

# 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-liter wide-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 or 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!