BLACK MOUNTAINEERING

KILIMANJARO EXPEDITION

Machame Route | Tanzania | 5,895m Summit

LOCATION TANZANIA	DURATION 10 DAYS	ROUTE MACHAME
GRADE MODERATE	ALTITUDE 5,895M	DAILY ACTIVITY 6-8 HOURS

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Kilimanjaro is a non-technical trek, but high altitude, long trekking days and a freezing summit night make it a serious challenge. Climbers must be prepared for five ecosystems, from rainforest warmth to Arctic-like conditions at 5,895m.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | TRAVEL DOCUMENTS

- [ ] Passport (valid for 6 months)
- [ ] Debit / credit cards
- [ ] Insurance papers
- [ ] Photocopy of passport

02 | BASE LAYERS

- [ ] Merino wool underwear (2 pcs)
- [ ] Merino long-sleeve base layer (1 pc)
- [ ] Merino long pants base layer (1 pc)
- [ ] Short-sleeve T-shirt (2 pcs)

03 | MID LAYERS

- [ ] Fleece top (1 pc)
- [ ] Hiking shorts (1 pc)
- [ ] Heavyweight hiking pants (1 pc)
- [ ] Lightweight hiking pants (1 pc)

04 | WINDPROOF / RAIN LAYERS

- [ ] Hard shell jacket (1 pc)
- [ ] Hard shell pants (1 pc)

05 | INSULATION

- [ ] 800+ gram goose down jacket with hood
- [ ] Insulated pants

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm hat (1 pc)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Bandana or buff (1 pc)

07 | EYEWEAR

- [ ] Sunglasses

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Shell guide glove with insulated liner or expedition mitts

09 | FOOTWEAR

- [ ] Liner socks (2 pairs)
- [ ] Wool or synthetic socks (3 pairs)
- [ ] Sturdy hiking boots
- [ ] Trekking approach shoes
- [ ] **Camp shoes:** crocs or sandals

10 | SLEEPING EQUIPMENT

- [ ] Sleeping bag -20°C
- [ ] Earplugs
- [ ] Inflatable pillow (optional)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

11 | MOUNTAINEERING GEAR

- [ ] Large 120L duffel bag
- [ ] Trekking backpack 35L
- [ ] Trekking poles (optional)
- [ ] Headlight 500–700 lumens (2 pcs)

12 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Cash
- [ ] Visa card
- [ ] ATM card

13 | ADDITIONAL FOOD ITEMS

- [ ] Snack food
- [ ] Salty-sweet bars
- [ ] Summit gels
- [ ] Nuts
- [ ] Beef jerky

14 | ADDITIONAL ITEMS

- [ ] Compression stuff sacks
- [ ] Water bottles 1 litre (2 pcs)
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

15 | MEDICAL

- [ ] Personal first-aid kit
- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol
- [ ] 250mg Diamox (10 days)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Mosquito repellent
- [ ] Menstrual products
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] Duct tape – repair kit
- [ ] Hand & feet chemical warmers

16 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

MANDATORY EQUIPMENT & LAYERING CHECKLIST

17 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate power adapters
- [ ] Adventure sports watch
- [ ] Sherpa 100AC power bank
- [ ] Phone camera
- [ ] Batteries
- [ ] Charging leads

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

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EXPEDITION PAGE
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