The main list is written for the Chogoria – Point Lenana 4985 m – Sirimon trek. Batian 5199 m and Nelion 5188 m need a separate climbing set, which the technical guide approves once the route and season are chosen. Test your equipment beforehand, on walks and in training. Advice on fitness is gathered in our piece on training for the mountains, and on high-altitude acclimatisation in our article on altitude sickness. Baggage

- A soft duffel or 65-75 litre rucksack for the items your porter carries
- A 30-40 litre rucksack with a rain cover for the daily stages
- Dry bags, or strong waterproof bags, for clothing, sleeping bag, documents and electronics
- A small bag for the things you leave in Nairobi

Personal equipment

- Sleeping bag with a comfort rating of -5 °C or lower
- Trekking poles
- Head torch with a spare set of batteries
- Reusable water containers holding 2-3 litres in total
- Vacuum flask of 0.75-1 litre
- Sit mat
- Emergency foil blanket
- Whistle
- A small personal repair kit

Clothing and footwear

- Broken-in waterproof trekking boots with a stiff, non-slip sole
- Light trainers, sandals or flip-flops for camp and town
- High gaiters
- Waterproof shell jacket
- Waterproof shell trousers
- Base layer, top and bottoms
- Fleece top or a lightweight insulated jacket
- Warm down jacket with a hood
- Trekking trousers
- Lightweight trousers or shorts for the lower part of the route
- Warm socks for the pre-dawn start
- Trekking socks
- Quick-drying underwear
- Warm hat
- Sun hat or cap
- Buff
- Thin gloves
- Warm waterproof gloves or mittens

Other items

- Category 3 or 4 sunglasses
- SPF 50 sun cream
- Lip balm with SPF
- Power bank and charging cables
- Adapter for the British type G socket
- Your own energy snacks

- Insect repellent for the lower part of the route and for travel elsewhere in Kenya
- Quick-drying towel
- Personal toiletries
- Wet wipes and hand sanitiser
- Toilet paper
- Strong bags for your own rubbish
- Earplugs
- A personal first-aid kit suited to your own medical needs
- Any medication prescribed by your doctor
- Copies of your documents in waterproof packaging

Discuss the contents of your first-aid kit, and whether you need malaria prophylaxis, with your doctor in advance. There is more in our article on avoiding malaria. Additional equipment for Point Lenana

The usual route up Point Lenana is not a technical climb. In snow or ice, however, the guide may add an ice axe and some form of traction to the final list. There is no need to buy or hire them before the state of the route is confirmed.

- Lightweight crampons or microspikes, if the guide puts them on the final list
- Ice axe, if the guide puts it on the final list

Additional climbing equipment for Batian and Nelion

The technical set is decided only once the summit, the particular route and the season have been chosen. The technical guide’s list takes precedence, because the state of the approaches, glaciers and rock routes changes.

- A compact 25-30 litre climbing rucksack
- Climbing helmet
- Climbing harness
- Belay and abseil device
- Screwgate karabiners
- Slings and prusiks, following the technical guide’s list
- Rock shoes, or approach boots with good grip
- Mountaineering boots compatible with crampons
- Crampons and an ice axe, if they are needed on the approach or route chosen
- Warm gloves you can still handle equipment in
- Bivouac bag
- An extra insulating layer
- Spare gloves, socks and hat
- Head torch with spare batteries

Ropes, nuts, cams, quickdraws, belay and bivouac equipment are agreed separately with the technical guide. These items are not part of the basic Point Lenana trekking trip.