PREPARATION & PLANNING

Complete Kilimanjaro Gear Guide

Checklist and Rental Advice

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Part 1: Your Gear Checklist

Tick **Bring** for items you pack from home and **Rent** for items you will rent in Moshi. A box in both columns means you can do either, and a dash means that option is not recommended.

Headwear

Item	Bring	Rent
Wide-brimmed sun hat	☐	–
Warm beanie	☐	–
Neck gaiter (buff)	☐	–
Balaclava	☐	–
Wraparound UV sunglasses	☐	–
Hat clip or cord (optional)	☐	–

Upper Body

Item	Bring	Rent
3 short-sleeve shirts	☐	–
2 long-sleeve shirts	☐	–
Merino wool base layer	☐	–
Fleece jacket	☐	–
Down jacket	☐	☐
Waterproof, breathable rain jacket	☐	☐
Thin glove liners	☐	–
Thick warm gloves	☐	–
Waterproof over-gloves (optional)	☐	–

Lower Body

Item	Bring	Rent
2 to 3 pairs of hiking trousers	☐	–
2 thermal base layer leggings	☐	–
Fleece trousers	☐	–
Waterproof trousers	☐	☐
Underwear (enough for the whole climb)	☐	–

Item	Bring	Rent
Hiking socks, thick and thin	☐	–
Well broken-in hiking boots	☐	NEVER
Camp shoes or sandals	☐	–
Gaiters (optional)	☐	–

Essential Gear

Item	Bring	Rent
Sleeping bag (-10°C to -15°C)	☐	☐
Sleeping bag liner	☐	–
Day pack (20 to 30 litres)	☐	☐
Rain cover for day pack	☐	–
Waterproof duffel bag for your porter	☐	☐
Headlamp and spare batteries	☐	–
Trekking poles	☐	☐
Power bank or solar charger	☐	–
Water bottles or hydration bladder (2 to 3 litres)	☐	–
Camera or phone	☐	–
Waterproof or zip-lock bags	☐	–
Quick-dry towel	☐	–
Snacks and energy bars	☐	–
Personal first aid kit, including blister pads	☐	–
Hand warmers	☐	–
Earplugs	☐	–
Inflatable sleeping mat (optional)	☐	–

Toiletries and Personal Items

Item	Bring	Rent
Toothbrush and toothpaste	☐	–
High-SPF sunscreen	☐	–
Lip balm with SPF	☐	–
Insect repellent with DEET	☐	–
Toilet paper, wet wipes, hand sanitizer	☐	–
Personal medication, including any your doctor recommends for altitude	☐	–

Part 2: Renting Gear in Moshi

What's Smart and What's a Mistake

One of the best ways to reduce the cost of your Kilimanjaro climb is to rent equipment in Moshi rather than buying everything at home. There are good rental shops near the mountain and the quality of equipment has improved a lot over the years.

But there are some things you should never rent. Here is my honest advice after watching clients make these mistakes for over a decade.

What You CAN Rent in Moshi

These items are available in good condition and renting them makes excellent financial sense:

- Sleeping bag
- Down jacket
- Rain jacket and waterproof trousers
- Duffel bag for your porter
- Trekking poles
- Day pack

For these items, renting locally can save you $500 to $1,000 compared to buying everything new at home. It is a very smart choice.

What You Should NEVER Rent

Hiking boots. This is the most important rule. Your boots must be broken in before you climb. A boot that feels comfortable when you try it on in a shop in Moshi can feel like a torture device after six hours of steep mountain hiking. Blisters, hot spots, and ankle problems caused by new boots have ended many climbs. Bring boots you have already walked in for many miles. Only rent boots in a genuine emergency.

Base layers, socks, and underwear. These are personal items that need to feel comfortable against your skin over many days. You want clothes you trust. Synthetic or merino base layers work best. These are relatively inexpensive to buy and should come from home.

Water bottles or hydration bladders. These are cheap to buy even at home or at a supermarket in Moshi. Bring your own or buy new ones locally. This is not an item worth renting.

A sleeping bag liner. If you are renting a sleeping bag, bring a sleeping bag liner from home. It adds warmth, it adds comfort, and it means you are sleeping in a clean, familiar layer every night. Well worth the small weight in your luggage.

> **THE SIMPLE RULE**
>
> **Rent anything that goes on the outside of your body or sits in your porter's bag. Bring anything that goes directly against your skin or your feet.**