



## Kilimanjaro Equipment & Packing List

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### Sleeping Gear:

- ☐ Sleeping Bag rated 0°F, -15°F
- ☐ Sleeping mat : we provide one
- ☐ Sleeping bag liner (for extra warmth or for rented sleeping bag)
- ☐ Compression sack for sleeping bag

### Packs & Bags:

- ☐ Waterproof duffel bag 80-100 litres
- ☐ Daypack 25-35 litres
- ☐ Waterproof pack cover
- ☐ Compression sacks or 6-8 waterproof bags
- ☐ (Optional) Packing cubes to organize your duffel bag
- ☐ Bag lock for duffel bag

### Footwear & Trekking Poles

- ☐ Hiking boots - waterproof mid-weight
- ☐ Running shoes/light hikers (for wearing around camp)
- ☐ Gaiters
- ☐ 5-6 pairs liner socks (wool or synthetic, no cotton)
- ☐ 4-6 pairs thick socks (no cotton!) - thermal socks for summit night
- ☐ Spare laces for hiking boots
- ☐ Trekking poles

### Gloves

- ☐ Thin gloves (wool or synthetic, no cotton)
- ☐ Thick waterproof gloves or mittens

## Clothing: Lower Body

- ☐ Underwear(no cotton)
- ☐ 1<Convertibles= or shorts
- ☐ 1-2 light-medium weight Base layer
- ☐ Hiking pants (no cotton)
- ☐ Winter hiking pants
- ☐ Waterproof shell pants (recommend size zippers)

## Clothing: Upper Body

- ☐ Comfortable sports bra (ladies only)
- ☐ 1-2 light-weight T-shirts (no cotton)
- ☐ 1-2 light weight long-sleeved T-shirts (no cotton)
- ☐ 2-3 Light to mid-weight Base Layer
- ☐ 1-2 Fleece as insulation layer
- ☐ Insulated shell jacket
- ☐ Down jacket (approx 750-fill)
- ☐ Waterproof shell jacket that fits over all your layers

## Headwear

- ☐ Brim hat or cap with neck protection
- ☐ Warm hat with ear flaps
- ☐ Neck gaiter or <Buff= (very versatile)
- ☐ Sunglasses (rated 100% UV protection)
- ☐ Headtorch (don't forget spare batteries)

## Water & Snacks

- ☐ 2-3 liter hydration bladder (Platypus or Camelbak or similar)
- ☐ 1-2 One-literwide-mouth water bottle (Nalgene or similar)
- ☐ Electrolyte/Sports drink powdered formula for adding to your water
- ☐ Snacks: Energy bars of your preference - plan for 2-4 per day
- ☐ Water purification tablets or filter pen (we provide boiled/filtered water)

## Personal Health & Comfort

- ☐ Toiletries: toothbrush& paste, hairbrush/comb, foot powder, hand cream, deodorant, soap.
- ☐ <Baby-wipes= and anti-bacterial, hand-sanitizer wipes
- ☐ Any regular medication you are taking
- ☐ Anti-bacterial hand-sanitizer gel such as Purell
- ☐ Fingernail brush
- ☐ Nail clippers
- ☐ Ear plugs
- ☐ Sunscreen SPF 40+
- ☐ Small microfiber quick-dry towel
- ☐ Pee-bottle for night time calls of nature
- ☐ Small torch
- ☐ Headtorch
- ☐ Pocket knife (Swiss Army Knife or <Leatherman=)
- ☐ Spare contact lenses/glasses
- ☐ Toilet paper (1-2 rolls. Take out the cardboard center for easier packing)
- ☐ Camera/phone/iPod/Kindle
- ☐ Spare batteries

## Personal first-aid Kit

- ☐ Blister plasters - different shapes and sizes
- ☐ Antibiotic cream ointment
- ☐ Band-Aid/Elastoplast for minor cuts and scrapes
- ☐ Ibuprofen/Paracetamol - over the counter pain relief
- ☐ Skin healing ointment such as Aquaphor
- ☐ Immodium for diarrhea
- ☐ Anti-nausea medication
- ☐ Any prescription medications
- ☐ Diamox (if using)

## Ladies Only:

- ☐ During menstrual period, plan to change your tampon or pad 3-4 times daily
- ☐ Ziplock bags for used tampons/pads (these must be carried off the mountain)
- ☐ Anti-bacterial hand sanitizer - clean hands regularly
- ☐ <Baby wipes= or heavy-duty wipes
- ☐ Pee funnel: if you've ever wanted to pee standing up, now's your chance!