

Kilimanjaro Packing list



Description

Packing List

- ⇒ Daypack
 - Including rain cover
- ⇒ Lg. backpack or duffel bag
 - Including rain cover
- ⇒ CLOTHING
 - Wicking undershirt (2)
 - Long underwear/ thermals (top and bottom)
 - Fleece or Wool sweater
 - Fleece or warm pants
 - All-purpose trekking pants (convertible to shorts if wanted)
 - Heavy winter coat
 - Heavy winter mittens/ gloves
 - Warm winter hat
 - Balaclava or neck warmer
 - 2 pairs heavy/ wool trekking socks
 - Rain jacket and pants
 - Sunhat
 - Sunglasses
 - Gaiters (can be provided)
 - Lining socks (1/day)
 - Trekking shoes (broken in)
 - Hiking boots (broken in)
- ⇒ COSMETICS
 - Sunscreen (SPF 30 or higher)
 - Toothbrush and paste
 - Deodorant
 - Personal items (regular medications, contact lens care, etc.)
 - Tissues

- Lipsyl with sunblock
- Band-aids/ blister care
- Insect repellent

GEAR

- Headlamp + extra batteries
- Walking poles (can be provided)
- Small lightweight quick drying towel
- Sleeping bag (rated -20 C)
- Sleeping bag liner (ie: flannel, blizzard survival bag, lightweight sleeping bag)
- Water bottles -3L capacity (can be purchased en route)

⇒ EXTRA

- High energy snacks (ie: cliff bars, nuts, dried fruits, etc)
- Rehydration mix (ie: powdered Gatorade)
- Diamox (optional)
- Paracetamol/ ibuprofen
- Gravol/ sleeping tablet (optional)
- Anti-malarial (optional)
- Loperimide (anti-diarrhea)
- Earplugs and eye mask
- Plastic bags
- Bandana
- Camera (batteries, memory cards)

⇒ DAYPACK, what to carry

- 3 L of water
- Rain gear
- Sunhat
- Sunblock
- Lipsyl
- Sunglasses
- Camera, batteries, memory card
- Headlamp, batteries
- Lunchbox (provided)
- Your snacks
- Long sleeve shirt
- bandana

⇒ Having your pack well organized and complete will ensure your comfort while climbing

⇒ We adhere to the standards of TANAPA (Tanzania National Park Authority), that porters will only carry 20kg. We ask that clients limit their pack weight to 15 kg.