



EQUIPMENT LIST FOR KILIMANJARO

The correct kit for an ascent of Kilimanjaro should include the following. If you are in any doubt as to the relevance of additional items, please do not hesitate to contact us for further advice.

1. COTTON SHORTS - ideal for hiking while at lower elevations.
2. T-SHIRTS - the secret to climbing at this altitude is layered clothing
3. TRAINING SHOES - to wear in camp after a day of hiking.
4. SHADE HAT - equatorial sun is very fierce at altitude
5. SUNGLASSES - obligatory to combat glare, attachable sides preferable.
6. SUNSCREEN - factor 15 or more.
7. SLEEPING BAG - four-season to combat -15 degrees night time temperatures.
8. SLEEPING PAD - necessary for all routes except Marangu Route.
9. WATER BOTTLE - two 1-liters bottles. We recommend you drink 3 litres a day
10. PURIFYING TABS -preferably iodine-based against Giardia
11. GATORADE - or similar to make the water taste better.
12. HIKING BOOTS - comfortable and worn-in.
13. THIN SOCKS - to wear under thicker socks, helps to keep feet dry and prevent blisters.
14. THICK SOCKS - heavy wool to wear for warmth and cushioning with hiking boots.
15. UPPER BODY LAYER - three layers. Items should be wool, polypropylene or pile. Cotton does not provide adequate insulation.
16. LONG UNDERWEAR BOTTOMS – to wear underneath your trousers
17. PANTS - loose- fit and comfortable.
18. RAIN JACKET - Gore-Tex advisable.
19. RAIN PANTS - Gore-Tex advisable
20. WARM HAT - has to cover your ears.
21. WARM GLOVES OR MITTENS
22. FRAMELESS DAY-SAC - for your own daily use.
23. DUFFEL BAG - for the porters to carry on the mountain – 15Kg per person
24. MOLESKIN - to protect your feet from getting blisters.
25. POCKET KNIFE
26. FLASH LIGHT OR HEADLAMP - bring plenty of batteries.
27. TRAIL MUNCHES - bring a pound or two of your favorite snack.
28. PERSONAL FIRST AID AND DRUG KIT
 - intestinal disorders (nausea, vomiting, diarrhea)
 - infection (antibiotic cream for cuts and abrasions)
 - headache pills (Tylenol or aspirin, nothing stronger than codeine should be taken for fear of masking potential severe altitude problems)
 - high altitude sickness (Diamox, taken twice a day from 13 000 feet to the top)

TIPPING

Hotel and Lodge: \$2 per person per night in a tip box

Safari – Drivers: \$15 per day or \$5 per person

Kilimanjaro Climb

Guide: \$75 per Group and Climb

Assistant guide: \$50 per Group and Climb

Porters: \$25 per porter per Group and Climb

Nordic Travel - Tanzania

P.O. Box 6116, Arusha, Tanzania, Tel.: + 255 (0) 27 254 1024, Fax: 255 (0) 27 2553 885,
Email: info@nordictraveltz.com