



# KILIMANJARO GEAR LIST

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## Kilimanjaro Gear List

This detailed gear list is provided for your reference. Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional) and if you arrive missing some of them you will be required to track them down prior to the climb at your own expense, which can be difficult and costly. We have identified our favorite items and highly recommend these to you. Please Choose Items Like this but your selections don't need to be these exact items.

Please make sure you are fully prepared so that your trip and the trips of your teammates goes smoothly. If you have any gear questions please shoot us an email or give us a call and we can discuss it: we're here to help!

## Travel Wallet

- With passport, cash, travel documents (travel itinerary and hotel vouchers if overnighiting en route), and pen.
- This must be discreet and able to be hidden underneath clothing layers with either a neck lanyard or a waist belt.



Eagle Creek RFID Blocker Neck Wallet

## 2 X Duffel Bags (with locks)

- Ideally made of high-durability PVC with shoulder straps and waterproof.
- Please do not use duffels with a roller frame. They are much heavier and very difficult for the porters to carry.
- One of these will be stored at the hotel off the mountain and one will be used for your trekking gear on the mountain.



The North Face Extra Large Base Camp Duffel (132L)

### Casual Travel Clothes

- These should be comfortable and suitable for wearing to nicer restaurants while off the mountain and on safari.

### Print out team emails and bring with you

### Light weight sneakers

- For travel and on safari.



## Lower Body

### 2 pairs light socks

- For trekking and travel

### Hiking boots

- These are to wear for the climb. They need to be insulated and warm enough to wear in snow and cold temperatures on summit day.
- These need to have ankle support and be waterproof with a good tread.



Vasque Snowblime Ultradry



Vasque Women's St Elias FG GTX

## 2 pairs of trekking socks

- These should be medium weight and need to extend above the boot top.



Darn Tough Coolmax Micro Crew



Cushion Darn Tough Hiker Boot Sock Full Cushion

## 2 pairs of climbing socks

- These need to be heavy weight and extend above the top of your boots.
- They need to fit well so they don't bunch up while climbing.



Darn Tough Mountaineering Over-the-calf Extra Cushion



## Trekking gaiters

- These must be waterproof and fit your trekking boots well.
- Medium Weight.



Sea To Summit Tumbleweed Ankle Gaiters

### Electric Foot warmers (optional)

- You will want to fit and use these before leaving home in the same boots you plan to climb in to familiarize yourself with them.

### Foot powder

- Keeps feet dry and warm.

### Swimsuit

- For pool at hotel (optional).



Hotronics Foot Warmer Power Plus Universal

2 pairs of thermal bottoms

- 1 light
- 1 medium



Icebreaker Men's Merino 260 Tech  
Thermal Base Layer Leggings



Women's 250 Vertex Leggings  
Snow Storm

#### 4 pairs of synthetic underwear

- For climbing, trekking and base camp.

#### 2 pairs of synthetic climbing/trekking pants:

- 1 light weight
- 1 medium weight
- These need to fit over your thermal under layers and under your full-zip shell pants.
- Zippered pockets are good and thigh vents can be useful on hot days.
- “Convertible” pants are useful to turn into shorts on hot days.



Outdoor Research Men's Ferrosi  
Convertible Pants



Outdoor Research Men's Methow  
Pants



Outdoor Research Women's  
Ferrosi Pants



Outdoor Research Women's  
Cirque II Pants



### Insulated pants

- Synthetic or Down is good.
- Medium weight is ideal.
- These should fit over BOTH your thermal under layers and your climbing pants.
- These must have full zips on the sides to get them on and off over your climbing boots and crampons without taking your boots off.



Mountain Hardware Compressor Pants

## Shell pants

- These must fit over your thermal under layers AND climbing pants.
- These MUST be waterproof and have full zips on the side to get on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's Apollo  
Rain Pant



Outdoor Research Women's Apollo  
Rain Pants

## Thermal under layer tops

- 2 tops: 1 light weight and one medium weight.



Men's Merino 260 Tech Long Sleeve  
Half Zip Thermal Base Layer Top



Women's 260 Tech Long  
Sleeve Half Zip

Sun hoodie



Outdoor Research Echo Hoodie

2 medium weight layers: 1 synthetic pile jacket, 1 down or synthetic vest

- You will want a combination of options. We recommend a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.
- These should be lightweight with maximum warmth and very packable.



Himali Altocumulus Down Jacket 2.0



Patagonia Classic Retro-X Jacket



## 1 shell jacket

- This should be lightweight, waterproof and packable with a hood.
- Must fit over all your upper body layers except your largest down parka.



Outdoor Research Men's  
Helium II Jacket



Outdoor Research  
Women's Helium II Jacket

## Down Parka

- This needs to be very warm yet light and packable with a hood.
- This will be worn at camps on the mountain and during summit day. Do not underestimate the cold on summit day.



Feathered Friends Khumbu  
Parka



Mountain Hardware  
Absolute Zero Parka

2 buff neck gaiters



Neck Gaiters

### Winter hat

- This must be very warm and cover your ears.

### Baseball hat/sun hat

- This should be lightweight and breathable for hot and sunny days yet cover as much exposed skin as possible.



Outdoor Research  
Spitsbergen Hat



Outdoor Research  
Sun-Runner Cap

## Fleece gloves

- Medium weight.
- These will be worn on warmer days on the mountain, and in mountain camps.



Outdoor Research Waterproof Liners



### Climbing gloves

- These will be worn when it is colder at the lower camps and on summit day.
- These need to be the warmest climbing gloves you can find. Do not skimp on this item as it is one of the most important items of gear you will have.
- These need to have room in the fingers to not be constrictive and cut off warmth and circulation to your fingers. More room in the gloves is better than less.



Black Diamond Guide Gloves

### 8000m mitts

- These must fit over your medium weight liner gloves and your heavy weight climbing gloves without constriction. Larger is always better than smaller.
- Hopefully you will be able to climb in your heavy weight climbing gloves all the way to the summit and back because gloves offer you a lot more dexterity than mitts. These down mitts serve as a backup in case you drop a glove or your hands are simply too cold in the heavy weight gloves and need a warmer option (gloves PLUS mitts).



Outdoor Research Alti Mitts

### Chemical Hand warmers and foot warmers (optional)

- Bring enough pairs to get you through the expedition but not more as they are heavy to carry up the mountain.
- If you are bringing the Hotronics electric foot warmers you will likely not need the chemical warmers.
- Note: chemical hand warmers use oxygen to burn so do not work well at high altitude and the foot warmers in the boots do not really work at all on summit day.



Hand warmers

### Glacier glasses

- These must be the darkest lenses you can buy (Cat 4) to wear on snow and have full coverage around the eyes to block all light.

### Goggles

- These must be the darkest lenses you can buy (Cat 4) for use on snow.

### Prescription eyewear

- If you need prescription Glacier Glasses contact the manufacturer for options well in advance of your trip.



Julbo Skydome Reactive 2-4



Julbo Explorer 2.0 Spectron 4

## Day Pack

- Light weight.
- 30 - 40 L.
- This pack will be used as a carryon bag for the trip to Africa and then for the day hikes on the mountain.
- It should be light weight and have both a waist belt and chest strap.



Hyperlite Prism Pack (40L)



Archeon 30 (Women's)



Osprey Skarab 30 (Men's)

## Trekking Poles

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.
- Larger powder snow baskets are the best option.



Black Diamond Trail Pro



Pack cover



Osprey Ultralight Rain Cover

## Down sleeping bag

- 1 rated to 0F or -10F



Marmot Trestles (0F)

## 2 sleeping pads: 1 closed cell foam, 1 inflatable

- You will use these together.
- The closed cell foam (Ridgerest type) protects your inflatable (Neoair-type) pad from the rocks and gravel underneath your tent. Neither is warm enough on their own.



Thermarest Ridgerest



Thermarest Neoair XLite

### 2 headlamps: 1 medium sized and 1 small sized as a backup

- Your main headlamp needs to be powerful enough to climb during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to climb with in an emergency should your main headlamp fail.
- Please bring extra batteries for both headlamps (battery powered headlamps are better than rechargeable headlamps, because you can bring extra batteries).

### Batteries

- Make sure to have enough batteries for the expedition with spares



Black Diamond Icon 700



Black Diamond ReVolt 350

## 12 Point Crampons

- These MUST fit your boots perfectly. There is no way to get new crampons once on the mountains.
- These must be steel (NOT aluminum) and be 12 points.
- Please no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections.
- We have found that to get the best fit on most boots you want to have a clip on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.



Petzl Vasak 12 point crampons



Black Diamond 12 point Sabretooth Crampon

## Water Bottles

- Must be wide mouth bottles for easy filling.
- Either 2 X 1 L water bottles, or 1 X 1.5 L and 1 X .5L.
- Camelback-type hydration systems are unacceptable. They freeze, pop and break so are unreliable.



Nalgene 48 oz wide  
mouth Silo



Nalgene 32 oz wide  
mouth



Nalgene 16oz wide mouth



Insulating bottle covers



Forty Below Bottle Boot

Water purification: Iodine tablets, filter or UV treatment



Katadyn Steripen Classic 3

Book or Kindle/iPad with movies/tv series

Camera

Multitool



Gerber Suspension NXT Multi-Tool

## Altitude watch

- This should have a long-lasting battery and an alarm.



Suunto Traverse



Coros Vertií GPS Watch

## Sun screen & zinc

- Buy sunscreen with a high zinc content and sweat resistance.
- This must be 30 spf or higher.



Neutrogena Sheer Zinc

Hand Sanitizer (several small bottles)

Lip Balm with spf

Small Soap

Small Shampoo

Umbrella and Rain Poncho

Tooth Brush and Toothpaste

Nail trimmers

Baby wipes



Ear plugs

Power battery/recharger/solar charger with cords (optional)

Headphones

Small set binoculars (optional for safari)

Pee bottle (1 liter)

Pee funnel (women)

Small Aloe Vera

- In case of sun burn.

Toilet paper

- 1 roll.

5 large heavy duty trash bags

- These are used for waterproofing duffels, backpack, and caching gear at camps.

Belt

- For climbing pants.

### Basic medical kit

- Should include: blister kit, low dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, Diamox (acetazolamide, 125mg) for AMS, nifedepine (for pulmonary edema, time release), dexamethasone (for cerebral edema, 4mg), antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, ear plugs, Antibiotics (upper respiratory such as Azithromycin and a gastro-intestinal such as Ciproflaxin), melatonin, Asthma medication if you use it (Advair), cold and flu medication. Prescription medications in consultation with your doctor.

### Snack food

- We recommend 3 pounds/1.5 kilograms. You need to have an assortment of food you know will be palatable to you at high altitude when you don't want to eat. We will provide you with most of the food you will need for the mountain but it is invaluable to supplement with food that you know works for you. We recommend a wide variety of cheeses, meats, nuts, dried fruits hard candies, chocolates and specialty athletic foods such as "Gu," "Nuun," shot blocks and the like



Gu Energy Gels



Gu Hydration Tabs



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THE SEVEN SUMMITS

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