



**Summit
Travel**

Your Specialist for Adventures, Trekking, Expeditions and Climbing.



Kilimanjaro Trekking Equipment List

Here is the list of your personal equipment that we recommend for the Kilimanjaro Trekking. This recommendation is valid for:

SummitClimb: Kilimanjaro Trekking (Rongai, Marangu).

Categories: Easy trekking, 6000m.

Temperatures: -15°C summit day, early morning / with wind-chill factor down to - 25°C.

General items:

- 1 Backpack to carry yourself (30-45 litres)
- 1 Large backpack (65+ litres) or a large travel bag (60-80 litres). Transport on the mountain by porters (max. 18kg)
- 1 Small bag for deposit in the hotel
- Passport +1 copy
- Insurance certificate for accident, recovery and travel abroad
- Cash (USD or EUR)
- Credit card
- 1 Small first aid kit with personal medication

General travel items:

- Comfortable shoes
- Sandals
- Swimming suit
- Set of travel clothes

Important small items:

- 1 Hygiene bag + its contents
- 1 Soap
- 1 Small towel
- 1 Pair of sunglasses (min category 3)
- 1 Pair of glacier / ski goggles
- 1 Sunscreen (min. F20)
- 1 Sunscreen lipstick (min. F20)
- 1 Mosquito spray
- Optional: Knife, multitool
- Entertainment: music / good book
- Approx. 1 kg personal good-tasting snacks (energy bars, etc.)
- 1 Headlamp with spare batteries

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- 1 Thermally insulated water bottle
- Optional: 1 pee bottle for the night

Clothing / Sleeping (temperature range from +30°C to - 15°C for day and night):

- 1 Pair of hiking shoes: already tested and comfortable!!!
- 1 pair of gaiters (optional, otherwise flush-fitting trousers)
- 3 Pairs of hiking socks: polypropylene or wool, warm
- 2-3 Pairs of underwear
- 2 Breathable T-shirts (short-sleeved)
- 1 Breathable shirt (long-sleeved)
- 1 Pair of breathable trousers
- 1 Warm hat
- 1 Pair of wind / waterproof gloves
- 1 Pair of lightweight gloves
- 1 Pair of wind / waterproof trousers
- 1 Wind/waterproof jacket
- 1 Warm jumper
- 1 Down jacket with down hood (optional), otherwise warm jacket
- 1 Sleeping bag warm (min. down to -15C)*
- 1 Insulation mat (thin, as an addition to the mat provided)*
- Optional: 1 Pair of telescopic poles
- Optional: 1 umbrella

*If requested in time, these items can be rented.

Please look at our gear rental service: <https://www.summitclimb.de/en/service/ausruestung>

Group equipment:

Provided by SummitClimb: Tents, one sleeping tent per two participants (single tent possible, but colder), one thick insulation mat, large group tent, eating utensils, kitchen equipment and kitchen tent (for the cook), full first-aid kit with high-altitude medication, and a satellite phone for emergency communication (for groups larger than 7 participants).

Equipment List: Kilimanjaro Trekking



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