



## Kilimanjaro Packing List

### **Clothing: Inner, Middle and Outer Layers**

- Tee-shirts preferably moisture wicking (2 or more)
- Long sleeve shirts (2)
- Long underwear pants (2)
- Underwear (3 to 5)
- Heavy Fleece or Down Jacket
- Sweatshirt (optional)
- Fleece Pants (optional)
- Trekking Pants ( 1 or more)
- Shorts (optional)
- Gortex or Waterproof Jacket with hood
- Rain Poncho
- Waterproof Pants

### **Hats, Gloves and Gaiters**

- Wide brimmed hat
- Wool hat (Should cover ears)
- Balaclava or Ski Mask
- Lightweight Gloves
- Insulated Wool or Down Mittens (worn outside lightweight gloves)

### **Footwear: Shoes and Socks**

- Hiking boots with ankle support
- Camp shoes or Tennis Shoes
- Plastic bag to carry spare shoes
- Hiking socks (5)
- Sock Liners (optional)

### **Sleeping Bag**

Note: We provide sleeping bags and pads free of charge as part of the climb package

- Sleeping bag rated to -15° C/ 0° f
- Sleeping bag liner (optional)
- Sleeping bag stuff sack
- Sleeping pad

### **Duffel Bags and Day Packs**

- Large Duffel Bag for Carrying Your Gear

- Day Pack for Carrying what you need on the trail
- Waterproof cover for daypack
- Drybags in several sizes
- Stuff sacks for dirty clothes/shoes

### **On the Trail**

- Sunscreen
- Lip Balm with Sunscreen
- Iodine Water Tablets
- Water Bottles (2 or 3) or Camel Back
- Sunglasses
- Headlamp with extra batteries
- Plastic bags for garbage
- High Energy Snacks
- Waterproof bags to protect electronics or paperwork
- Camera with extra batteries and memory cards
- Umbrella (optional - works great in a light rain or to protect from the sun)
- Toilet Paper
- Medical Tape (for preventing/treating blisters)
- Trekking Poles (optional)

### **First Aid Kit and Toiletries**

Note: Our team brings along a basic first aid kit but we recommend you also carry the following;

- Advil or Ibuprofen
- Diamox (for altitude sickness)
- Personal Prescriptions
- Antibiotics (Cipro for travelers' diarrhea)
- Diaper Rash Cream (Can treat rashes or chaffing)
- Basic toiletries (Soap, Deodorant...)
- Wet wipes
- Panty Liners and Tampons
- Face lotion
- Hair brush, Hair ties
- Hand warmers
- Ear plugs for sleeping

### **Paperwork and Money**

- Passport (needed at entry gate for registration)
- Money for tips at end of trek

### **Other Items**

- Portable Solar Charger
- Journal, Pen and paper
- Any other personal items