first Ascent
PERFORMANCE TESTED GEAR

Clothing Kit List for Mount Kilimanjaro

The below check list has been tried and tested by numerous Kili summiteers

FOR THE UPPER BODY

- **2 Thermal Underwear Tops** (First Ascent Polyprop tops)
- **2 T-Shirts** (1 Trail Tee) synthetic is best, not cotton
- **1 Long Sleeve Shirt** (First Ascent Canyon Shirt) for protection against the sun
- **1 Light Weight Sweater** (First Ascent Firestorm Pullover or Firestorm 1/4 zip) for light weight warmth
- **1 Heavier, Warmer Jacket** (First Ascent Ice Serac or Glacier Down Jacket)
- **1 Waterproof Rain Jacket (**First Ascent Dry lite or Summit Jacket) Afternoon showers are common. A waterproof nylon jacket with taped seams will protect you from the rain and wind.

FOR THE LEGS

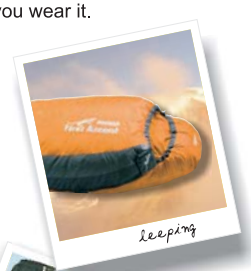
- **2 Pairs Thermal Underwear Bottoms** (First Ascent Polyprop Long Johns)
- **2 Pairs Hiking Shorts** (1 pair First Ascent AR-X Shorts & 1 pair Delta Shorts) Good for hiking at lower levels of the mountain. Should be quick drying, light weight and breathable.
- **1 Pair Fleece Leggings** (First Ascent Powerstretch Tights) - additional insulation for summit day and for sleeping
- **1 Pair Trousers** (First Ascent Utility zip off pants)
- **1 Pair Waterproof Rain Pants** with taped seams (First Ascent Flash Flood Pants)

FOR SLEEPING

- **1 Sleeping Bag** (First Ascent Fusion 900 (-15˚C) or First Ascent Ice Breaker (-8˚C) used in conjunction with a First Ascent thermal travel sheet)- temperatures can go well below 10˚C at night on the mountain so it is advisable to bring a warm bag.
- **1 Sleeping Pad** - self-inflating mattress - Comfort Light

ACCESSORIES

- **1 Balaclava** (First Ascent Softshell Balaclava)
- **1 Beanie Muff** (First Ascent Beanie Muff) - Keeps your head or neck warm depending on how you wear it.
- **1 Peak Cap with flap** (First Ascent AR-X cap with flap) or Dundee hat (Shade hat with wide brim)- to protect your head and neck against the sun.
- **2 Pairs of Gloves** (First Ascent Apex Gloves with thermal liner gloves
- **Trekking poles** (Vista) - This pole has an Anti-shock system to help absorb impact, easing the strain on your shoulders and arms and built in camera mount.


sleeping

for the head and face

for the upper body

for the legs

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