

Legend EXPEDITIONS

This brief outlines the kit needed for your expedition (EX). We are here to help if you have any questions or need any recommendations on where to get the right kit.

Optional items are marked with asterisks ***.

PAPERWORK

ITEM	EX
Passport	X
Vaccination Papers (closer to the time we will check entry requirements)	X
Insurance Documents (personal travel insurance for Kilimanjaro climb)	X

CLOTHING

ITEM	EX
1 Waterproof Jacket (breathable with hood)	X
1 Insulated Jacket (synthetic or down)	X
1 Soft Jacket (fleece or soft shell)	X
2 Long sleeved tops (lightweight, moisture-wicking)	X
2 Short sleeved top (lightweight, moisture-wicking)	X
1 Waterproof trousers (breathable)	X
2 Hiking trousers	X
1 Thermal leggings	X
1 Shorts ***	X
Underwear & sports bras (4/5 pairs of underwear, we can wash them)	X

EQUIPMENT

ITEM	EX
Backpack 25-35L (for carrying personal gear during the daytime)	X
Duffel bag or similar (for porters to carry your equipment)	X
Trekking poles	X
Sleeping Bag (warm, four seasons)	X
Sleeping bag liner*** (for additional warmth)	X
Head torch & spare batteries	X

ITEM	EX
Sunglasses	X
Waterproof Backpack Cover*** (often backpacks have these built in)	X
Poncho*** (rainy season)	X
2 x 1 litre Water Bottle or Bladder	X
Towel*** (lightweight, quick-dry)	X
Pee bottle (to avoid leaving tent at night, recommended but not essential)	X
Stuff sacks/plastic bags (to keep gear dry & separate)	X

FOOTWEAR

ITEM	EX
Hiking boots & spare laces) (warm, waterproof, broken in)	X
Trainers/sandals*** (to wear at camp, make sure they pack up small)	X
3 Thick hiking socks	X
3 Sock Liners*** (worn under socks to help prevent blisters)	X
Waterproof gaiters*** (to keep feet dry in heavy rain)	X

HEAD/HAND WEAR

ITEM	EX
Brimmed hat for sun protection	X
Knitted hat for warmth	X
Balaclava*** (warm face coverage)	X
Buff*** (lightweight face coverage)	X
Warm gloves (waterproof recommended)	X
Glover liners*** (worn under gloves for added warmth)	X

OTHER

ITEM	EX
Toiletries including: <ul style="list-style-type: none"> • Toothbrush/paste • Wash kit • Wet wipes • Lip balm 	X
Personal Medical Kit <ul style="list-style-type: none"> • Antimalarials • Prescriptions • Painkillers • Blister kit/plasters (the support team will be carrying a full first aid kit)	X
Sufficient sanitary products	X
Suncream (high factor, waterproof)	X
Insect repellent containing DEET	X
Hand sanitiser gel	X
Snacks*** (lightweight, high calorie)	X
Pencil & notebook***	X
Camera & spare batteries***	X
Pack of playing cards or similar***	X
Binoculars***	X

