

THE EPIC CHALLENGE SERIES

MOUNT KILIMANJARO TREK Kit List

1. Documents
2. Footwear
3. Clothing
4. Equipment
5. Toiletries
6. Personal First Aid Kit

1. Documents

Item	No.	Notes	Packed
Essential			
Passport & photocopy of passport	1	Store separately in case passport goes missing	
Passport sized photo	1	Store separately in case passport goes missing	
Visa for Tanzania (if applicable)	1	-	
Travel insurance certificate & 24hr emergency phone number for insurers	1	Must include trekking up to 6,000m in Tanzania	
US Dollars	n/a	c.\$400 in mixed denominations	
Credit card / additional funds	n/a	In case of trip curtailment costs	

2. Footwear

Item	No.	Notes	Packed
Essential			
Gortex or leather hiking boots	1	Waterproof with ankle support. Should be well broken in	
Thick walking socks	3	-	
Thin liner socks	3	Wear with thick walking socks to avoid blisters	
Trainers or light footwear	1	To wear around camp	
Recommended			
Trekking gaitors	1	To keep boots dry in wet weather / deep snow	
Heavyweight mountaineering socks	1	For summit night	

3. Clothing

Item	No.	Notes	Packed
Essential			
Gortex or breathable waterproof jacket with hood	1	Ensure it fits over a fleece or down jacket	
Gortex or breathable waterproof trousers	1	Ensure they fit over over trekking trousers	
Lightweight trekking trousers	1		
Lightweight trekking shorts	1	Zip-off trekking trousers could be used	
Down or synthetic puffa jacket	1		
Micro fleece top*	2	Good for layering	
Trekking t-shirts (wicking or synthetic)	6-8	Avoid cotton which doesn't breath when sweating	
Light / mid-weight thermals for top and bottom (wicking or synthetic)	2	Avoid cotton which doesn't breath when sweating	
Pair of wind-stopper gloves	1	Ensure they fit under waterproof gloves	
Pair of thick waterproof gloves	1	Ensure fit over wind-stopper gloves	
Fleece hat / head band / balaclava*	1	Should cover ears	
Bandana or buff*	1	For sun protection. Ideally with fleece layer.	
Peaked cap with neck cover / wide brimmed hat	1	For sun protection	
Recommended			
Pair of thick fleece gloves	1		
Heavyweight trekking trousers	1	For cold days & summit night	
Casual clothes*	-	For hotel / travel (can be left at hotel while on mountain)	
Tracksuit bottoms	1	To wear around camp	

*Don't forget, you'll be provided with 1 x hoodie, 1 x neck buff and 1 x beanie as part of #TeamVodafone. These will be available for collection on arrival, so please leave space for them in your kit bag.

4. Equipment

Item	No.	Notes	Packed
Essential			
90 - 110 litre duffle bag or backpack (no wheels)	1		
Minimum 30 - 35 litre rucksack with rain cover	1	For carrying personal items whilst trekking	
4-5 season sleeping bag*	1	Packed in stuff sack	
Thin sleeping bag liner (cotton or silk)	1	For extra warmth	
Waterproof bag liner / heavy-duty bin liner	1	To keep equipment dry	
2 - 3 litre camelback water carrier	1		
1 litre water bottles	2	Critical - mouth tubes on camelbacks freeze on summit	
Head torch with spare batteries	1		
Sunglasses with 100% UV protection	1	Ideally that block out sun from the sides	
Travel towel	1	Quick-drying	
Recommended			
Smaller waterproof bags	-	To organise inside bag	
Carbohydrate gels / energy tablets / electrolyte replacement powder	-		
Chemical (one-use) hand warmers	2	For summit night	
Ear plugs	1		
Trekking poles	1		
Optional			
Small lightweight umbrella	1		
Sleeping bag cover	1	To protect from damp	
Travel pillow	1		
Mobile phone & charger	1	Note: there are no charging facilities on mountain	
Portable battery pack	1		

* Sleeping bag hire is available locally. A Mountain Hardware lamina -30c long size is £49 and payable in advance. It will be available for collection on arrival. To book please email epicchallengeseries@thresholdsports.co.uk and we will take the payment and book this for you.

5. Toiletries

Item	No.	Notes	Packed
Essential			
Anti-bacterial hand gel	1		
Toilet roll / pack of travel tissues	1		
Pack of ziplock resealable bags	1		
Sun screen - SPF30+	1		
Aftersun cream	1		
Lip balm	1		
Toothbrush and toothpaste	1		
Insect repellent	1		
Recommended			
Wet wipes	1		
Shower products	-	For hotel	
Nail brush	1		
Optional			
Soap / face wash	1	For on mountain	
If applicable			
Feminine hygiene products	-		
Contact lenses & solution / spare glasses	-		

6. Personal First Aid Kit

Item	No.	Notes	Packed
Essential			
Painkillers	-	e.g. Paracetamol / Ibruprofen / Aspirin	
Malaria prophylactic tablets	-		
Antihistamines	-		
Plasters / blister kit / zinc oxide tape	-		
Rehydration power	-	e.g. Dioralyte	
Recommended			
Small medical kit	-	e.g. antiseptic cream, lint wound dressing, knee support, crepe bandage, safety pins, tweezers, scissors, sterilised syringes	
Anti-diarrhoea tablets	-	e.g. Imodium	
Antiseptic wipes	-		
Throat lozenges	-		
Muscle rub / Deep Heat / Ibuprofen gel	-		
Vaseline	-	To rub on feet to reduce friction	
Talcum powder	-		
Optional			
Diamox tablets	-	For those who have consulted a doctor	
If applicable			
Personal / GP prescribed medication	-		