



WHAT TO BRING KILIMANJARO

CLIMBING EQUIPMENT

- ☐ Day pack (25–35 liters)
- ☐ Pack cover
- ☐ Sleeping bag comfortable to 15°F *dependent upon season, weather forecast and personal preference*
- ☐ Waterproof hiking boots
- ☐ LED headlamp with extra batteries
- ☐ Trekking poles
- ☐ Heavy-duty duffel bag *95 liters; no wheels or rigid handles*

CLIMBING CLOTHING

- ☐ Wicking, quick-dry boxers or briefs (3)
- ☐ Wicking, quick-dry sports bra *for women*
- ☐ Heavyweight long underwear bottoms
- ☐ Heavyweight long underwear top
- ☐ Midweight long underwear bottoms
- ☐ Midweight long underwear top
- ☐ Synthetic T-shirt
- ☐ Midweight fleece or soft-shell jacket (2)
- ☐ Midweight down or synthetic parka with hood
- ☐ Convertible hiking pants
- ☐ Fleece pants
- ☐ Lightweight waterproof/breathable rain jacket
- ☐ Lightweight waterproof/breathable rain pants
- ☐ Midweight fleece gloves or wool gloves
- ☐ Midweight waterproof gloves or mittens
- ☐ Liner gloves
- ☐ Midweight fleece/wool winter hat
- ☐ Sun-shielding hat or cap
- ☐ Midweight wool or synthetic socks *3 pairs*
- ☐ Liner socks *optional*
- ☐ Glacier sunglasses
- ☐ Neck gaiter, balaclava, Buff or bandana
- ☐ Gaiters

PERSONAL ITEMS

Many of the following items are optional; tailor the list to suit your personal needs.

- ☐ Water bottles *four 1-liter or two 1-liter + hydration reservoir*
- ☐ Hydration reservoir *2-liter; optional*
- ☐ Water bottle insulating sleeves
- ☐ Watch with alarm
- ☐ Action camera *or regular camera*
- ☐ Spare camera battery
- ☐ Spare camera memory card
- ☐ Camping pillow
- ☐ Camp towel
- ☐ Insect repellent
- ☐ Pocket knife or multi-tool
- ☐ Personal first-aid kit
- ☐ Eye shade
- ☐ Ear plugs
- ☐ Hand and toe warmers
- ☐ Journal
- ☐ Pen
- ☐ Book
- ☐ Small binoculars
- ☐ Cash / credit card
- ☐ Cell phone in waterproof case
- ☐ Large garbage bags to keep items dry *5; optional; white recommended*

FOOD

Guide companies generally provide breakfast, lunch, dinner and drinking water during your climb. You'll want to add to this by bringing snacks, drink mixes and energy foods. Check with your guide company to see what food is provided.

- ☐ Energy bars
- ☐ Energy gels
- ☐ Electrolyte replacement drink mix
- ☐ Snacks *cookies, GORP, Snickers, etc.*

