



CLIMBING
THE SEVEN SUMMITS

KILIMANJARO GEAR LIST

www.climbingthesevensummits.com

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 favorites as examples of each item, which we highly recommend, but you don't need these specific brands/examples, just items that are similar and fit for the same purpose.

Being fully prepared will ensure that your trip and that of your teammates go smoothly and will contribute to your success in the mountains.

If you have any gear questions, please email or give us a call, and we can discuss them: we're here to help!

Travel Wallet/Crossbody Bag (optional)

- With your passport, cash, travel documents, and pen

Cash

Passport, Passport Photos, and Travel Documents

- Print out team emails to bring with you or download them on your phone for quick reference.

Casual Travel / In-Town Clothes

- These should be comfortable and suitable for wearing to nicer restaurants while off the mountain.
- Bring lightweight sneakers for travel.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

Swimsuit (optional)

- For the hotel pool.

In-Town Toiletries

Travel Adapters, Charging Cables, Battery Packs, etc.

2 x Large Duffel Bags with Locks

- Waterproof PVC rugged construction with shoulder straps (like North Face X XL).
- 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 Base Camp Duffel - XXL

5 x Pairs of Hiking Socks

- 2 x midweight hiking socks.
- 2 x heavyweight hiking socks.
- 1 x socks for wearing around camp.
- All socks should extend above the top of your hiking boots.



Darn Tough Men's Hiker Micro Crew Midweight Hiking Sock



Darn Tough Women's Hiker Micro Crew Midweight Hiking Sock



Darn Tough Men's Mountaineering Micro Crew Heavyweight Hiking Sock



Darn Tough Women's Mountaineering Micro Crew Heavyweight Hiking Sock

Hiking Boots

- These need to have ankle support and be waterproof with good tread.



Vasque Women's Coldspark
Ultra Dry



Vasque Men's Coldspark
Ultra Dry

Gaiters

- These must fit over your hiking boots.

4 x Pairs of Synthetic Underwear / Sports Bras



Outdoor Research Rocky Mountain Low Gaiters

2 x Pairs of Base Layer Thermal Bottoms

- 1 x lightweight pair.
- 1 x midweight pair.



Icebreaker Men's Merino 260 Tech
Thermal Leggings With Fly



Icebreaker Women's Merino 260
Tech Thermal Leggings

2 x Pairs of Soft-Shell Hiking Pants

- 1 x lightweight pair.
- 1 x midweight pair.
- These need to fit over your thermal underlayer and under your full-zip shell pants.
- Zippered pockets are good, and thigh vents can be useful during periods of high exertion.



Outdoor Research Men's
Research Cirque II Pants



Outdoor Research
Women's Cirque II Pants



Outdoor Research Men's
Ferrosi Pants



Outdoor Research
Women's Ferrosi Pants

Belt (optional)

- For pants, if needed.

Shell Pants

- These must fit over your thermal under layers AND hiking pants.
- These must be waterproof, and it is recommended that they have full zips on the side so you can easily put them on and off over your hiking boots.
- Lightweight and breathable are ideal.



Outdoor Research Men's
Apollo Rain Pants



Outdoor Research Women's
Apollo Rain Pants

Insulated Pants

- Synthetic or down is good.
- These should fit over BOTH your thermal base layers and your hiking pants.
- It is recommended that these have full zips on the sides so you can easily put them on and off over your hiking boots.



Mountain Hardwear Men's
Compressor Alpine Pant



Mountain Hardwear Women's
Compressor Alpine Pant

Lightweight Sun Hoody

- Non-cotton, long-sleeved sun shirt with a hood.



Black Diamond Men's
Alpenglowl Hoody



Black Diamond Women's
Alpenglowl Hoody

Base Layer Thermal Top

- 1 x midweight.



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



Icebreaker Women's Merino
260 Tech Long Sleeve Half
Zip Thermal Top

2 x Midweight Layers

- 1 x fleece or sweater.
- 1 x down or synthetic jacket.
- You will want a combination of options, including both a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.



Himali Accelerator Down
Jacket 2.0



Patagonia Women's
Down Sweater Hoody



Patagonia Men's R1
Air Full-Zip Hoody



Patagonia Women's R1
Air Full-Zip Hoody

Shell Jacket

- This should be lightweight, waterproof, and packable with a hood.
- It must fit over all your upper body layers except your largest down parka.
- Any waterproof/breathable jacket with a hood can work. It shouldn't have any additional insulation, only a waterproof shell.



Outdoor Research Men's
Helium II Jacket



Outdoor Research
Women's Helium II Jacket

Down Parka

- This needs to be heavyweight and very warm yet packable with a hood. Don't underestimate the cold on summit day.



RAB Men's Positron Pro
Down Jacket



RAB Women's Positron Pro
Down Jacket

2 x Neck Gaiters



Buff Lightweight Merino
Neck Gaiter

Winter Hat

- It must be very warm and cover your ears.

Baseball Hat or Sun Hat

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



Outdoor Research Vigor Grid
Fleece Beanie



Outdoor Research Sun
Runner Cap

Fleece Gloves

- Mid weight.
- These need to be slim enough to fit under your climbing gloves. If necessary, use the lightweight version to ensure you have room to move your fingers.



Outdoor Research Men's Vigor
Midweight Sensor Gloves



Outdoor Research Women's Vigor
Midweight Sensor Gloves

Heavyweight Gloves

- These need to be warm gloves. Ski gloves will work great.
- These need to have room in the fingers so as not to be constricting and cut off warmth and circulation to your fingers.
- More room in the gloves is better than less.



Black Diamond
Guide Gloves



Black Diamond Women's
Guide Gloves

Insulating Mitts

- These down mitts serve as a backup in case you drop a glove or your hands are simply too cold in the heavyweight gloves and need a warmer option.



Outdoor Research Mt. Baker II Gore-Tex Mitts

Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the expedition, but not more, as they are heavy to carry.
- Note: chemical hand warmers use oxygen to burn, so they do not work well at high altitudes, and the foot warmers in the boots do not really work at all on summit day.

Sunglasses

Prescription Eyewear

- If you need prescription glacier glasses, contact the manufacturer for options well in advance of your trip.



HotHands Hand Warmers

30 - 40L Daypack

- Light weight.
- This pack will be used as a carry-on bag for the trip to Tanzania and then for daily hiking on the mountain.
- It should be lightweight and have both a waist belt and chest strap.



Hyperlite Mountain Gear
Porter Pack (40L)



Gregory Amber 34

Pack Cover

- To cover your daypack if it rains.



Gregory Rain Cover
30L-50L

Trekking Poles with Snow Baskets

- 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 Trekking Poles



Black Diamond Powder Baskets

Down Sleeping Bag

- Rated to 0°F / -18°C
- This must be roomy enough to fit your water bottles inside so they don't freeze.



Mountain Hardwear Men's
Bishop Pass 0°F/-18°C



Mountain Hardwear Women's
Bishop Pass 0°F/-18°C

2 x Sleeping Pads

- 1 x closed-cell foam.
- 1 x inflatable.
- You will use these together for more comfort and warmth.
- The closed-cell foam (RidgeRest-type) protects your inflatable (NeoAir-type) pad from the rock and gravel underneath your tent.



Therm-a-Rest RidgeRest



Therm-a-Rest NeoAir XLite

2 x Headlamps

- Your main headlamp needs to be powerful enough to hike during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to climb with during an emergency should your main headlamp fail.
- Please select battery-powered headlamps over rechargeable headlamps because recharging can be difficult on the mountain.

Batteries

- Make sure to have enough batteries for the expedition, including spares.



Black Diamond Storm 450
Headlamp



Black Diamond Deploy 325
Headlamp

Water Bottles

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



Nalgene 48oz wide
mouth Silo



Nalgene 32oz wide
mouth



Nalgene 16oz wide
mouth

Insulating Bottle Covers

- One for each water bottle.



Forty Below® Bottle Boot™

Water Purification: Iodine Tablets, Filter, or UV Treatment

- Water on the mountain is usually just melted, not boiled, to save time and fuel. It is important to have a way to purify your drinking water.



Katadyn Steripen Adventurer Opti
UV Water Purifier

Book, Kindle, or Tablet

- Download movies or TV series for entertainment on rest days or during weather delays.

Headphones (optional)

Earplugs (optional)

- For sleeping if it is windy or if a teammate snores.

Rain Poncho and Umbrella (optional)

- An umbrella is nice to have if it rains to help keep dry. Buy one with a long handle. A rain poncho helps to keep you dry while staying cooler, as wearing your shell layers can be very warm on the first few days of the climb.

Camera (optional)



Six Moon Designs Silver Shadow
Ultralight Umbrella



Outdoor Products
Backpacker Poncho

Sunscreen and Zinc

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



Neutrogena Sheer Zinc

2 x Lip Balm with SPF

Hand Sanitizer

- Bring several small bottles.

Toothbrush and Toothpaste

Baby Wipes

- To stay clean on the mountain.

Personal Toiletries

1 x Roll of Toilet Paper + Ziploc bag for storage

Pee Funnel (for women, optional)

Pee Bottle

- 1L bottle with a wide mouth.

Small Medical Kit

- **First Aid items:**
 - Blister kit
 - Band-Aids
 - Wound closure strips
 - Triple antibiotic ointment
 - Basic repair kit
 - Scissors
 - Duct tape
- **High altitude medicationss:**
 - Diamox (acetazolamide, 125mg) for AMS
- **Other medications:**
 - Antacids
 - NSAIDs such as aspirin or ibuprofen
 - Anti-diarrheal
 - Antibiotics
 - An upper respiratory one, such as Azithromycin
 - A gastrointestinal one, such as Ciprofloxacin
 - Melatonin
 - Asthma medication if you use it (Advair)
 - Cold and flu medication.
 - Low-dose aspirin

**** All prescription medications should be selected in consultation with your doctor. ****

5 x Heavy-Duty Trash Bags

- For waterproofing your backpack and duffel and caching any gear at camps.

Snack Food

- We recommend 3lbs / 1.5kg.
- You need to have an assortment of food you know will be palatable to you at high altitudes when you don't want to eat.
- We will provide you with dinners, lunches and breakfasts on the trek, but you will need to bring additional snacks to supplement while trekking.
- It is invaluable to have an assortment of food that you know works for you.
- Be sure to include an electrolyte powder or tab, these can help keep you hydrated and make your water taste better.
- We recommend a wide variety of cheeses, meats, nuts, dried fruits, hard candies, chocolates, and specialty athletic foods such as Gu, RX Bars, Pro Bar, Nuun, Clif Bloks, and the like. All calories are good calories on the mountain.
- We recommend bringing probiotics and a multivitamin along as well.



Snickers



Pro Bar Meal Bars



RXBARS
Protein Bars



Gnarly Hydrate
Electrolyte Drink Mix

Safari Add-On Gear List

We are delighted to have climbers and non-climbers join us for a safari after the Kilimanjaro expedition. You will follow the itinerary listed in the Pre-Trip Booklet, and you will want to pack a few additional items for your safari to ensure you are comfortable during this extension. If you would like to add a safari to your itinerary or you'd like to have a loved one join you, please reach out to your Program Manager.

Safari Clothing

- Comfortable, loose-fitting clothing for hot days.
- Synthetic t-shirts can be nice.
- Clothing that is bug-repellent is good.
- Bring a few nicer garments for dinners.
- Swimsuit for the pool at the hotel and lodge.

Lightweight Sneakers

- For wearing on safari.

Small Binoculars (optional)

Kilimanjaro Gear Checklist:

Travel Items:

- ☐ Travel wallet/crossbody bag
- ☐ Cash
- ☐ Passport, passport photos, and travel documents
- ☐ Casual travel/in-town clothes
- ☐ Swimsuit (optional)
- ☐ In-town toiletries
- ☐ Travel shoes/sneakers
- ☐ Travel adapters, charging cables, battery packs, etc.
- ☐ 2 x large duffel bags with locks

Upper Body:

- ☐ Lightweight sun hoody
- ☐ Base layer thermal top
- ☐ 2 x midweight layers
- ☐ Shell jacket
- ☐ Down parka
- ☐ 2 x neck gaiters
- ☐ Winter hat
- ☐ Baseball or sun hat
- ☐ Fleece gloves
- ☐ Heavyweight gloves
- ☐ Insulated mitts
- ☐ Chemical hand & foot warmers (optional)
- ☐ Sunglasses
- ☐ Prescription eyewear

Lower Body:

- ☐ 5 x pairs of hiking socks
- ☐ Hiking boots
- ☐ Gaiters
- ☐ 4 x synthetic underwear & sports bras
- ☐ 2 x base layer thermal bottoms (1 light, 1 medium)
- ☐ 2 x pairs of soft-shell hiking pants (1 light, 1 medium)
- ☐ Belt (optional)
- ☐ Shell pants
- ☐ Insulated pants

Hiking Gear

- ☐ 30-40L daypack
- ☐ Pack cover
- ☐ Trekking poles with snow baskets
- ☐ Down sleeping bag rated to 0°F / -18°C
- ☐ Closed-cell foam sleeping pad
- ☐ Inflatable sleeping pad
- ☐ 2 x headlamps
- ☐ Extra batteries

Safari Items:

- ☐ Safari clothing
- ☐ Lightweight sneakers
- ☐ Small set of binoculars

Personal Items:

- ☐ 2 x water bottles
- ☐ Insulating bottle covers
- ☐ Water purification system (iodine tabs, chlorine tabs, or water filtration system)
- ☐ Book, Kindle, tablet
- ☐ Headphones (optional)
- ☐ Earplugs (optional)
- ☐ Camera (optional)
- ☐ Rain poncho and umbrella (optional)
- ☐ Sunscreen and zinc
- ☐ 2 x lip balm with SPF
- ☐ Toothbrush and toothpaste
- ☐ Baby wipes
- ☐ Personal toiletries
- ☐ Small medical kit
- ☐ Prescription medications
- ☐ Roll of toilet paper and Ziploc bag for storage
- ☐ Pee funnel (for women, optional)
- ☐ Pee bottle
- ☐ 5 x heavy-duty trash bags
- ☐ Snack food (3lbs / 1.5kg)

Notes:



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