



## **KILIMARK ADVENTURES**

### **Kilimanjaro Equipment & Packing List**

#### **Sleeping Gear:**

- Sleeping Bag rated 0°F, -15°F**
- Sleeping mat: we provide one**
- Sleeping bag liner (for extra warmth or for rented sleeping bag)**
- Compression sack for sleeping bag**

#### **Packs & Bags:**

- Waterproof duffel bag 80-100 liters**
- Daypack 25-35 liters**
- Waterproof pack cover**
- Compression sacks or 6-8 waterproof bags**
- (Optional) Packing cubes to organize your duffel bag**
- Bag lock for duffel bag**

#### **Footwear & Trekking Poles**

- Hiking boots - waterproof mid-weight**
- Running shoes/light hikers (for wearing around camp)**
- Gaiters**
- 5-6 pairs liner socks (wool or synthetic, no cotton)**
- 4-6 pairs thick socks (no cotton!) - thermal socks for summit night**
- Spare laces for hiking boots**
- Trekking poles**

#### **Gloves**

- Thin gloves (wool or synthetic, no cotton)**
- Thick waterproof gloves or mittens**

### **Clothing: Lower Body**

- Underwear (no cotton)**
- 1 “Convertibles” or shorts**
- 2+ light-medium weight Base layer**
- Hiking pants (no cotton)**
- Winter hiking pants**
- Waterproof shell pants (recommend size zippers)**

### **Clothing: Upper Body**

- Comfortable sports bra (ladies only)**
- 2+ light-weight T-shirts (no cotton)**
- 2+ light weight long-sleeved T-shirts (no cotton)**
- 2-3 Light to mid-weight Base Layer**
- 1-2 Fleece as insulation layer**
- Insulated shell jacket**
- Down jacket (approx 750-fill)**
- Waterproof shell jacket that fits over all your layers**

### **Headwear**

- Brim hat or cap with neck protection**
- Warm hat with ear flaps**
- Neck gaiter or “Buff” (very versatile)**
- Sunglasses (rated 100% UV protection)**
- Headtorch (don’t forget spare batteries)**

### **Water & Snacks**

- 2-3 liter hydration bladder (Platypus or Camelbak or similar)**
- 1-2 One-liter wide-mouth water bottle (Nalgene or similar)**
- Electrolyte/Sports drink powdered formula for adding to your water**
- Snacks: Energy bars of your preference - plan for 2-4 per day**
- Water purification tablets or filter pen (we provide water filter)**

## **Personal Health & Comfort**

- Toiletries: toothbrush & paste, hairbrush/comb, foot powder, hand cream, deodorant, soap.**
- “Baby-wipes” and anti-bacterial, hand-sanitizer wipes**
- Any regular medication you are taking**
- Anti-bacterial hand-sanitizer gel such as Purell**
- Fingernail brush**
- Nail clippers**
- Ear plugs**
- Sunscreen SPF 40+**
- Small microfiber quick-dry towel**
- Pee-bottle for night time calls of nature**
- Small torch**
- Headtorch**
- Spare contact lenses/glasses**
- Toilet paper (1-2 rolls. Take out the cardboard center for easier packing)**
- Camera/phone/iPod/Kindle**
- Spare batteries**

## **Personal first-aid Kit**

- Blister plasters - different shapes and sizes**
- Antibiotic cream or ointment**
- Band-Aid/Elastoplast for minor cuts and scrapes**
- Ibuprofen/Paracetamol - over the counter pain relief**
- Skin healing ointment such as Aquaphor**
- Immodium for diarrhea**
- Anti-nausea medication**
- Any prescription medications**
- Diamox (if using)**

## **Ladies Only:**

- During menstrual period, plan to change your tampon or pad 3-4 times daily**
- Ziplock bags for used tampons/pads (these must be carried off the mountain)**
- Anti-bacterial hand sanitizer - clean hands regularly**
- “Baby wipes” or heavy-duty wipes**
- Pee funnel: if you’ve ever wanted to pee standing up, now’s your chance!**