

Kilimanjaro Equipment & Packing List

Sleeping Gear

- ✓ Sleeping Bag rated 0°F / -15°C
- ✓ Sleeping Mat (*provided*)
- ✓ Sleeping Bag Liner (for extra warmth or rented bag)
- ✓ Compression Sack for sleeping bag

Packs & Bags

- ✓ Waterproof Duffel Bag (80–100L)
- ✓ Daypack (25–35L)
- ✓ Waterproof Pack Cover
- ✓ Compression Sacks or 6–8 Waterproof Bags
- ✓ (*Optional*) Packing Cubes for organizing
- ✓ Bag Lock for Duffel

Footwear & Trekking Poles

- ✓ Waterproof Hiking Boots (mid-weight)
- ✓ Running Shoes / Camp Shoes
- ✓ Gaiters
- ✓ 5–6 Pairs Liner Socks (wool/synthetic, no cotton)
- ✓ 4–6 Pairs Thick Socks (thermal for summit night)
- ✓ Spare Boot Laces
- ✓ Trekking Poles

Gloves

- ✓ Thin Gloves (wool/synthetic, no cotton)
- ✓ Thick Waterproof Gloves or Mittens

Clothing: Lower Body

- ✓ Underwear (no cotton)
- ✓ Convertibles / Shorts
- ✓ 1–2 Light–Medium Weight Base Layers
- ✓ Hiking Pants (no cotton)

- ✓ Winter Hiking Pants
- ✓ Waterproof Shell Pants (with side zippers)

Clothing: Upper Body

- ✓ Comfortable Sports Bra (*ladies only*)
- ✓ 1–2 Light T-Shirts (no cotton)
- ✓ 1–2 Long-Sleeved T-Shirts (no cotton)
- ✓ 2–3 Light to Mid-Weight Base Layers
- ✓ 1–2 Fleece Layers
- ✓ Insulated Shell Jacket
- ✓ Down Jacket (approx 750-fill)
- ✓ Waterproof Shell Jacket (fits over all layers)

Headwear

- ✓ Brim Hat or Cap (with neck protection)
- ✓ Warm Hat with Ear Flaps
- ✓ Neck Gaiter / Buff
- ✓ Sunglasses (100% UV protection)
- ✓ Headtorch + Spare Batteries

Water & Snacks

- ✓ 2–3L Hydration Bladder
- ✓ 1–2 One-Liter Wide-Mouth Water Bottles
- ✓ Electrolyte / Sports Drink Powder
- ✓ Energy Bars / Trail Snacks (2–4 per day)
- ✓ Water Purification Tablets or Filter Pen (*boiled water is provided*)

Personal Health & Comfort

- ✓ Toiletries: toothbrush, paste, brush/comb, deodorant, soap
- ✓ Baby Wipes & Antibacterial Hand Wipes
- ✓ Regular Medications
- ✓ Antibacterial Hand Gel
- ✓ Fingernail Brush & Nail Clippers
- ✓ Ear Plugs

- ✓ Sunscreen (SPF 40+)
- ✓ Quick-Dry Microfiber Towel
- ✓ Pee Bottle
- ✓ Small Torch
- ✓ Pocket Knife (e.g. Swiss Army)
- ✓ Spare Glasses / Contacts
- ✓ Toilet Paper (1–2 rolls, no core)
- ✓ Camera / Phone / Kindle / iPod
- ✓ Spare Batteries

Personal First-Aid Kit

- ✓ Blister Plasters (varied sizes)
- ✓ Antibiotic Ointment
- ✓ Band-Aids / Elastoplast
- ✓ Ibuprofen / Paracetamol
- ✓ Skin Healing Ointment (e.g. Aquaphor)
- ✓ Immodium
- ✓ Anti-Nausea Medication
- ✓ Any Prescription Medications
- ✓ Diamox (*if using*)

Ladies Only

- ✓ Tampons/Pads – enough for 3–4 changes daily
- ✓ Ziplock Bags for used items (carry off the mountain)
- ✓ Antibacterial Hand Gel
- ✓ Baby or Heavy-Duty Wipes