



KILIMANJARO EXPEDITION EQUIPMENT CHECKLIST

Kilimanjaro is typically climbable all year round due to its location. However, some of the best times of the year for climbing Kilimanjaro are January through mid-March, and mid-June through October. These time frames usually experience less overall precipitation and more sunshine throughout the day. For more information regarding the climate around Kilimanjaro, check out our partners website at this [link](#). Please take time to choose your clothing and equipment carefully.

Climate: The mountain climate varies considerably by altitude. At lower elevations, in the forest, it is typically warm and humid with temperatures around 60 - 75°F (15 - 23°C). As we ascend the mountain, it tends to become drier with temperatures around 50 - 65°F (10 - 18°C). In the moorland zone and higher (from 11,000ft / 3300m) temperatures are cooler and you should expect freezing temperatures at night. The average daytime highs at the summit are about 25°F (-4°C) with overnight lows around 15°F (-10°C), though it always feels much warmer in the sun and much colder at night.

Given the variability in weather, layering and versatility are key. The layering achieved with a number of thinner garments will be far more preferable than being limited to one or two warmer, thicker items. Clothing should allow good freedom of movement and be lightweight.

Gear preparation: Please take the time to properly label and identify all items of personal gear. Be sure to mark your name on a clothing or item tag.

Rentals: We provide all the camping and cooking equipment *except for your sleeping bag and pad*, which we advise you bring yourself to get the exact comfort you desire. If needed, you can rent those items through us, we have Mountain Hardwear Lamina sleeping bags (rated to 0°F), Therm-a-Rest Ridgerest SOLite closed-cell foam pads, and trekking poles available to rent. You can request these rentals ahead of time by emailing your program coordinator.

Call or Email the Equipment Shop for Advice on Gear: Please feel free to contact the shop to help you get ready for your trip. Your comfort and safety depend on being well equipped. Whether you get your gear from us or just get advice, we're here to help you prepare.

Call: (360) 671-1570 - Email: shop@alpineinstitute.com - Website: <https://shop.alpineinstitute.com/>

CLOTHING & TREKKING GEAR

Beanie/Toque

Wool or synthetic. Must fit under a helmet.

Buy
 Own

Sun Hat

Visors or athletic hats are comfortable, vent well, and are easy to clean and dry out.

Buy
 Own

Buff/Neck Gaiter

Look for one that is UPF-rated. Lighter colors are better for warm conditions and darker for colder conditions.

Buy
 Own

Glacier Glasses

MANDATORY. Look for a pair that fits well and has side shields.

Examples: Julbo Spectron, Julbo Reactiv Performance, Julbo Reactiv High Mountain

NOTE: Those using contacts should also bring a pair of prescription glasses in the event that your contacts or solution are lost or damaged. If you only use glasses, get a pair of over-the-glasses glacier glasses.

Buy
 Own

Headlamp

Bring extra batteries or charger for rechargeable style. The ideal range is 200-350 lumens.

Examples: Petzl Swift RL, Petzl Actik

Buy
 Own

Liner Gloves

Thin, lightweight, wool or synthetic gloves. Size to fit snug but not too tight. You will wear these for much of your time on the mountain. UPF rated liner gloves are ideal for sun protection.

Examples: OR Vigor Sensor, The North Face Etip Grip

Buy
 Own

Expedition / Hard Shell Glove

Waterproof shells with warm liners. Must be dexterous enough to handle ropes & carabiners.

Examples: Black Diamond Renegade, OR Highcamp.

Buy
 Own

Socks

Wool or synthetic socks that are over ankle height. Wearing a "silk-weight" liner sock beneath your hiking sock can reduce friction on the skin directly and mitigate blister development.

Bringing 2-3 pairs is recommended for this Expedition.

Examples: Darn Tough Coolmax Lightweight

Buy
 Own

Undergarments & Sports Bra

Wool or synthetic. Comfort is key. Avoid bras with adjusters and clasps, as they could get compressed by your pack straps.

Buy
 Own

Base Layer Top (Short and Long Sleeve)

This will be your base layer and should be "lightweight or silk weight" synthetic or wool. No cotton, light color is nice for hot weather.

Examples: Patagonia Capilene Cool Daily Hoody, OR Echo, Rab Pulse

Buy
 Own

Base Layer Bottom

Look for the same features of your base layer top. Should fit comfortably under your trekking pants. This will be your primary layer on colder days and in the evening.

Buy
 Own

Active Insulation Layer

Lightweight "gridded fleece" or lightweight down or synthetic insulated jacket. Hood preferred.

Examples: Patagonia R1, Patagonia Nano Air, Arc'Teryx Proton LT

Buy
 Own

CLOTHING & TREKKING GEAR CONTINUED

Soft Shell Jacket or Windproof Jacket

A soft shell jacket is considered an “action layer.” Its materials are designed to stretch and breathe while also maintaining wind and water resistance. This allows the user to leave this jacket on for a wide range of temps and conditions throughout the day without the hassle of constantly changing layers. Windproof jackets are lightweight and packable but lack the breathability and stretchy nature of the soft shell. Windproof jackets are ideal for blocking wind and light precipitation during low-output activities.

Example Softshells: Black Diamond Alpine Start Hoody, Rab Borealis, Patagonia Houdini Air

Example Windproof: Patagonia Houdini, Arc’Teryx Squamish Hoody

Buy
 Own

Insulation Jacket

AKA the “puffy”. Down or synthetic. This piece is worn in cold conditions or when not moving. Hood preferred. If choosing down, water-resistant down treatment is preferred to help prevent matting and loss of insulating ability if the jacket gets wet.

Examples: Arc’Teryx Nuclei FL, Patagonia DAS Light, Arc’Teryx Cerium, Rab Alpine Series

Buy
 Own

Hardshell Jacket (Waterproof Rain Jacket)

Non-insulated jacket with a waterproof and breathable membrane. Three-layer construction is recommended. Make sure it can fit over other layers.

Examples: Patagonia Torrentshell, Arc’Teryx Alpha AR, Mountain Equipment Lhotse

Buy
 Own

Hiking Pants / Shorts

These should be light to mid-weight comfortable synthetic pants that don’t restrict movement. Sometimes the convertible pants (zip off into shorts) are nice to have for hot days.

Buy
 Own

Soft Shell Pants

Thin, weather-resistant, breathable, and stretchy. You will wear these a majority of the time.

Examples: Patagonia Altvia, Mountain Equipment Ibex, Arc’Teryx Gamma FL

Buy
 Own

Hard Shell Pants

Non-insulated, waterproof and breathable membrane. Full side zips are recommended. Make sure these fit over a base layer and soft shell pants.

Examples: Patagonia Torrentshell, Arc’Teryx Beta Pant

Buy
 Own

Comfortable Approach Shoes / Sneakers

For use during the additional Safari add-on or during travel.

Buy
 Own

Hiking Boots

You will wear these during your trek. These should be what you usually hike in. Some prefer extra support while others hike in trail shoes. These should be broken in prior to your trek.

Buy
 Own

Gaiters

Knee or calf height. Help keep snow and ice out of your boots and help protect pants from crampon holes. Can omit if your pants have a built gaiter and scuff guard.

Examples: OR Crocodile

Buy
 Own

Trekking Poles

One is required, two are highly recommended. Help with balance while hiking with a heavy pack and also decrease the pressure on your knees during steep descents.

Example: Black Diamond Expedition

Buy
 Own

CLOTHING & TREKKING GEAR CONTINUED

Day Pack

25 L to 35 L is an ideal size.

Examples: Black Diamond Blitz 28, Mountain Equipment Tupilak 37+

- Buy
 Own

Duffle Bag

Bring one large, waterproof duffle bag. Durable coated nylon is best. Models with wheels are not allowed. Each climber's duffel bag, sleeping bag, and sleeping pad are placed into one extra large water-repellent canvas duffel bag provided and carried by the mountain crew.

Example: Mountain Hardware Camp 4 Duffle 95

- Buy
 Own

Hydration

3L capacity is recommended, though some people need more and some people need less. Some people bring a bladder and a hard sided bottle. The bottle is an important backup to the bladder if it gets punctured. A hard-sided bottle may also double as a mug for hot water, though not every bottle is designed to hold boiling water.

For Camelbak style hydration bladders, bring a drinking tube insulator, as the tube can freeze up. If you choose to use this system, be aware that they require constant vigilance in order to avoid freezing.

- Buy
 Own

Favorite Snack Foods

While meals on the climb are provided, we advise that you also bring a stash of your favorite snack foods to eat while on the trail. These help you maintain your energy and replenish calories from your exertion. Bring food that you will eat even when not hungry (altitude causes a loss of appetite), such as protein bars, trail mix, candy, jerky, energy gels or chews.

- Buy
 Own

CAMPING GEAR

Sleeping Bag

Synthetic or down, rated to ~15°F. If you bring a synthetic bag bring one on the lower end of the temperature range since synthetic bags tend not to be as warm as down. Also, if you sleep cold we recommend that you bring a sleeping bag liner for extra warmth and comfort. If choosing down, water-resistant treatment is preferred to help prevent matting and loss of insulating ability if the sleeping bag gets wet.

Examples: Mountain Equipment Fireflash, Rab Mythic Ultra 180

- Buy
 Own
 Rent

Compression Stuff Sack

For your sleeping bag. If it is a down bag, a waterproof compression sack is recommended.

- Buy
 Own

Sleeping Pad

Bring one full-length inflatable pad. Your inflatable pad should be lightweight and packable with an RValue of at least 4. Please bring a patch kit for inflatable pads.

- Buy
 Own
 Rent

OTHER ESSENTIALS

Passport

Required. This must be valid for six (6) months after your scheduled return date.

Buy

Own

Wrist Watch

A model with an alarm that will wake you up is preferable. It doesn't need to be anything fancy.

Buy

Own

Toothbrush and Toothpaste

Travel size recommended.

Buy

Own

Hand Sanitizer and/or Wet Wipes

Required. Used after going to the bathroom and before eating.

Buy

Own

Sunscreen & Lip Balm

SPF 30+, zinc based is preferred. Small travel size tubes are recommended.

Buy

Own

Toilet Paper

We recommend bringing half a roll to a roll of toilet paper in it's own ziplock bag.

Buy

Own

Personal First Aid Kit

- Band-aids; Blister Treatment
- Prescription Drugs; Ibuprofen; etc
- If you wear contacts, make sure you have spare lenses or glasses

Buy

Own

Repair Kit

- Inflatable sleeping pad patch kit
- Duct tape (can be wrapped around a trekking pole or water bottle)
- Zip ties
- 6-10ft of 3mm accessory cord

Buy

Own

OTHER OPTIONAL ITEMS

Entertainment

Books, games, cards, music player, kindle, etc.

Buy

Own

Portable Charging Device

Phone charger, battery pack, or solar panel.

Buy

Own

Ear Plugs

For defense against snoring and high winds.

Buy

Own

Menstrual Cup

Click on the [link](#) for more information about menstruation in the backcountry.

Examples: Diva cup, Saalt, Lunette

Buy

Own

Urination Device

Pee funnels such as the GoGirl or Freshette. Rigid pee funnels hold their shape better.

Buy

Own

Camera

Phone cameras or small point-and-shoot cameras are preferred. SLR cameras are not recommended due to their size and bulk.

Buy

Own