

African Ambition Tours

www.africanambitiontz.com

Check List

“Mountain climbing in Kilimanjaro requires planning”

Head gear

Sun hat (Wide Brim) x 1

Knit hat x 1

Balaclava or buff (Face Coverage) x 1

Clothing

Waterproof trousers x 1 (side-zipper recommended)

-Walking trousers x 1 or 2 (convertible to shorts recommended)

Thermal trousers x 1

Shorts x 1

Waterproof jacket with hood x 1 (ideally lightweight in case you need to use it on lower elevation when it's warm)

Insulated jacket x 1 (synthetic recommended because they dry quicker if you sweat)

Soft jacket, soft-shell or fleece x 2

Thermal long sleeve shirt x 2

Thermal short sleeve shirt x 2

Comfortable underwear and sports bra (moisture wicking fabric recommended)

Long underwear x 1 (moisture wicking fabric recommended)

Hand wear

Ski/Waterproof gloves x 1

Thin lining layer glove x 1 (synthetic recommended, worn under ski/waterproof gloves for added warmth)

Footwear

Walking boots x 1 (well worn in, warm, waterproof)

Running shoes to wear at camp x 1 (optional)

Socks, thick, wool or synthetic x 2

Sock Liners, tight, thin, synthetic x 3

Gaiters, waterproof x 1 (optional)

Equipment

Large rucksack (NOT SUITCASE) x 1 (**for porters carry most of your kit in - they carry this on their head so nothing hard please**)

Day pack (comfortable small rucksack in which your waterproofs, water, medical kit and packed lunch)

Sleeping bag x 1 (this must be suitable for low temperatures)

Sleeping bag liner for added warmth x 1 (optional)

Walking poles (recommended, very useful especially coming down)

Head torch, with extra batteries x 1 (you will be walking in the dark during summit night)

Accessories

Good Sunglasses x 1

Water bottle x 1

Water bladder, Camelback type x 1 (optional)

Vacuum insulated water bottle for hot drinks x 1 (optional, it help you to make warm during summit night)

Backpack cover, waterproof x 1 (optional)

Poncho, during rainy season x 1 (optional)

Towel, lightweight, quick-dry x 1 (optional)

Stuff sacks or plastic bags, various sizes, to keep gear dry and separate

Other

Sun cream

Lip balm

Toiletries

Face/wet wipes and basic wash kit (you won't get a lot of access to water)

Hand sanitiser

Toilet paper

Insect repellent

Personal basic first aid kit

Any personal medication or otherwise advised by your doctor

Camera with extra batteries (optional)

Snacks (optional, jerry babies are great & also cereal bars, chocolate)

- Music (optional, great for last night on the way to summit)

- Diary and/or reading book (optional, 1 max)

Passport

Visa

Immunization

Insurance documents

Cash for personal expenses (You need to bring US Dollars issued after 2006 otherwise normally not accepted)