



CHECKLIST FOR CLIMBING MOUNT KILIMANJARO

1) CLOTHING

ITEM	FUNCTION / COMMENT	QUANTITY	IN OUR LUGGAGE?	CHECK
Sports socks (thin)	Breathable, prevention of blistered feet (low cut)	3-4 pairs	Yes	<input type="checkbox"/>
Hiking socks	Insulation of feet and prevention of blisters (high cut)	3-4 pairs	Yes	<input type="checkbox"/>
Wool socks	Particularly for insulation of feet at night and on summit day	2 pairs	Yes	<input type="checkbox"/>
Underwear	Classic, depending on the duration of the hike	As required	Yes	<input type="checkbox"/>
Thermal underwear	Vest (if possible, long-sleeved) and trousers (best would be leggings); avoid cotton, for it does not dry fast; e.g. merino wool is very good	2 sets	Yes	<input type="checkbox"/>
Short-sleeved T-shirts	Particularly relevant at the beginning and the end of the tour; avoid cotton, for it does not dry fast	3	Yes	<input type="checkbox"/>
Long-sleeved T-shirts	Particularly relevant at half-time of the tour, and good with a turtleneck; avoid cotton, for it does not dry fast	2-3	Yes	<input type="checkbox"/>
Fleece jacket / -vest	Advisable and, if possible, different degrees of heat (to be carried underneath the wind jacket / windbreaker)	1-2	Yes	<input type="checkbox"/>
Down jacket (thin) / Softshell	Comparable with the fleece jacket/-vest (to be carried underneath the wind jacket / windbreaker)	1	Yes	<input type="checkbox"/>
Wind jacket / Windbreaker (hardshell)	To be used during the tour and on summit day, should ideally be water-repellent	1	Yes	<input type="checkbox"/>
Trekking / Hiking pants (thin)	Should dry fast, and have a zipper for detaching the legs	1-2	Yes	<input type="checkbox"/>
Trekking / Hiking pants (thick)	Should be water-repellent, for you wear it on summit day (can also be ski pants)	1	Yes	<input type="checkbox"/>
Shorts	Particularly relevant at the beginning and the end of the tour. Swimming shorts are suitable as well	1	Yes	<input type="checkbox"/>

Sweatpants	For sleeping and for carrying in the evenings in the camps	1	Yes	<input type="checkbox"/>
Rain trousers	To protect from water; can be relevant on summit day	1	No (other pants provided sufficient protection from wetness)	<input type="checkbox"/>
Rain cape	It rains from time to time, especially in the afternoons; you should be able to cover your backpack with it	1	Yes	<input type="checkbox"/>
Rain gaiters	To protect your hiking boots from rain and dirt	1 pair	No (waterproofed footwear suffices)	<input type="checkbox"/>
Gloves (thin)	Can be fleece or leather gloves; rather thin gloves, depending on your personal preferences recommendable	1 pair	No (we only took one pair of thick gloves)	<input type="checkbox"/>
Gloves (thick)	Indispensable, especially on summit day	1 pair	Yes	<input type="checkbox"/>
Beanie / Woolly hat	Relevant during the tour and on summit day	1	Yes	<input type="checkbox"/>
Hat / Cap	Thin, for sun protection	1	Yes	<input type="checkbox"/>
Balaclava / Buff	Can complement or replace a scarf and is recommended for low temperatures	1	Yes	<input type="checkbox"/>
Scarf	Recommended especially on summit day	1	Yes	<input type="checkbox"/>
Tennis shoes or sneakers	For the camps and the beginning and end of the tour as well as arrival and departure	1 pair	Yes	<input type="checkbox"/>
Hiking boots	Should be ankle-high and of good quality, also water-repellent and worn in	1 pair	Yes	<input type="checkbox"/>

2) TREKKING EQUIPMENT

ITEM	FUNCTION / COMMENT	QUANTITY	IN OUR LUGGAGE?	CHECK
Travel bag or backpack (60-80 liters volume)	For storage of your luggage during your tour (not to be taken on the mountain)	1	Yes	<input type="checkbox"/>
Daypack (30-40 liters volume)	For everything you need daily during your hike on the mountain (you carry it yourself)	1	Yes	<input type="checkbox"/>
Rain cover	To cover the daypack and protect from rain and dust. It was part of our backpacks (not a must)	1	Yes	<input type="checkbox"/>
Sleeping bag	Suitable for very low temperatures (up to -10 °C (14 °F)); type "sarcophagus" is recommended	1	Yes (rented on-site)	<input type="checkbox"/>
Linen sleeping bag	Thin sleeping bag that is suitable for high temperatures. We have used it as inner part of the rented sleeping bag	1	Yes	<input type="checkbox"/>
Air mattress	Self-inflating, as complementation to the provided mats / air mattresses	1	No (not inevitably necessary; up to you)	<input type="checkbox"/>
Mat	To sleep on; as complementation to the provided mats / mattresses	1	No (not inevitable necessary; up to you)	<input type="checkbox"/>
Pillow (small)	Recommended, for pillows made of clothes help along only partially	1	Yes	<input type="checkbox"/>
Walking sticks / Trekking poles	Particularly helpful on summit day and during descent	1 pair	Yes (rented on-site)	<input type="checkbox"/>
Headlamp	For the ascent to Uhuru Peak in the dark and the time after sunset in the camps	1	Yes	<input type="checkbox"/>
(Small) Flashlight / Torch	For the time after sunset in the camps	1	Yes	<input type="checkbox"/>
Sunglasses	Should be of good quality and ideally have nose protectors integrated	1	Yes	<input type="checkbox"/>
Drinking bottle	A drinking bottle is in any case recommended, for it can also be used to clean your hands	1	Yes	<input type="checkbox"/>
Hydration pack	For direct water supply during the tour (very recommendable, but a second drinking bottle does the job, too)	1	Yes	<input type="checkbox"/>

Alarm clock	For the daily routine, respectively also component of a smartphone	1	Yes (as part of our smartphones)	<input type="checkbox"/>
Binoculars		1	No (no need)	<input type="checkbox"/>
Camera	Including sufficient films / storage and batteries, for there is no opportunity to charge them	1	Yes (as part of our smartphones)	<input type="checkbox"/>
GoPro	To take shots easily during the tour, and during rainfall and in wind	1	No (we were happy with a camera for photos)	<input type="checkbox"/>
Powerbank	For charging your smartphones and other electronic devices during your tour	1-2	Yes	<input type="checkbox"/>
Batteries	Depending on the needs of the cameras, headlamps etc.	As required	No (no need)	<input type="checkbox"/>
Lighter		1	Yes	<input type="checkbox"/>
Pocket knife	Can always become of use and you should carry one on you (attention: during your flight, do not place it in your hand luggage)	1	Yes	<input type="checkbox"/>
Superglue		1	No (no need)	<input type="checkbox"/>
Plastic bags / Garbage bags	For worn clothes and litter	min. 3	Yes	<input type="checkbox"/>
Resealable bags / Sachets	For toiletries and other small items	min. 2	Yes	<input type="checkbox"/>
Padlock	To secure bags / backpacks	1	No (depending on personal assessment)	<input type="checkbox"/>
Umbrella	Small umbrella is well-suited	1	Yes	<input type="checkbox"/>
Thermos flask	Recommended to those of you who benefit from hot beverages, for instance on summit day	1	No (normal drinking bottles sufficed for us, for we had coffee / tea in the morning and afternoon)	<input type="checkbox"/>

3) TRAVEL PHARMACY & FIRST-AID KIT

ITEM	FUNCTION / COMMENT	QUANTITY	IN OUR LUGGAGE?	CHECK
First-aid kit	Basic equipment, such as compresses / dressing, band-aid, scissors, possibly tweezers, wound-healing agent, disinfectant, tape (Leukotape)	1	Yes	<input type="checkbox"/>
Wound and healing ointment	For treating abrasions or something similar (e.g. Bepanthen)	1	Yes	<input type="checkbox"/>
Pain relief gel	For treating muscular and joint pains, also tensions (e.g. Mobilat or Voltaren / Diclofenac)	1	Yes	<input type="checkbox"/>
Painkillers	Should be two sets, with and without antipyretic properties (e.g. paracetamol); among other things, they help with light symptoms of altitude sickness	1 pack	Yes	<input type="checkbox"/>
Antibiotics	Broad-spectrum antibiotics, if possible	1 pack	Yes	<input type="checkbox"/>
Antiallergic	In any case advisable, if you, for instance, react allergic to food (e.g. Cetirizine)	1 pack	Yes	<input type="checkbox"/>
Gastrointestinal tract	One product against stomach cramps (e.g. Buscopan) and one product against diarrhea (e.g. charcoal tablets)	1 pack each	Yes	<input type="checkbox"/>
Electrolytes	To compensate salt depletion and water loss, e.g. also as dietary supplement during heavy perspiration (e.g. Hydralyte)	min. 6 sachets	Yes	<input type="checkbox"/>
Insect repellent spray	Against mosquitos or other insects (we did not have any problems with insects up on the mountain); against insect bites you can use e.g. Soventol	1	Yes	<input type="checkbox"/>
Malaria pills	As standby medication to be taken orally if required (e.g. Malarone)	1 pack	Yes	<input type="checkbox"/>
Tablets or drops for water purification	E.g. Micropur Classic (very recommendable, quantity depending on the duration of the tour; attention: they need 2h to take effect)	As required	Yes	<input type="checkbox"/>
Clinical thermometer		1	Yes	<input type="checkbox"/>
Nasal spray		1	Yes	<input type="checkbox"/>
Band-aids for blisters		1	Yes	<input type="checkbox"/>

Emergency blanket	Silver-golden blanket for emergencies	1	No (is not part of the basic equipment, the travel guides are usually adequately equipped)	<input type="checkbox"/>
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4) COSMETICS & TOILETRIES

ITEM	FUNCTION / COMMENT	QUANTITY	IN OUR LUGGAGE?	CHECK
Toothbrush		1	Yes	<input type="checkbox"/>
Toothpaste		1	Yes	<input type="checkbox"/>
Facial moisturizer		1	Yes	<input type="checkbox"/>
Hand lotion		1	Yes	<input type="checkbox"/>
Deodorant / Antiperspirant		1	Yes	<input type="checkbox"/>
Razor	As required	1	No (not needed)	<input type="checkbox"/>
Lip balm		1	Yes	<input type="checkbox"/>
Dry shampoo	As required	1	Yes	<input type="checkbox"/>
Wet wipes		min. 10 wipes	Yes	<input type="checkbox"/>
Disinfectant tissues	As required, can complement wet wipes and disinfectant gel	min. 10 tissues	Yes	<input type="checkbox"/>
Tissues		min. 2 packs	Yes	<input type="checkbox"/>
Toilet paper		min. 1 roll	Yes	<input type="checkbox"/>

Disinfectant gel	Can complement or replace a piece of soap	1	Yes	<input type="checkbox"/>
Soap	Can complement or replace the disinfectant gel	1	Yes (was provided)	<input type="checkbox"/>
Mirror	Small, as required	1	Yes	<input type="checkbox"/>
Earplugs		1 pair	Yes	<input type="checkbox"/>
Sleeping mask		1	Yes	<input type="checkbox"/>
Cotton buds	E.g. Q-tips	As required	Yes	<input type="checkbox"/>
Small towel	For drying the face, hands etc.; should be fast drying	1	Yes	<input type="checkbox"/>
Washing glove	For washing the face etc.; should be fast drying	1	No (we had a small towel instead)	<input type="checkbox"/>
Sunscreen	With a high protection factor	1	Yes	<input type="checkbox"/>
Lip balm with sun protection	If possible, with a high protection factor	1	No (we covered the lips with sunscreen also)	<input type="checkbox"/>
Toiletries bag	Ideally with a noose to hang up	1	Yes	<input type="checkbox"/>

5) SNACKS AND FOOD SUPPLEMENTS

ITEM	FUNCTION / COMMENT	QUANTITY	IN OUR LUGGAGE?	CHECK
Cookies	Best would be something nutritious that gives you plenty of energy	As required	Yes	<input type="checkbox"/>
Chocolate (bars)		As required	Yes	<input type="checkbox"/>
Cough drops		As required	Yes	<input type="checkbox"/>
Nuts and dried fruits		As required	Yes	<input type="checkbox"/>
Dextrose	Also glucose or other energizers	1 pack	Yes	<input type="checkbox"/>
Energy bars	Muesli bars or something similar; we ate 1-2 bars a day	As required	Yes	<input type="checkbox"/>
Energy gel	Can be used as a nutrition supplement	As required	No (not needed)	<input type="checkbox"/>
Multivitamin supplements	Should include iron and zinc; additional vitamin supply can especially be useful at increased physical strain levels	1 pack	Yes	<input type="checkbox"/>
Ginkgo tablets	They are said to prevent altitude sickness	1 pack	No (to be decided upon individually)	<input type="checkbox"/>

6) DOCUMENTS AND PAPERS

ITEM	FUNCTION / COMMENT	QUANTITY	IN OUR LUGGAGE?	CHECK
Vaccination certificate	To present in case of asked for when entering Tanzania (we did not need it)	1	Yes	<input type="checkbox"/>
Passport	Imperative!	1	Yes	<input type="checkbox"/>
Passport photos	You can take some to be on the safe side, but they are not required	1-2	No	<input type="checkbox"/>
Insurance certificate	Health insurance or other	As required	Yes	<input type="checkbox"/>
Tickets	For flights, bookings etc.	As required	Yes	<input type="checkbox"/>
Credit card		As required	Yes	<input type="checkbox"/>
Cash	At the beginning, we only had USD with us, and later withdrew Tanzanian Shillings at the ATMs; take sufficient cash for tips	As required	Yes	<input type="checkbox"/>
Envelope	E.g. for safekeeping and distribution of tips	min. 1	Yes	<input type="checkbox"/>
Visa	To be carried along in case you have organized it before departure; otherwise the process of a visa application on-site is uncomplicated (visa on arrival)	As required	Yes	<input type="checkbox"/>
Telephone numbers / Addresses	Also emergency numbers / contacts	As required	Yes	<input type="checkbox"/>