

GEAR LIST

KILIMANJARO EXPEDITION

Essential clothing

- 1-2 Breathable long-sleeve shirts
- 2-3 Moisture-wicking t-shirts
- 1 Warm thermal base layer top (merino preferred)
- 1 Thermal base layer bottom (merino preferred)
- Fleece jacket
- Insulated down jacket
- Waterproof and windproof shell jacket with hood (Gore-Tex or similar)
- Waterproof over pants (Gore-Tex or similar)
- 1-2 Trekking pants (leggings okay for women, but not warm enough alone at high altitudes)
- 1 Insulated trekking pant (for summit night, layered over thermals)
- 1 Trekking short
- 3-5 Underwear (panties/boxer)
- (Women) 3 sports-bra

Pack and Trekking gear

- 90-120L duffel bag
- 30-35L daypack
- Rain cover for backpack
- 2 water bottles
- Thermos
- Water filter or purification tablets
- Trekking poles
- Headlamp with extra batteries
- 2-3 Compressions bags

Sleeping

- Sleeping bag rated between -15°C to -30°C
- Optional: sleeping bag liner
- Pillowcase
- Optional: Aeros pillows

Footwear and socks

- 3 pairs hiking socks (merino wool preferred)
- 1 pair light cushion hiking socks (merino wool preferred)
- 2 pairs thermal socks (merino wool preferred)
- Heated socks (well appreciated for summit push)
- Sturdy waterproof hiking boots with ankle support
- Trekking and approach shoes
- Camp sandals (North Face slippers style)

Accessories

- Lightweight glove liners (merino preferred)
- Gloves (night camp)
- Insulated gloves or mittens
- 2-3 hand and feet warmers
- High-quality sunglasses with side protection (protection level 4 suggested for high altitude)
- Sun hat or cap
- Buff or neck gaiter
- Warm winter beanie
- Light beanie

Other essentials

- Energy snacks
- Gels (summit push)
- Electrolytes or electrolyte powder
- Journal, book, or playing cards
- 1-3 Power banks and charging cables (30Kmah total recommended)
- Phone and/or camera
- Something comforting as food (example: favorite chocolate bar)
- Kleenex (4-5 small packs)
- Compact heavy-duty poncho

Toiletries and health

- Quick-dry trekking towel
- Sunscreen 50+
- SPF lip balm
- Moisturizing lip balm
- Deodorant
- Moisturizing cream
- Wet wipes
- Toothbrush
- Toothpaste
- Hand sanitizer
- Insect repellent
- Earplugs
- Sleeping mask
- Hairbrush
- Hair ties
- Cleansing face wipes
- (Women) Feminine products

Before and after expeditions needs

- Shampoo, conditioner and body wash
- Swimsuit
- (Women) Crossbody bag
- Light and comfortable summer clothes (for women modest clothes is recommended)
- Socks
- After sun cream
- Headphones
- Book
- Game cards

Notes

First aid and medication

- Blister care: moleskin, tape
- Ibuprofen
- Acetaminophen
- Altitude meds (e.g. Diamox)
- Broad-spectrum antibiotics (Cipro or Azithromycin)
- Cold & flu meds
- Lozenges (a lot)
- Anti-diarrhea medication
- Anti-nausea medication
- Allergy medications
- Band-aids
- Personal prescriptions: _____
- _____
- _____
- _____

Important documents

- Passport (must be valid over 6 months after expedition dates)
- Travel insurance (protection for high altitude trek and emergency evacuation coverage)
- Identification card (ex: driver licence)
- Copies of passport and identification card
- Money 700\$USD recommended- (300\$USD for tipping guides and porters and the rest for personal expenses such as hotel and food for before and after the expeditions)
- Credit card