



Comprehensive list of things that you are supposed to secure before Trekking Kilimanjaro

Note: Please contact our representative to inquire about the local availability of these gears for rent.

1 Clothing

1.1 Base Layers

- Moisture-wicking long-sleeve tops (2-3)
- Moisture-wicking short-sleeve tops (2-3)
- Moisture-wicking underwear (4-6 pairs)
- Thermal underwear (top and bottom) for cold nights and summit day

1.2 Mid Layers

- Fleece jacket or pullover
- Insulated jacket (down or synthetic)
- Softshell jacket
- Trekking pants
- Fleece pants

1.3 Outer Layers

- Waterproof and windproof jacket
- Waterproof and windproof pants

1.4 Headwear

- Wide-brimmed hat for sun protection
- Warm hat/beanie for cold weather
- Balaclava or neck gaiter
- Sunglasses with UV protection

1.5 Handwear:

- Lightweight gloves (fleece or liner)
- Insulated, waterproof gloves or mittens

1.6 Footwear:

- Hiking boots (waterproof, well broken-in)
- Gaiters (to keep debris and snow out of boots)
- Hiking socks (3-4 pairs of merino wool or synthetic)
- Liner socks (optional, for added warmth and blister prevention)
- Camp shoes (lightweight, for evenings)

2 Gear and Equipment

2.1 Backpack:

- Daypack (25-35 liters) with rain cover
- Duffle bag (80-100 liters) for porters to carry your main gear

2.2 Sleeping Gear:

- Sleeping bag, rated to -10°C to -15°C (Can be obtained locally from rental companies)
- Sleeping bag liner (optional), for added warmth and hygiene
- Sleeping pad (Can be obtained locally from rental companies)

2.3 Trekking Poles:

- Adjustable trekking poles for stability and reducing strain on knees (Can be obtained locally from rental companies)

2.4 Hydration:

- Water bottles (2-3 liters capacity)
- Hydration bladder (optional, ensure it won't freeze on summit day)

2.5 Lighting:

Headlamp with extra batteries

3 Personal Items

3.1 Toiletries:

- Toothbrush and toothpaste
- Biodegradable soap and shampoo
- Wet wipes
- Hand sanitizer
- Quick-dry towel
- Feminine hygiene products (if applicable)

3.2 Snacks and Energy:

- Energy bars, gels, or snacks (to supplement provided meals)
- Electrolyte powder or tablets (Optional)

3.3 Miscellaneous:

- Extra passport photos and copies of important documents
- Trekking map or guidebook (optional)
- Camera with extra batteries and memory cards
- Journal and pen
- Multi-tool or knife
- Lightweight book or e-reader for downtime



- Plastic bags or dry sacks for waterproofing gear
- Ziplock bags for storing trash

4 Optional/Recommended Gear

4.1 Comfort Items:

- Pillow (lightweight, inflatable, or stuff sack with clothes)
- Earplugs (for noisy campsites)
- Solar charger or power bank (for electronics)

5 Important Documentation

- Passport (with visa if required)
- Travel insurance (including coverage for high-altitude trekking)
- Vaccination certificates (if applicable)
- Copy of your itinerary and emergency contacts

6 Money

- Cash (USD for tips, souvenirs, etc.).
- Credit/Debit card (for emergencies and travel expenses)

7 Personal Training and Preparation

7.1 - Physical Training:

- Cardiovascular training (running, cycling, swimming)
- Strength training (focus on legs and core)
- Hiking practice with a loaded backpack

7.2 - Mental Preparation:

- Research on altitude sickness and acclimatization
- Understanding the challenges of the route you are taking (e.g., Marangu, Machame, Lemosho)
- Preparing for different weather conditions; rain, snow, cold, heat (Our team can advise you depending on the expected weather)

The following items will be included in your fee and hence will be provided by Grand Adventures and Terra Expeditions



1 First Aid Kit (Will be provided by our company)

2 Group and Guiding Essentials

2.1 Climbing Crew:

- Guides and Assistant Guides
- Porters (to carry gear)
- Cook (for meal preparation)

2.2 Group Gear:

- Tents
- Food and Cooking equipment and eating utensils
- Dining tent and table

Final Checklist

- Double-check all gear and clothing before departure
- Ensure all items are packed in waterproof or water-resistant bags
- Have a backup plan for critical items (extra batteries, chargers, etc.)
- Familiarize yourself with the route and daily schedule
- Communicate with your guiding company about any special requirements

Properly preparing for your climb will increase your chances of a successful and enjoyable experience on Mount Kilimanjaro.

Contact:

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