty 1L water bottle)	gift

Or bring a pillow case / stuff bag and stuff clothes in  
 Provides extra warmth and keeps bag cleaner  
Summit Night  
 If you get cold easily, have cooking staff add warm water for your sleeping bag

**OTHER:**

Camera Tripod (or Monopod)	Sprint Pro II GM Tripod	\$90
Urine receptical	Pee Bottle. Ladies purchase "Go Girl"	
Insect repellent	With Deet	
Paper towels		
Notebook/journal, pens/pencils		
Playing cards, games, frisbee		
Energy Power Source (for charging your iPhone and other USB devices)	30,000mAh Aukey Power Bank	
Flip Flops		

I also bring a fairly heavy Manfrotto Monopod  
 Ladies Consider getting a Travel John/Pee Styler for middle of night!  
 I NEVER bring to Africa anymore!  
 Handy for washing/rincing before a meal

Taking showers in hotels, tea houses, etc.

CONSIDER TO HAVE SUBTOTAL= \$542

Items were purchased at:

Best Buy	Eddie Bauer	Marmot	REI
49ercommunications.com	Outdoor Research	Academy	Cabella's
North Face	Backcountry	Patagonia	eBay
Massey's Outfitters	Whittaker Mountaineering	Gander Mtn	Arterex