The list is written for a multi-day route in the Rwenzori with a glacier section and an ascent to 5109 m. Check, fit and test your personal equipment in advance. Pay particular attention to the compatibility of your boots and crampons, to keeping your kit dry, and to the condition of your belay equipment.

Personal climbing and trekking equipment

- Rucksack of 30-50 litres with a rain cover
- Sleeping bag with a comfort rating no higher than -8 °C
- Trekking poles with baskets at least 70 mm across
- Steel crampons compatible with your mountaineering boots
- Ice axe with a leash
- Climbing harness
- Climbing helmet
- 4 screwgate karabiners
- Cow's-tail lanyards
- Ascender
- Descender
- Gaiters
- Dry bags for your sleeping bag, clothing, documents and electronics

Clothing and footwear

- Single-layer mountaineering boots compatible with crampons, broken in beforehand and treated with a waterproofing product
- Trainers or light footwear for town
- Waterproof shell jacket
- Waterproof shell trousers
- Lightweight rain jacket or poncho
- Quick-drying trekking trousers
- Quick-drying T-shirts and a base layer for the lower part of the route
- Fleece jacket and warm trousers
- A set of base layers
- Down jacket with a hood
- Warm waterproof gloves
- Thin gloves
- Warm hat
- Bandana or buff
- Windproof mask or balaclava
- Trekking socks for each walking day
- A separate pair of warm socks for summit day
- A dry set of underwear and clothing to sleep in

Other items

- Head torch with at least 12 hours of battery life
- Spare batteries for your head torch
- Power bank and charging cables
- Sunglasses with a high level of UV protection
- Ski goggles
- Vacuum flask, 1 litre, without a push-button lid
- Reusable water bottle

- SPF 50 sun cream
- Lip balm with SPF 15 or higher
- Insect repellent
- Chemical hand warmers, optional
- A personal first-aid kit with any medication you take regularly
- Elastic bandage or a personal support brace
- Antimalarial medication, chosen by your doctor with your health and the route in mind — there is more in our article on avoiding malaria
- Toothbrush, toothpaste, soap, shampoo and other toiletries
- Wet wipes and hand sanitiser
- Flip-flops for the lodge, hotel and mountain huts
- Quick-drying towel
- Toilet paper
- Earplugs, for nights in shared rooms