

EXPEDITION KIT LIST ✓

Kilimanjaro (all routes)

This list details the **recommended equipment** to take on a climb of Kilimanjaro. All mountain treks have a wide range of temperatures so the best clothing is a lot of thin layers. Such clothing is easier to adjust as the temperature fluctuates and is more effective than a few thick items of heavy clothing.

Duffle bags or soft kitbags are required for porters to carry on the mountain (no suitcases). For all clients with a UK postal address a soft kitbag is provided free of charge.

GENERAL EQUIPMENT

BACKPACK Good quality, lightweight, 30-40 litre capacity preferably with hip belt for support

PLASTIC BAGS/DRY BAGS For your backpack and/or splash cover

KIT STORAGE BAG To leave any items not required for the trek at the hotel

THERMAREST TYPE SELF-INFLATING MATTRESS

With repair kit. Alternatively a comfortable thick foam mattress (5cm)

**Can be hired from Exodus (see next page)*

SLEEPING BAG Should be down filled and ideally 4/5 seasons (rated to minimum -10 Celsius)

**Can be hired from Exodus (see next page)*

HEAD TORCH LED types are perfect.
Bring spare batteries

OPTIONAL

TREKKING POLES

**Can be hired from Exodus (see next page)*

HEAD & HANDS

SUN HAT Wide brimmed

SCARF, BUFF OR LIGHTWEIGHT BALACLAVA
To guard against wind/dust

WARM HAT For cold weather conditions

UV BLOCKING SUNGLASSES We suggest they meet EU Class 4 standards with a 'wraparound' design to avoid UV rays and snow blindness on summit day

TWO PAIRS OF GLOVES One pair of windproof light gloves and one pair of warm gloves/mittens or 'over' gloves

UPPER BODY

BASE LAYERS Should be made from merino wool or synthetic materials e.g. polypropylene or capilene

COTTON T-SHIRTS Okay to use for first few days, but unsuitable for higher altitudes owing to their high moisture retention

LIGHTWEIGHT FLEECE Long sleeved

HEAVYWEIGHT FLEECE Long sleeved

WATERPROOF/BREATHABLE JACKET
Gortex type membrane

DOWN FILLED JACKET Medium weight with hood
**Can be hired from Exodus (see next page)*

OPTIONAL

LIGHTWEIGHT PONCHO For the rainforest when it's too hot to wear a jacket

LEGS & FEET

BASE LAYERS Should be made from synthetic materials e.g. polypropylene, capilene or merino wool

TREKKING BOOTS With ankle support waterproof, worn in and of proven quality

THERMAL LEGGINGS 'Long John' type made from synthetic materials

WALKING TROUSERS Not jeans or cotton

WATERPROOF/BREATHABLE TROUSERS Goretex type membrane (side zippers are an added bonus)

THIN SOCKS Base layer worn next to the skin. Wool or synthetic (not cotton due to its high moisture retention)

MEDIUM/HEAVY MOUNTAINEERING SOCKS
Smartwool recommended

OPTIONAL

GAITERS Can be very helpful in wet conditions and stop scree getting inside your boots on summit day

SOFT SHELL OR PERTEX/PILE TROUSERS

TRAINERS For wearing around camp

Expedition kit list continued

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HYGIENE, FOOD AND TOILETRIES

DRINKING WATER CONTAINERS Two or three one-litre water bottles. Owing to the increased amount of fluids necessary during the acclimatisation process, Camelbaks or Platypus systems are strongly recommended on the trek but will freeze on the summit ascent

SUN CREAM AND LIP BALM

Must be high Sun Protection Factor (SPF) i.e. 30 plus

TOILETRIES AND TOWEL

PERSONAL FIRST AID KIT

POWDERED RE-HYDRATION DRINKS

CONTACT LENSES/GLASSES Take spares if you use them

OPTIONAL

WET WIPES OR HAND SANITISER GEL

For camps where water is unavailable

EAR PLUGS

TOILET PAPER This will be provided in the Exodus toilet tents, but having some of your own is convenient en route

FAVOURITE SNACKS/ENERGY BARS To complement the local snacks provided

FINAL NOTES

In case of problems with your baggage in transit to Kilimanjaro we recommend you keep your super-essential Kilimanjaro gear in your carry-on bag and wear your trekking boots.

Any old equipment you wish to leave behind at the end of your trek is warmly appreciated by your local porters and guides.

EQUIPMENT HIRE

Equipment hire through Exodus should be arranged in advance of travel as stock is limited.

Below are the items available to hire:

Duvet Jackets

Sleeping bags

Sleeping mats

Walking poles

Please contact customer operations at customerops@exodus.co.uk (UK) or customeroperations@exodustravels.com (USA & Canada) for prices and more information.

For specific advice on individual items we recommend that you contact Customer Operations or talk to a specialist outdoor retailer prior to your trip.