

kilimanjaro summit climb, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a 15% discount on equipment from **Nomad Travel Stores** (call 020 8889 7014 and quote the special discount reference **CC1001** or click here to shop with [Nomad Online](#)). Nomad Travel Stores will also put together a first aid kit specifically for your expeditions.

We have also negotiated a 15% discount with **Cotswold Outdoor Ltd** at any of their stores nationwide. You will need to quote AF-CHARITY-D7 when making your purchase either online (www.cotswoldoutdoor.com), from the Cotswold Outdoor catalogues, or by mail order Tel. 0844 557 7755 Fax. 01666 575 507. Please [click here](#) to open full details of the scheme.

If you would prefer to hire kit, please contact Trek Hire (01306 886333 or visit www.trekhireuk.com). If you would like to hire down jackets, sleeping bags and/or ground mats from our local ground handler in Tanzania you can contact Charity Challenge at expeditions@charitychallenge.com no later than 1 month before departure.

Try to use your equipment before you go – particularly your rucksack, cycling kit, boots and sleeping bag (if camping) – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights or when entering National Parks. Additionally, in line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please follow the link [here](#).

Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your trekking boots and trekking/cycling gear, and take as much as possible in your hand luggage, especially a full day's underwear and other clothing. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

| item | take it? |
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| baggage and sleeping | |
| Large waterproof rucksack or kit bag (60-90litre capacity - a suitcase is not appropriate) Charity Challenge 90L holdall is ideal for this challenge, for more info visit the challenge pack section of your member's area | Yes |
| Day rucksack (30-35litre capacity, waterproof, must have a good waist strap to be able to fully-loaded weight) | Yes |
| Sleeping bag - 4 season is required plus a fleece liner (available to hire locally for \$40 to be booked with Charity Challenge at least 1 month prior to departure) | Yes |
| Sleeping mat – a thermarest is ideal ('safari style' foam mattress available to hire locally for \$25 to be booked with Charity Challenge at least 1 month prior to departure) | Yes |
| clothing | |
| Walking boots with ankle protection (sturdy well worn in boots – not trainers or trainer boots) | Yes |
| Long-sleeved shirts for evenings | Yes |

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| T-shirts or Dri Flo / wick-a-way are ideal | Yes |
| Waterproof windbreaker (jacket) | Yes |
| Lightweight waterproof trousers | Yes |
| Down Jacket/Ski Jacket (essential for summit night. Down Jacket available to hire locally for \$50 to be booked with Charity Challenge at least 1 month prior to departure) | Yes |
| Fleece | Yes |
| Thermal long johns and vests | Yes |
| Trousers (lightweight cargo trousers, avoid jeans) | Yes |
| Shorts | Yes |
| Swimwear (for swimming pool at the lodge for the last night) | Optional |
| Underwear (light and loose) | Yes |
| Socks (hiking / leisure) | Yes |
| Dress/Skirt/Sarong | Optional |
| Trainers for evenings | Yes |
| Wide brimmed sun hat for day | Yes |
| Thermal balaclava or fleece hat for nights | Yes |
| Insulated gloves/mittens and thermal inner gloves | Yes |
| Smart clothes for last night at the lodge (can be left on the first night-not taken on trek) | Optional |
| hygiene | |
| Toothbrush & toothpaste, soap (antibacterial & biodegradable), lip and nose sun protection zinc stick, lip salve, antibacterial wipes, nail brush, dry wash, absorbent foot powder, travel towel, deodorant, toilet paper/tissues | Yes |
| Razor & shaving cream, sanitary products, hairbrush/comb, Vaseline | Yes |
| health | |
| Insect repellent (containing DEET) | Yes |
| Malaria tablets (seek advice from your GP) | Optional |
| After sun / moisturiser | Yes |
| Sun protection (SPF 30 minimum) | Yes |
| Oral rehydration sachets x 20 | Yes |
| Water purification tablets or drops (although all water on the expedition is boiled, extra purification may be required. Iodine tablets should be tested in the UK first in case of allergy) | Optional |
| Neutralising tablets | Optional |
| Dextrose energy tablets | Yes |
| documents (where relevant, please leave a copy at home with your next of kin) | |
| Passport (with 6 months to run from end of expedition) | Yes |
| Visa (Tanzanian entry visa required, see fact file for more info) | Yes |
| Air travel tickets (you will receive these at the airport) | Yes |
| Passport photographs and photocopy of passport pages (kept separately from passport) | Yes |
| Cash (in Dollars) | Yes |
| Travellers cheques | Optional |
| Credit card | Yes |
| Travel insurance (taken out with Charity Challenge) | Yes |
| Vaccination certificates (Yellow Fever certificates are now required as a condition of entry into Tanzania) | Yes |
| other | |
| Telescopic walking poles with rubber tips (highly recommended) | Optional |
| Camera, film & batteries/charger | Optional |
| Binoculars | Optional |
| Sunglasses | Yes |
| High energy snacks (tracker bars, dried fruit and nuts) | Yes |
| Contact lenses (bring spare lenses, and glasses in case of dust) | Optional |
| Gaffa tape (for emergency repairs) | Optional |
| Sewing kit, spare boot laces | Optional |
| Note book and pen | Yes |
| Alarm clock / watch | Optional |

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| Head torch (with plenty of spare batteries and bulb. On summit night extra batteries may be required due to the cold) | Yes |
| Water bottles (2 x 2 litre bottles - a platypus or camel pack is highly recommended) | Yes |
| Small steel thermos flask (ideal for hot drinks at night or cold on summit day) | Yes |
| Ear plugs | Optional |
| Re-sealable plastic bags (for dirty washing etc). | Yes |
| One or two stout plastic bags (like garden refuse bags) to line & waterproof your main pack | Yes |
| small first aid kit | |
| Pain killers / Paracetamol | Yes |
| Adhesive dressing (plasters) | Yes |
| Compeed blister pads | Yes |
| Antiseptic wipes | Yes |
| Diarrhoea tablets | Yes |
| Any medication you normally use | Yes |