

Item	Comments	Got	Tried	Pack
Daypack (30 - 35L)	Good shoulder straps and hip belt			
Kit Bag (±90L)	The porters carry all your kit in here			
Kit Bag	You leave this at the hotel with spare clothes etc			
Sleeping Bag (-15 C)	Must be rated to -8°C or warmer			
Sleeping Bag Liner	Fleece or synthetic, no cotton			
Self Inflating Mat	This is not compulsory, but well worth the cost			
Trekking Boots	Must be waterproof and comfortable			
Trail Shoes	Great lower down the mountain & around camp			
Head Lamp	Hands-free lighting, LED torches are best			
Water Bottle 1lt	Leakproof and robust			
Hydration Bladder	1.5 - 2L capacity			
Trekking Poles x2	These are a lifesaver			
Spare Batteries	Camera, head torch.			
Water Purification Tabs	Enough to purify 30L of water			
Splash Cover	Very important to keep your kit dry			
Gaiters	Keep you clean, and stuff out of boots			
Camera	Spare battery for summit day			
Underwear				
Thermal Underwear Pants x 2	One is fine, 2 is a luxury			
Thermal Underwear Tops x 2	One is fine, 2 is a luxury			
Liner socks				
Thin Hiking Socks x 2				
Thick Hiking Socks x 2				
Fleece Pants				
Active Shirt Long sleeve) x 2	Avoid using regular cotton shirts			
Active Shirt (Short sleeve) x 2	Avoid using regular cotton shirts			
Fleece Top				
Soft Shell Jacket	Great piece of kit to have on Kili			
Down Jacket	Not compulsory, but nice to have.			
Waterproof Outer Pants	This must be 100% waterproof and breathable			
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Hiking Pants x 2	Zip off options are great			
Inner Gloves				
Outer Gloves	Important to get good quality, very warm gloves			
Beanie				
Buff	2 are ideal			
Casual Wear for travel				
Polarised Sunglasses	Good UV protection			
Personal Toiletries				
Insect Repelant				
Mini First Aid Kit				
Sun Screen	SPF 30 or greater			
Lip Balm				
Hikers Towel				
Waterless soap	Before meals, after bathroom stops			
Wet wipes	2 Packs is plenty			
Pocket knife / multitool	For cleaning fingernails or root canal surgery			