



**Mount Kilimanjaro clothing and equipment check list**

**What Mike Has Purchased**

**Mike Paid  
(each)**

**Please Read These Comments Too!**

**NEED TO HAVE**

**CLOTHING:**

Waterproof rain jacket	REI Kintah Jacket with eVent (or Columbia)	\$160
Waterproof rain pants	REI Shuksan Pants	\$170
"Puffy" jacket*	Patagonia Down Sweater Hooded Jacket	\$279
Safari pants	Various (2 pair)	\$60
Safari shirts - long sleeved	Various (2 pair)	\$38
Safari shirts - short sleeved	Various (1 pair)	\$35
Thermal long underwear	Patagonia Capilene (2 pairs)	\$94
Balaclava	SmartWool Balaclava	\$35
Wide-brimmed hat	Dorfman Pacific "Indiana Jones" style	\$40
Heavy Mittens	Marmot Expedition Mitt (or O.R. Alti Mittens)	\$109
Heavy Gloves	Marmot Randonnee Gore-Tex Gloves	\$100
Hiking Boots (Water Proof)	Vasque Breeze WT GTX	\$105
Gaiters	Outdoor Research Crocodile Gaiters	\$55
Wool Socks - various thicknesses	SmartWool (1 pair/day)	\$17
Liner socks	FoxRiver (1 pair/day)	\$12
Underwear (tops and bottoms)	Various Brands (1/day)	\$30
Wool Hat	EBC	\$15

**EQUIPMENT:**

Zero degree (F) sleeping bag	Marmot Never Summer (with stuff sack)	\$247
Duffel bag	Academy Sports	\$15
Day Pack	Gregory Z40	\$149
3 or 2 Liter Water Bladder	CamelBak 3.0L / 2.0L	\$35
1 Liter water bottles	BPA free (2)	\$10
Headlamp & extra batteries	Black Diamond Spot Headlamp	\$40
Trekking Poles	Distance Carbon (not very length adjustable)	\$159

**OTHER:**

E Africa plug adaptor	Best Buy or Radio Shack	
Sunglasses		
Sunscreen		
Lip balm w/sunscreen		
Cash / Credit Card	I also bring cash/cc on mtn for drive back to hotel (souvenir stops)	
Toilet Paper / Hand Sanitizer		
First Aid Kit		
Prescription medications	Malarone, Diamox, Zofran, Ambien, Anti-biotics, Inhaler (asthma?)	
Pain medicine	Tylenol Arthritis Pain (650mg)	
*Gortex multilayer jacket	NorthFace Men's Atlas Triclimate	\$290

**NEED TO HAVE SUBTOTAL= \$2,009**

Rain gear is required (but rarely needed) due to unexpected rain that could lead to hypothermia. Consider inexpensive alternatives such as Frog Togs  
For camp & add layers for **Summit Night**, like w/ the waterproof rain jacket  
100% polyester  
100% polyester  
100% polyester. Also Gander Mtn., Magellan  
1 pair for Sleeping and 1 pair for **Summit Night**  
**Summit Night** - Pulls up over your head  
Daily use - the sun is very intense especially after we are out of the forest  
**Summit Night**, **EXTREMELY IMPORTANT!** The Alti Mittens cost more \$\$!  
NOT a substitute for **Summit Night** Mittens!  
Get fitted by the sales rep. Very important! No blisters! 1-1.5 sizes bigger than normal  
**Summit Night**. Keeps rocks out of your boots, especially on summit night  
Prices \$14-\$24, depends on cushion (I use Full, Extra, and Maximum)  
Consider washing and buying less to save \$\$  
100% polyester  
**Summit Night**  
Don't skimp on a good sleeping bag!  
Porters carry on their heads. I need to get a better one.  
Get it fitted to your size. Osprey is also a very good brand.  
Goes inside your day pack. Got mine at Bike Lane  
Mix up your energy drink powder  
**Summit Night**  
Some people do not use poles, but I use and recommend especially for **Summit Night** and going down hill  
For anything to be plugged into an outlet at Hotel  
The sun is very intense!  
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The sun is very intense!  
Airport snacks, small tips, gifts & souvenirs (sky is limit on these two!)  
Very important!!  
Band-aids, Moleskin, ace bandage, Antibiotic ointment  
Plus your own  
Good for sun headaches & mild altitude headaches  
**Summit Night**. I switched from a down jacket to this in 2013

**Available to Rent from Zara:**

**Let me know if you want to reserve any items from Zara:**

**I only recommend renting the following from Zara:**

<https://www.zaratours.com/equipment-rental/>

Mont Bell Sleeping bag (-13F) - washed!	Warm/Down Jacket	Trekking Poles (but check them before renting)!
Duffel Bag	Gaiters - make sure not broken	

**VERY IMPORTANT NOTES!!**

- \*Never pack key valuables in your checked bags: medicines, computer, camera, etc. Pack expensive bulky items deep in your suitcases.
- \*I mostly paid store prices, sometimes on sale, but a person carefully looking online for deals, can probably pay less than 1/2 of what I have paid.
- \*Do not bring cotton clothing - all clothes should be 100% polyester, wool, or silk; which wick away moisture much faster. Avoid hypothermia!
- \*Layering is key to staying warm especially on summit night.
- \*Protection from the intense sun can help prevent headaches. The sun can cause headaches even more than the altitude.
- \*Wrap clothing in plastic bags - Kilimanjaro can be very dusty (Compression bags or food sealers should work well). I use Zip-Lock bags.
- \*Make sure you have a knowledgeable salesman help you fit your boots (1 size larger than normal).
- \*The duffel that the porters carry is limited to 15kg (35 pounds). Overweight duffel or extra duffel will require an extra porter for \$100/trip.
- \*In the day pack, bring filled 3 liter camelback bladder, sunglasses, camera, rain pants/jacket at a minimum. Add personal items you think might need during the day, since you may not see your porters until the end of the day.
- \*Store electronics in sealed water-proof bags (double sealed if possible) to protect from water and dust.
- \*At end of hike Zara Tours may be interested in purchasing second-hand gear for rentals.
- \*You may want to bring/leave some older items of warm clothing as gifts for your guides & porters or donate to the Mt. Kilimanjaro Porters Society.
- \*Check luggage number and weight limit with airlines - international and domestic - there are charges for too many and/or too heavy bags.
- \*You can leave extra luggage in a locked storage room at the Springlands Hotel for no charge.
- \*You can leave valuables in the safe deposit box at the Springlands Hotel that I will rent for the group.
- \*Make copies of passport, schedule. Leave a copy w/someone at home. Put a copy in each piece of your luggage and day pack.
- \*While on the mountain walk slowly (take lots of photos!!), drink 3-5 L of water each day, never wander off by yourself.
- \*Purchase and read Daniel Dorr's book, "Kissing Kilimanjaro." My experiences have not been bad like his was!





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**Please Read These Comments Too!**

**NICE TO HAVE**

**CLOTHING:**

Hiking shorts	Various	\$45
Fleece jacket and pants	REI	\$105
Heavy mid-layer top	Arterex Fortez Hooded Fleece Jacket	\$179
Heavy mid-layer pants	Outdoor Research Cirque Softshell Pants	\$150
Bandana / Neck Gaiter	10th Anniversary Clean Water Climb	\$0
Lightweight fleece gloves	Marmot Windstopper Glove	\$49
Camp shoes	Merrell All Out Blaze Sieve	\$100

**EQUIPMENT:**

Sleeping Mattress and/or pad	Thermarest Z-Lite folding pad	\$90
Super thin, frameless pack	REI Flash 18	\$35
Insulated drinking tube	CamelBak Altitude Thermal Control Kit	\$20
Solar tent light	Luci Inflatable Solar Light	gift
Fanny Pack	Eagle Creek	\$25

**OTHER:**

Digital Camera, extra batteries	Canon Mark III 5D Digital SLR	
XL clear plastic ziplock bags	Hefty 2.5 Gal OneZip Jumbo (12 ct)	\$3
XL Moist Towlettes or Baby Wipes	Wet Ones Big Ones (28 ct)	\$2
Personal Toiletries	Toothbrush, Toothpaste, floss, soap	\$5
Wipes	Sanitizing & Baby	
Hand towel	Rat Towel	\$12
Powdered energy drink mix	Advocare Spark	
Trail mix, Jerky, Energy Bars	Various brands	\$6
Cell phone	iPhone 12 Pro Max (might upgrade to 13 Pro Max)	
Hand and foot warmers		
Vitamins, OTC medications, Saline Nasal Spray		

**NICE TO HAVE SUBTOTAL= \$826**

I wear shorts at least the 1st two days and the last day  
Summit Night  
Summit Night  
Summit Night  
 The sun is very intense, dust can be bad on Kilimanjaro (& EBC)!  
 Chilly evenings & mornings while in camp  
 Consider tennis shoes instead. Don't bring flip-flops!  
 Or bring a blow-up mattress  
Summit Night (keeps water thawed). (or Camelbak - Racepak or StoAway)  
Summit Night (keeps water thawed)  
 It was a gift from a climber  
 Very handy to stuff snacks, camera batteries, etc.  
 Bring at least a high quality point & shoot w/ a good zoom  
 Pack clothes in bags to Reduce amount of ash/dust getting into clothes  
 These are great for Spit Baths, but leave slight residue  
 Whatever you need  
 Clean up before going to bed  
 Synthetic, fast drying  
 Mix with 1 L bottle of water  
 Trader Joe's turkey, salmon, buffalo jerky are excellent!  
 Great for Panorama, Portrait, and Night photos!  
 Chemical activated, for Summit Night  
 Melatonin, Pepto, Lozenges, Afrin, Sinus Rinse

**CONSIDER TO HAVE**

**CLOTHING:**

Down jacket or ski parka	Whittaker Mtneering 1st Ascent Peak XV	\$299
Hoodie	Cabella's	
Base layer	Hot Chili's	
Trekking Gloves	Arterex	

**EQUIPMENT:**

Pillow	REI Backpacker Pillow	\$23
Sleeping Bag Liner	Silk Stretch Mummy Liner	\$75
Ski Goggles	Scott Storm OTG Ski Goggle	\$55
Hot water bottle	Carex 2 qt. Hot water bottle w/fleece cover (or just use an empty 1L water bottle)	gift

**OTHER:**

Camera Tripod (or Monopod)	Sprint Pro II GM Tripod	\$90
Urine receptical	Pee Bottle. Ladies purchase "Go Girl" With Deet	
Insect repellent		
Paper towels		
Notebook/journal, pens/pencils		
Playing cards, games, frisbee		
Energy Power Source (for charging your iPhone and other USB devices)	30,000mAh Aukey Power Bank	
Flip Flops		

**CONSIDER TO HAVE SUBTOTAL= \$542**

Instead of multilayer jacket above - I no longer use - too hot!  
 Or bring a pillow case/ stuff bag and stuff clothes in  
 Provides extra warmth and keeps bag cleaner  
Summit Night  
 If you get cold easily, have cooking staff add warm water for your sleeping bag  
 I also bring a fairly heavy Manfrotto Monopod  
 Ladies Consider getting a Travel John/Pee Styler for middle of night!  
 I NEVER bring to Africa anymore!  
 Handy for washing/rincing before a meal  
 Taking showers in hotels, tea houses, etc.

**Items were purchased at:**

Best Buy	Eddie Bauer	Marmot	REI
49ercommunications.com	Outdoor Research	Academy	Cabella's
North Face	Backcountry	Patagonia	eBay
Massey's Outfitters	Whittaker Mountaineering	Gander Mtn	Arterex

**\*\*\*\*Remember to leave space in your bags for Soccer Balls, Frisbees, and Vitamins for villagers!\*\*\*\***

**Websites:**

[childlegacy.org](http://childlegacy.org)

[cleanwaterclimb.net](http://cleanwaterclimb.net)

[facebook.com/Clean.Water.Climb](https://facebook.com/Clean.Water.Climb)

[youtube.com/c/CleanWaterClimb/](https://youtube.com/c/CleanWaterClimb/)



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