

## 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)
➤ Lightweight Gloves	➤ Balaclava or Ski Mask
➤ 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 (provided)
- ❖ Sleeping bag liner (optional)
- ❖ Sleeping bag stuff sack
- ❖ Sleeping pad (optional on Machame Route)

## Duffel Bags and Day Packs

**Note:** We provide a duffel bag for the porters to carry your gear free of charge as part of the climb package.

- ❖ Large Duffel Bag for Carrying Your Gear (provided)
- ❖ 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