



GEAR LIST · PREPARED FOR YOUR CLIMB

Kilimanjaro, Mount Meru & Mount Kenya

WHAT TO BRING ON THE MOUNTAIN

TRAVELER — DEPARTURE — PACK WEIGHT LIMIT 15 KG / 30 LB

Everything below has been tested on the mountain by the guides who will be walking with you. Bring the essentials, leave the rest at the lodge. Kit is genuinely hard to source in Tanzania and Kenya once you land, and while the guides sometimes have a spare fleece or pole, their own equipment is usually in use – treat this list as the whole plan rather than a starting point.

Work through the checklist and return it to your advisor so we can see what you have and fill any gaps before you fly. We will go over your kit again at the pre-climb briefing. Fly wearing your hiking boots and carry your daypack with your weather-proof layers on the plane – luggage does occasionally arrive a day late, and that way your climb still starts on time.

LESS IS MORE

No cotton and no jeans. Cotton holds moisture, and damp means cold at altitude. Skip cotton socks, heavy sweatshirts and spare shoes; choose moisture-wicking, quick-drying fabrics instead. Keep your total mountain kit near 15 kg (30 lb) and tell us if you will be over.

The Essentials Checklist

Tick each line as you pack it. Detailed notes on every item follow on the next pages.

ITEM	PACKED
Thermal hat	☐
Wide-brimmed sun hat	☐
Sunglasses – full eye coverage, 100% UV	☐



ITEM	PACKED
Neck scarf or balaclava	☐
Two 2-litre water bottles (Nalgene-style, boiling to freezing) plus a hydration bladder	☐
Waterproof jacket with hood (Gore-Tex or similar)	☐
Two fleeces – one heavyweight, one lighter	☐
Two hiking shirts – synthetic, never cotton	☐
Thin thermal liner gloves	☐
Waterproof outer gloves or mittens	☐
Thermal underwear, top and bottom	☐
Two pairs lightweight trousers – no jeans	☐
Waterproof trousers	☐
Six pairs hiking socks	☐
Waterproof hiking boots, worn in	☐
Camp shoes – running shoes or sandals	☐
Headlamp plus three sets of spare batteries	☐
Sunscreen SPF 30 minimum, 40+ preferred	☐
Two trekking poles	☐
Small quick-drying camp towel	☐
Gaiters	☐
Medication – list what you take or intend to take	☐
Soft kit bag for the porters, with plastic liners to keep everything dry	☐
Day rucksack, roughly 30–40 litres	☐
Dry bag, 20 litres or larger	☐



ITEM	PACKED
Pack cover	☐
Down parka – optional, but worth it if you feel the cold	☐
Other – list anything else you plan to carry	☐

Details We Need From You

Fill these in before you return the list. Allergies and dietary restrictions should also appear on your booking form.

INSURANCE PROVIDER

POLICY REFERENCE

INSURANCE TELEPHONE

EMERGENCY CONTACT

MEDICATION CARRIED

DIETARY NEEDS & ALLERGIES



ITEM BY ITEM

Choosing Your Kit

What the guides look for in each piece, and why it matters at 5,895 metres.

FOOTWEAR & SOCKS

Solid Hiking Boots

High ankle support and a Vibram or equivalent sole. Gore-Tex or another waterproof membrane adds insulation on wet days. Break them in at least four weeks before departure and bring a spare set of laces.

Camp Shoes

Tevas, Crocs or trainers for the end of the day, and for stream crossings deeper than your boots. Flip-flops are fine low down but do little on cold nights.

Two Pairs Warm-Weather Trekking Socks

Coolmax or similar for the warmest hours: wicks moisture, dries fast, breathes well and keeps blisters away.

Four Pairs Heavier Wool-Blend Socks

For camp and cold mornings. Merino is comfortable, dries quickly and holds odour less than synthetics.

Two Pairs Sock Liners

Thin and moisture-wicking, worn under your wool socks on the climb to high camp. They cut blisters and keep feet dry.

Waterproof Breathable Gaiters

Lightweight, durable, Gore-Tex lined, sized to fit over your boots. Velcro or adjustable sides make them easy to get on and off. They keep out scree and water.

LAYERS

Two Long Underwear Tops & Two Bottoms

Your base layer for cold mornings, evenings and any day the temperature drops. Lightweight, close-fitting and moisture-wicking.



Mid-Layer Wool or Capilene Top

A heavier base layer for high camps and extreme cold. Patagonia Wool 3 or 4, or Capilene 3 or 4, are the reliable choices.

Fleece Top

Polartec 200 weight, worn over your base layer and under your shell. Evenings and cold starts. Fleece only – no cotton sweatshirts.

Two Long or Short Sleeve Trail Shirts

For the warmer, lower days. Light, moisture-wicking, built for consecutive days of walking.

Two Pairs Hiking Shorts or Convertible Trousers

What you will walk in most days. Lightweight quick-drying nylon; some come with UPF and insect protection.

Warm Pants

Lightweight fleece or Wind Pro, for evenings around camp and cold days on the trail – and for high winds near the summit.

Down Parka OPTIONAL

800-fill down with a tough polyester shell – light, windproof, down-proof and water-repellent. Worn at the higher camps and on summit night. If you have a good waterproof shell and every layer above, you can skip it; if you feel the cold, bring it.

SHELLS & EXTREMITIES

Waterproof, Windproof Jacket

Your outer layer. Seam-sealed Gore-Tex is what we recommend, with a hood for the extra warmth.

Waterproof Expedition Pants

Worn on summit day and on the colder acclimatisation climbs. Gore-Tex lined with lower-leg zips so they go on over boots.

Waterproof Mittens or Gloves

For the extreme cold, mostly summit night. Look for wrist cords and reinforced palms for grip in the wet. A removable liner matters for drying and washing.



Lightweight Gloves

Fleece, Polartec 200 weight, leather-reinforced palm. Windproof versions add a useful layer of warmth.

Warm Hat or Beanie

Fleece or wool, close-fitting with minimal loose ends. Essential for evenings and for the summit.

Balaclava

Synthetic or wool, light and close-fitting. Real warmth on summit day and colder evenings.

Sun Hat

Worn at the lower camps, with full coverage for the face. A wide brim gives shade; add a neck scarf to protect the back of your neck.

Sunglasses

100% UV protection, glare and visible-light reduction. Lightweight wrap-around frames stay on; side shields block peripheral light.

PACKS & BAGS

Day Pack

35-40 litres is right. Look for hydration-pack compatibility, hip and chest straps, a frameless build, well-padded shoulders and bottle holders.

Two Large Duffel Bags

One stays at the lodge with clean clothes for after the climb and onward travel; the other goes up with the porters. Porters carry your kit inside large rubberised duffels, so a soft bag is essential – no hard cases.

Dry Bag

Twenty litres or more keeps cameras, wallet and documents dry through any weather. Stuffed with clothes and wrapped in a fleece it also makes a decent pillow.

Pack Cover

Carry one in case of heavy rain. A 40-litre cover with a drawstring and elastic edges fits any day pack snugly.



WATER, LIGHT & CAMP

Hydration Bladder

Two to three litres, sized to fit your pack, so you can sip steadily through long hours of walking. Bring a neoprene sleeve for the hose. Be honest with yourself: the tube will freeze anyway, which is why the bottles below are not optional.

Two Wide-Mouth Water Bottles

One litre each, for lunch, camp and refilling through the day. Lexan lasts; avoid glass and heavy metal. Men often carry a third bottle for use at night – label it clearly.

Head Lamp

Petzl and Black Diamond both make small, efficient models. Multiple lighting levels, LED bulbs, AAA batteries. Bring at least three sets of spares for the summit attempt.

Trekking Poles

Collapsible, aluminium shaft, soft foam grip. They help on the way up and save your knees on steep descents – 20 to 30% less impact on the joints.

Sunscreen

SPF 30 or higher, water and sweat resistant. Eight ounces is plenty. We carry 45+ for the face and 30 for other exposed skin.

Camp Towel

A polyester-nylon blend that dries fast and packs small. Large – around 50 by 27 inches – is the useful size for washing up at the end of the day. Leave the house towels at home.

BEFORE YOU FLY

Send this list back to us once it is ticked. If anything is missing, we will tell you where to buy or hire it before you leave – and we will check your kit again at the pre-climb briefing. Any question is worth asking, however small.

YOUR ADVISOR · EDGE OF WONDER TRAVELS UNLIMITED

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See you on the mountain