



# Trekking Kit List

## Technical Clothing

- Underwear Briefs x 3
- Sports Bras x 2 (for the ladies)
- Long Underwear/Light-Weight Base Layer Bottoms x 1
- Light-Weight Base Layer Top x 1
- T-Shirt x 1
- Long-Sleeve T-Shirt x 2
- Hiking Pants x 2 (zip-off to shorts optional, but recommended for 1 pair)
- Poncho or Lightweight Rain Suit x 1
- Mid-Weight Base Layer Top x 1
- Fleece OR Mid-Weight Base Layer Pants x 1
- Fleece or Soft-Shell Jacket x 1
- Synthetic or Down Insulated Jacket x 1 (must be able to fit under outer shell jacket)
- Waterproof Outer-Shell Pants x 1 (Recommended to have side-zipper vents)
- Waterproof Outer-Shell Jacket with Hood x 1

## Hand, Foot, and Headwear

- Glove-Liners for added warmth x 1
- Waterproof Gloves or Mittens x 1
- Waterproof Hiking Boots x 1 (Broken-in!)
- Spare Boot Laces x 1
- Thin Sock Liners x 3
- Thick, Wool or Synthetic Socks x 3
- Gaiters x 1 (optional)
- Brimmed Hat x 1
- Knit Hat/Stocking Cap x 1 (recommended to cover ears)
- Balaclava x 1
- Bandana x 1 (optional)

## Kilimanjaro Equipment

- Headlamp x 1 (with extra batteries)
- Daypack 21 liter x 1 (recommended to accommodate bladder)
- Waterproof Backpack Cover x 1 (Might come with your backpack)
- Trekking Poles x 1 set (telescopic for easy packing)
- Water Bladder x 1 (with insulated tube and mouthpiece)
- Sleeping Bag x 1 (four seasons rating / -10 degrees)
- Sleeping Bag Liner x 1 (added warmth, optional)
- Sleeping Pad x 1 (Closed-cell foam or self-inflating)
- Duffel Bag 90 liter x 1 (Recommend Waterproof)

## Accessories

- Sunglasses or Goggles x 1 (block sun AND wind)
- Lightweight, Quick-dry Towel x 1
- 32oz Pee Bottle x 1 (For Nighttime)
- Pee Funnel x 1 (for the ladies)
- Stuff Sacks or Plastic Bags to keep gear dry (various sizes)
- Water Bladder x 1 (with insulated tube and mouthpiece)
- 32oz Nalgene Water Bottle x 1 (x3 if you do not use water bladder)

## Medication & Accessories

- Prescription Medicines
- Malaria Tablets
- Ibuprofen / Paracetamol
- Diomox (optional)
- Blister Pads
- Lip Balm
- Sunscreen
- Small First-Aid Kit (Band-Aids, ace wrap, alcohol pads, etc.)

## Hygiene

- Personal Toiletries (Deodorant, Toothbrush, Toothpaste, etc.)
- Toilet Paper
- Hand Sanitizer
- Wet-wipes and Body-Wipes

## Miscellaneous

- Camera/Camcorder
- Adaptor
- Extra-Batteries for Cameras
- Cellphone in case you want to Tweet your progress or "Check-in" on FB.
- Small notebook and pencil to log your trip
- High-Calorie snacks
- Flavor tablets for water
- Plastic baggies for trash

## Documentation

- Passport
- Visa (Will be in your passport if you obtain prior to departure)
- Printed Airline Itinerary
- Immunization Papers
- Documentation for Insurance
- Trip Receipt
- Small denomination US dollars or Euros