

## MOUNT KILIMANJARO GEAR LIST

Communal equipment (tents, food, utensils, etc.) is provided. You are responsible for bringing the required, recommended and optional personal gear and equipment listed below. The most common mistake that climbers make is that they over pack. Be selective in what you take with you. Our porters are limited to carrying 33 lbs. (15 kgs) of your personal belongings.

### Technical Clothing

- 1 - Waterproof Jacket, breathable with hood
- 1 - Insulated Jacket, synthetic or down, warm
- 1 - Soft Jacket, fleece or soft-shell
- 3 - Long Sleeve Shirt, moisture-wicking fabric
- 1 - Short Sleeve Shirt, moisture-wicking fabric
- 1 - Waterproof Pants, breathable (side zipper recommended)
- 2 - Hiking Pants
- 1 - Fleece Pants
- 1 - Shorts (optional)
- 1 - Long Underwear, moisture-wicking fabric
- 4 - Underwear, moisture-wicking fabric
- 3 - Sport Bra (women)

### Headwear

- 1 - Brimmed Hat, for sun protection
- 1 - Knit Hat, for warmth
- 1 - Balaclava or Buff (recommended)

### Handwear

- 1 - Gloves, warm (waterproof recommended)
- 1 - Gloves, light

### Footwear

- 1 - Hiking Boots or Shoes, warm, waterproof
- 4 - Socks, wool or synthetic
- 1 - Gaiters, waterproof (optional)

### Accessories

- 1 - Sunglasses or Goggles
- 1 - Backpack Cover, waterproof (optional)
- 1 - Water Bottle (Nalgene, 32 oz.)
- 1 - Water Bladder (Camelbak type, 3 liters)
- 1 - Pee Bottle, to avoid leaving tent at night (highly recommended)
- Stuff Sacks, Dry Bags or Ziploc-Type Plastic Bags^ to keep gear dry and separate

### Equipment

- 1 - Sleeping Bag, warm, four seasons\*
- 1 - Camp Pillow, inflatable (optional)
- 1 - Trekking Poles, collapsable (highly recommended)\*
- 1 - Head lamp, with extra batteries
- 1 - Duffel Bag, 70L-90L, for porters to carry your equipment
- 1 - Daypack, 30L-35L, for you to carry your personal gear

### Other

- Toiletries
- Prescriptions
- Sunscreen
- Lip Balm
- Insect Repellent, containing DEET
- First Aid Kit
- Face Mask (REQUIRED)
- Hand Sanitizer (REQUIRED)
- Toilet Paper
- Wet Wipes (recommended)
- Snacks, lightweight, high calorie (optional)
- Electrolytes, powder or tablets (optional)
- Camera, with extra batteries (optional)

### Paperwork

- Trip Receipt
- Passport
- Visa (available to JRO)
- Immunization Papers
- Insurance Documents

\*These items can be rented on location - payable in USD cash only.

^There is a general ban on plastic bags in Tanzania, but Ziploc-type bags are permitted for tourists.