

MT KILIMANJARO GEAR LIST



CLOTHING

- Waterproof Jacket, breathable with hood
- Insulated Jacket, synthetic or down
- Soft Jacket, fleece or soft-shell
- Long Sleeve Shirt, moisture-wicking fabric
- Short Sleeve Shirt, moisture-wicking fabric
- Waterproof Pants, breathable (side zipper Recommended)
- Hiking Pants
- Fleece Pants
- Shorts (optional)
- Long Underwear, moisture-wicking fabric
- Sport Bra (women)

Headwear

- 1 - Brimmed Hat, for sun protection.
- 1 - Knit Hat, for warmth
- 1 - Balaclava or Buff, for face coverage (optional)

Hand wear

- 4 - Socks, wool or synthetic
- 1 - Gaiters, waterproof (optional)
- 1 - Sunglasses or Goggles
- 2 - Water Bottle (Nalgene, 32 oz.)
- 1 - Water Bladder (Camelbak type, 3 liters)
- Stuff Sacks, Dry Bags or Plastic Bags, various siz

Equipment

- 1 - Sleeping Bag, warm, four seasons*
- 1 - Trekking Poles, collapsible (highly recommended)*
- 2 - Head lamp, with extra batteries
- 1 - Duffel Bag, 50-90L, for porters to carry your equipment
- 1 - Daypack, 30-35L, for you to carry your personal gear Toiletries
- Prescriptions Sunscreen Lip Balm
- Insect Repellent
- First Aid Kit
- Hand Sanitizer Toilet Paper

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- Wet Wipes (recommended)
- Snacks, lightweight, high calorie (optional)
- Electrolytes powder or tablets (optional)
- Camera, with extra batteries
- Face towel
- Documentation
- Resident card
- Pocket money in small bills
- Insurance documents

