



KILIMANJARO PACKING LIST

NOTES:

The pack that the porters carry on Kilimanjaro is limited to 15 kg (35 pounds). Overweight or extra luggage will require an extra porter at \$15/day

- Wrap clothing in waterproof bags.
- In the day pack, take along water, sunglasses, camera/phone, rain pants, valuables/cash and jacket at a minimum. Add any other items you might need during the day because you may not see the porters until the end of your trek for that day.
- Bring double extra sets of batteries as cold weather shortens their life.
- Carry critical climbing gear on the airplane in case baggage is delayed.
- You may want to bring some older items of warm clothing as gifts for your guides and porters.

CLOTHING:

You want your inner layer to be wicking -- no cotton. The next layer should be insulating and warm, and the top layer should be waterproof but breathable. You will need clothes for hiking during the day, lounging in the evening, and for sleeping. Layers are important as temperatures vary greatly.

Your clothing should be lightweight, breathable, hand-washable, and quick-drying.

- Waterproof Jacket, breathable with hood
- Rain pants
- Long pants (zip-off pants are very useful) (2)
- Shorts, mid-thigh or longer (optional)
- Short-sleeved shirt, moisture-wicking (optional)
- Long Sleeve Shirt, moisture-wicking (hood recommended) (3)
- Underwear (4)
- Sport bra (women) (3)
- Brimmed Hat, for sun protection
- Bandana (for dust, washing, etc.)

COLD WEATHER CLOTHING:

- Insulated Jacket, synthetic or down, with hood
- Fleece jacket or wool sweater (2)
- Fleece pants, warm
- Waterproof Pants, breathable (side zipper recommended)
- Long Underwear, moisture-wicking
- Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered) • Knit Hat, for warmth
- Neck Gaiter, for dust, wind and warmth
- Gloves, warm (waterproof recommended)
- Gloves, light

FOOTWEAR:

Be sure to break in your shoes before the hike!

- Hiking Boots or Shoes, warm, waterproof
- Tennis shoes or sandals for lounging in the evening
- Socks (4 pair total)
 - Hiking socks for warmer conditions
 - Wool socks for colder conditions
- Sock liners to wick away moisture
- Gaiters, waterproof (optional)

SLEEPING:

- Sleeping bag (Rated -10 degrees F/-25 degrees C or colder is recommended) (Included)
- Sleeping pad, inflatable (Included)
- Camp Pillow, inflatable (Included)

ELECTRONICS:

Store electronics in sealed water-proof bags (double bagged if possible).

- Headlamp or flashlight
- Camera, with extra batteries (optional)
- Batteries and/or battery bank to charge phone

BAGGAGE:

- Duffel Bag, 70L-90L, for porters to carry your equipment
- Daypack, 30L-35L, for you to carry your personal gear
- Backpack Cover, waterproof (if daypack is not waterproof)
- Stuff Sacks, Dry Bags or Ziploc-Type Plastic Bags to keep gear dry and separate.

TOILETRIES:

- Soap, shampoo, conditioner
- Shaving supplies (if needed)
- Nail clippers, nail brush
- Toothbrush, toothpaste
- Wet Wipes (recommended)
- Hand sanitizer
- Lotion
- Comb/Brush
- Small towel (quick drying)
- Facial tissue
- Sunscreen
- Lip balm with sunscreen
- Insect repellent
- Q-tips
- Feminine products
- Pee Bottle, to avoid leaving tent at night (recommended)

FIRST AID:

You only need one first aid kit in your travel group, so coordinate with your travel companions. • Ibuprofen, Acetaminophen, or Aspirin

- Band aids/plasters'
- Blister kit
- Disinfectant, antiseptic cream, antibiotic ointment
- Gauze bandages and tape
- Throat lozenges
- Vitamins
- Diarrhea medicine
- Antihistamines
- Ace bandage
- Melatonin or other sleep aids
- Malaria pills (talk to doctor)
- Antibiotics (talk to doctor)
- Prescription drugs (talk to doctor)
- Diamox for altitude (talk to doctor)

OTHER:

- Sunglasses with straps
- Eyeglasses, contacts, solution
- Binoculars
- Pocket knife
- Notebook, pencil and pen
- Playing cards, games, books, frisbee, football
- Snacks, lightweight, high calorie (optional)
- 2-3 Water bottles (Nalgene, 32 oz) (no disposable water bottles)
- Electrolytes, powder or tablets (optional)
- Trekking Poles, collapsible (highly recommended)
- Paperwork:
 - Passport
 - Visa
 - Immunization Papers
 - Insurance Documents