

Marangu Hotel Kilimanjaro

Kilimanjaro expeditions since 1932

Equipment Check-list

Most of your clothing that you are not actually wearing will be carried by your porter. Although a guide will always accompany you on the trail you are unlikely to see your porter except at the huts or the camps. Therefore it is important you pack carefully the smaller day pack you carry yourself. Anything you need during the course of the day should be in your day pack including, **most importantly**, something warm and something waterproof.

Light clothing is generally sufficient until you reach the 3-4000 metre / 12-14,000 feet altitude range provided you always have something warm and waterproof right with you. Beyond these altitudes, even if the mornings are glorious, you must always be ready for dramatic changes in the weather, including snow storms. You must have clothing right with you adequate to the conditions.

It is for the final ascent that all your warm clothing is important. The ascents are normally done at night and this is when the coldest temperatures are experienced. You must be prepared for temperatures of minus 25 Celsius/ minus 13 Fahrenheit. As a rule you should wear 2 pairs of socks, 3 layers on the legs, 4 -5 layers on top. A balaclava or ski-mask is necessary to keep the head warm and you should have a hood to protect your head from wind. Mittens and dark glasses.

Note: the bag the porter carries for you should not exceed 15kgs/33lbs. If bags are too heavy items may have to be removed or the climber may choose to hire an additional porter.

Marangu Hotel will attempt to make up any shortfalls in equipment at no extra charge (for "fully equipped climbers). Climbers arriving on

KLM, in particular, are advised to try to bring as much as possible of the above as cabin baggage since baggage is frequently delayed. Climbers might, for example, wear their boots on the plane.

1. Anorak/parka with hood
2. Mittens
3. Balaclava/ski-mask
4. Ski sunglasses
5. Scarf
6. 3 pairs warm trousers
7. Thermal underpants and vest/long sleeved
8. 6 pairs socks thin and thick
9. T-shirts x 3, long-sleeve shirts x 2-3
10. Sweater/fleece x 2
11. Waterproof trousers and jacket
12. Sunproof hat
13. Boots and trainers/sandals
14. Small first aid kit
15. Day pack
16. Water bottles 3 x 1 ltr
17. Sleeping bag
18. Mattress /thermarest-camping only
19. Headache tablets
20. Towel/soap/toiletries
21. Torch/flashlight and spare batteries
22. Gaiters
23. Sunblock/Sunscreen
24. Camera & batteries

Suggested medicines:

- headache tablets (preferably not aspirin since this tends to irritate stomachs already sensitive at altitude)
- Imodium/Lomotil for diarrhoea sometimes associated with altitude.
- Climbers may like to consult their physicians about acetazolamide (Diamox), a drug that many find mitigates the ill effects of altitude, headache, diarrhoea & vomiting.

