

KILIMANJARO KIT LIST

While hiking, you can only take **ONE** main bag – a soft kit bag – and your day pack. You can leave a suitcase or a spare bag in the hotel secure storage room, for your spare clothes for travelling and the celebration night.

To wear/carry in your day pack:

(25- to 35-litre with comfortable waist strap)

- sun cream (factor 30 minimum)
- sun glasses
- lip salve (with sun protection)
- insect repellent
- light fleece
- waterproofs (eg Gortex jacket & trousers)
- antiseptic hand-wash
- tissues & nappy sacs
- Buff (small scarf-style garment that protects from sun/cold)
- Strong walking boots with ankle support. These must be well worn in.
- sun hat/cap (when lower down)
- warm hat & gloves (when higher up)
- head torch
- trekking poles (optional)
- snacks for the day
- camera/film/batteries
- 2 - 3 litre water carrier, platypus is ideal, or water bottles
- small first aid kit (plus any regular medicines)

In your kit bag (max weight 12kg):

- 1 pair of shorts
- 2 pairs of trekking trousers
- 1-2 long-sleeve tops
- 2-3 wicking base layers or t-shirts (see opposite)
- 1-2 Macmillan Challenge t-shirt
- sufficient changes of socks & underwear
- warm jumper/fleece (in addition to the one in daypack)
- warm outer jacket (a Down jacket is ideal)
- spare footwear for the evening (e.g. trainers)
- warm pyjamas/leggings & t-shirt to sleep in
- warm gloves (mittens/ski gloves recommended for summit night)
- thermals
- travel towel (not essential)
- wash kit
- sleeping bag (4 season **minimum**) and silk liner
- sleeping mat – therm-a-rest is recommended
- spare batteries for head torch/camera
- Wet Wipes (1 large pack)
- ear plugs (especially if you are a light sleeper)
- plastic bin liners – to line your bags to prevent contents getting wet

Macmillan wicking tops

Why not buy Macmillan's own wicking base tops. Made from white 'coolmax' fabric, with the Macmillan logo printed on the front, they are excellent quality and great value for money at £15 each.

For more details, and to order your tops, please email us at hiking@macmillan.org.uk or call us on 020 7840 7887.

Other items

- Comfortable clothes for travelling (NB: wear your walking boots!)
- Spare set of clothes for rest day at the hotel and celebration meal
- Money belt for passport and money Swimwear

PASSPORT:

Ten-year passport with 6 months validity after date of entry

VISA:

UK passport holders require a visa costing approx £38 – full details provided later

MONEY:

We recommend you bring around £200 in US\$, plus a credit card. Tanzanian Shillings can be obtained on arrival.

TICKETS:

These will be given to you at the airport

FIRST AID KIT:

Imodium/Arret (diarrhoea tablets), Dioralyte (rehydration tablets), ibuprofen/paracetamol, Elastoplasts, blister dressing, insect repellent, antiseptic cream, plus any personal medicines.

VACCINATIONS:

You must have had a tetanus and yellow fever jab in the last 10 years. Bring the YF certificate with you. Check with your GP for the latest travel health advice, including anti-malarials.