

Kit List



This list has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions. **Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this list can be improved upon your return from your Challenge.

It is highly recommended that to travel, you use a 'soft hold-all' type of bag / large rucksack and not hard rigid suitcases. Also note, that some kit can be hired locally - please see Further Information Document.

Item	Needed?	✓
Baggage And Sleeping		
Large rucksack or Kit Bag (60 – 90 litre capacity – to check in at the airport and for porters to carry - a suitcase is not appropriate)	Yes	
Day pack (30 – 35 litre capacity) - must have a good waist strap to be able to carry 6 kg	Yes	
Bag to leave items at Hotel that you do not need for the actual trek	Yes	
Clothing		
Smart clothes for last night at the lodge (can be left on the first night - not taken on trek)	Optional	
Long-sleeved shirt for evenings	Yes	
T-Shirts or Dri Flo T-shirts	Yes	
Windbreaker (or optional Down Jacket Or Ski Jacket)	Yes	
Fleece	Yes	
Thermal long johns and vests. Two Sets.	Yes	
Trousers (such as lightweight cargo trousers, avoid Jeans). Two pairs.	Yes	
Shorts	Yes	
Swimwear (swimming pool at the lodge for the last night)	Optional	
Underwear (light And loose)	Yes	
Socks (Hiking / Leisure). At least 4 pairs.	Yes	
Dress/Skirt/Sarong	Optional	
Lightweight Waterproofs (jacket and trousers)	Yes	
Walking Boots with ankle protection (sturdy well worn in boots – not trainers or trainer boots)	Yes	
Gaiters (for ascent and for scree on descent from summit)	Yes	
Trainers or sandals for evenings around camp	Yes	
Wide Brimmed Sun Hat for day, Thermal Balaclava or fleece hat for nights	Yes	
Insulated Gloves/Mittens and ALSO Thermal Inner gloves	Yes	
Scarf or Bandana or Dust Mask	Optional	
Equipment		
Sleeping Bag - 4 seasons is required plus a fleece liner	Yes	
Sleeping Mat – a good one! A "Therm-a-rest" is ideal	Yes	
Sun glasses with UV protection	Yes	
Head Torch (with 2 sets of spare batteries and bulb)	Yes	
Water Bottles (2 x 2 litre Bottles) Platypus type are best but pipes may freeze at summit	Yes	
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	
Telescopic walking poles with rubber tips	Yes	
Camera & Camera film. Binoculars	Optional	
Small steel thermos flask (ideal for hot drinks at night or cold on summit day)	Yes	
Inexpensive watch	Yes	
Health & Hygiene		
Toothbrush & Toothpaste, Soap (Lifeventure All Purpose Antibacterial biodegradable Soap – 200ml), Lip and Nose Sun Protection Zinc stick, Lip salve, Antibacterial Wipes x 20, Nail brush, Dry Wash (Lifeventure – 100ml), Boots Super Absorbent Foot Powder.	Yes	

Razor & Cream / Oil, Sanitary Products, Travel Towel, Deodorant, Toilet Paper/Tissues, Hairbrush/Comb, Vaseline	Yes	
Light weight travel towel	Yes	
Insect repellent (Containing DEET)	Yes	
Malaria Tablets (seek advice from your GP)	Optional	
After Sun / Moisturiser	Yes	
Sun Protection (Factor 30 Minimum)	Yes	
Oral Rehydration sachets x 20	Yes	
Water purification tablets or drops – Iodine tablets are best	Yes	
Neutralising tablets	Optional	
Dextrose tablets x 2 packs	Yes	
Other		
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) & Paracord	Yes	
Spare boot laces	Yes	
Note book and pen/s	Yes	
Padlock for baggage – useful as you may leave some items at the Hotel	Optional	
Ear Plugs – just in case you have trouble sleeping	Optional	
Small First Aid Kit		
Pain Killers / Paracetamol (no Ibuprofen if taking Diamox)	Yes	
Adhesive dressing (plasters)	Yes	
Compeed blister pads (heel)	Yes	
Antiseptic Wipes x 10	Yes	
Diarrhoea Tablets	Yes	
Any medication you normally use	Yes	
Documents		
Passport (with 6 months to run from end of expedition)	Yes	
Visa (Tanzanian entry Visa required, see Further Information sheet)	Yes	
Air Travel Tickets or e-ticket receipt	Yes	
Passport photographs and photocopy of passport pages (kept separately from passport)	Yes	
Cash (in Dollars)	Yes	
Credit Card (for emergencies)	Yes	
Travel Insurance	Yes	
Vaccination Certificates	Yes	

You can also hire some kit from TrekHire UK (www.trekhireuk.com) rather than going to the expense of purchasing.