



Mt. Kenya/Kilimanjaro Gear Checklist

Mt. Kenya & Kilimanjaro give you the ultimate hiking experience after testing slightly lower altitudes due to the scenes from above. You can join this experience any time we head to Point Lenana on Mount Kenya or Uhuru Peak on Mount Kilimanjaro. This is a gear guide to help you get started and prepping.




From 2024, we shall embrace "Hiking is not suffering" towards a better and prepared mountain experience.

Upper Body		
Bandanas		Protective and serve as sweatbands and protect the hair from covering the face or being disturbing, especially to the ladies.
Gloves		These should be thermal and waterproof. Those with a fleece material inside will serve you.
Rain Poncho/Rain Coat		It rains most of the time, even if it is not at all points. Stay ready.
Fleece Jacket		You need the warmth since it is cold up there. Close to the summit you will wake up to snow instead of dew.
Wind Jacket		A thinner jacket, resistant to wind and light rain. Good when you don't need to bear the weight of a jacket.
T-Shirts		At least one for each/2 days.
Balaclava		Locally known as bochori. Windproof and protects the head from cold and frostbites. Recommended is the one that leaves only the eyes open. They are adjustable.
Cap/Hat		Protective from the sun and sometimes rain.
Thermal Tops		Keep your upper warm.



Lower Body		
Hiking Boot		Comfortable and waterproof. at least +1 size larger than normal shoes. Wear it a few days before the hike to ensure it is comfortable. Also, cut your toenails to be comfortable along the trail.
Thermal Bottoms		At least one for two days after the first day.
Leg Gaiters		Prevent moisture and water into your shoes since it is hard to dry the hiking boots once wet.
Thin Socks		Good for preventing you from the cold while your legs are relaxing.
Thick Socks		Warm you when moving. Woolen or synthetic. Also, protect from blisters.
Shorts/Tights		Optional and for comfort when hiking.
Sandals/Crocs		Essential for cooling and relaxing the feet after a long walk. Crocs are a proven source of warmth even inside your sleeping bag.
Trousers/Summit Pants		At least 2, but depends on days on the mountain. Trousers should be waterproof and quick-dry. Summit Pants should be waterproof and fleece-lined on the inside for warmth.



Accessories		
Head Lamp		For light provision, in your tent, outside, or when trekking.
Hydration Bladder		Capacity of at least 2 liters.
Hot Water Can		Suitable for the night warmth.
Hiking Pole		Comes in handy for support along the trails.
Day Pack		The bag carried by the hiker. It contains all they need to access during the day.
Porter's Bag		It contains what is not accessed frequently, such as the hiker's gear.
Toiletries		Like wet wipes to wipe oneself since bathing is challenging in the cold.
Sunglasses		Protect from UV rays and snow reflection.
Sunscreen		For skin protection from UV
Power Bank		To charge your phone. You need to capture some of the best views along the trail.



Other Recommended Items		
Energy Bars		While carbs are not recommended normally, they are essential for this hike for faster energy generation. (No need to stock much, they are sometimes part of the light meals provided).
Evacuation/Medical Cover		Essential. For potential emergency aero-medical evacuation.
Towel		Good if the need for wiping be. Like when sweating
Painkillers/Meds		If needed/prescribed.
Polythene/trash bags		Good for holding your gear. Inserted as a waterproof shell in the porter's bag to prevent the clothes from soaking. <i>Get in the Arena</i>