

## List of Kilimanjaro Equipment and Packing List

We recommend that all clothing (and anything you do not want to get wet) be packed in water proof sacks or plastic so that it does not get wet if it rains!! It is ideal to pack your Kili Trekking gear in a duffle bag as close to these dimensions as possible: 40x18x18 and right around 33 pounds (15 kg). This makes it easier for the porters to carry!!

You do not have to get everything as it appears on the list – this is just recommendations!

### Footwear

- Tennis/camp shoe: to wear around camp
- Hiking Boots: 1 pair of sturdy boots in which you can wear a light synthetic sock under a heavy sock comfortably. Boots should be water proof!
- Gaiters: 1 pair used to keep rocks out of shoes and boots dry
- Wool or Pile Socks: 1 pair/hiking day – heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit inside boots. Remember to keep one fresh, dry pair of socks available at all times.
- Liner Socks: 1 pair/hiking day – smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

### Clothing

- 2 pair lightweight long underwear. Tops & bottoms, Capilene, other synthetic or wool. No Cotton. Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder). One set of white for intense sunny days and one pair of dark for faster drying gives the most versatility.
- Fleece/Synthetic jacket: Mid- to Heavyweight pile (Polartec 200-300 depending upon cold tolerance).
- Insulating Pants: Fleece pants (Polartec 200-300 depending upon cold tolerance ) or equivalent. Be sure pants can be removed while wearing boots.
- Down or Synthetic jacket. Medium to heavy weight with hood for cold summit temperatures. Shell Rain jacket – Water Proof – Gore-Tex or equivalent.
- Shell Rain pants – Water Proof – Gore-Tex or equivalent. (side zips optional) (Shell Jacket and pants must fit over insulation comfortably.)
- 2 synthetic shirts, long sleeve
- 2 synthetic T-shirts
- 2 pairs synthetic hiking shorts
- 2 pair synthetic trekking pants
- 1 pair of underwear/hiking day
- Women: supportive sports bras

## **Handwear**

- Light synthetic gloves: 2 pair pile or similar quick drying material. Should fit comfortably inside heavy mitts.
- Mitts with Gore-Tex shells. 1 pair each. A good pair of ski mittens/gloves work well.

## **Headwear**

- Balaclava. Look for a simple lightweight model.
- Warm Lightweight pile/wool hat. Hat should cover ears.
- Baseball cap or other sun hat. One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- Bandana. Used to shade your neck.
- Glacier glasses. 100% UV, side-gussets are preferable

## **Toiletries**

- Biodegradable shampoo
- Biodegradable soap
- Lip balm
- Deodorant
- Toothpaste/toothbrush
- Brush/comb
- Wet wipes
- Lotion
- Feminine hygiene supplies
- Nail clipper

## **First Aid Kit**

- Blister bandages / mole-skin
- Small bandages (band-aids)
- Elasticized support bandage (ace-wrap)
- Safety pins
- Small pair of scissors
- Antiseptic wipes
- Talcum Powder
- Sun block for skin and lips
- Insect repellent

## **Medicines (your medications should be discussed with your physician):**

- Analgesics (pain killers): Acetaminophen (ie. Tylenol), aspirin, ibuprofen
- Anti-Allergy: Hydrocortizone (ointment), diphenhydramine hydrochloride (oral antihistamine), (ie. Sudafed, Benadryl)
- Antibiotics; Bacitracin (ointment), Erythromycin\*, Ciprofloxacin hydrochloride\* (Cipro)

- Antacids Bismuth subsalicylate (ie. Pepto-Bismol)
- Anti-diarrhea; Loperamide hydrochloride (ie. Immodium)
- Altitude illness medicine; Acetazolamide\* (diamox), Dexamethazone\*, Nifedipine\*
- Sterile eye drops
- Anti-malarial prophylaxis medicine\*

\* Prescription medicines

IMPORTANT: Make sure to check with your travel clinic on recommended vaccinations and malaria medication.

## **Climbing and Camping Equipment**

### **We provide tents**

- 1 soft (no hard frame or wheels) duffel bag (porters will carry)
- 1 daypack
- Daypack rain cover for rain
- Plastic bags of different sizes (to protect clothes against rain)
- 1 warm mountain sleeping bag (0 degree Fahrenheit, -18 degrees Celsius)
- 1 sleeping pad
- 2 trekking poles – highly recommended
- 1 headlamp (with extra batteries and light bulb)
- 3 one-liter water bottles, or substitute with hydration pack
- Water filtration/purification system or iodine tablets (optional)
- Sun block. We suggest the highest possible SPF rating
- 2 bandanas

### **Camera Equipment**

- Cameras whether Video or film, need to be protected against the severe cold weather either in warm pouch or the interior pockets of your clothing. Do not keep in your backpack at higher elevations. For digital equipment, check with the manufacturer's specifications for temperature range (especially battery life), water tightness and general hardiness.