

## **Mount Kilimanjaro Gear List**

### **DOCUMENTS:**

Wallet/Money/Credit Cards  
Plane Tickets and copy of trip itinerary  
Immunization records, medical allergies and restrictions list  
Pen, pencil and paper  
Guide books and phone book/address book.  
Calculator

### **CITY, SAFARI & TRAVEL:**

T-Shirts and Shorts  
Long sleeved shirts (at least one nice one)  
Long Pants  
Underwear and socks  
Windbreaker and/or fleece jacket  
Glacier glasses  
Baseball cap or visor

### **TREKKING/CLIMBING CLOTHING:**

Rain Poncho: inexpensive plastic one is fine.  
Lightweight balaclava, winter weight fleece hat.  
Gloves: lightweight liners, lightweight wind-stopper gloves.  
Gore-tex jacket and pants.  
Socks- medium weight wool and polypro liners.  
Shoes/Boots: light/medium weight sneakers and medium weight hiking boots, waterproofed and broken-in.  
Long Underwear: Tops – 2 poly-pro light weight or medium weight, Bottoms - 1 poly-pro light or medium weight.  
Climbing Pants.  
Light Hiking Pants and/or hiking shorts.  
Shirts: not cotton.  
Synthetic Insulated Jacket or wool/fleece sweater.  
Down Parka: Should fit over your pile jacket. Gaiters.  
Pack: good quality medium size pack.  
Sleeping Bag: Good quality sleeping bag rated to 10 degrees F with a compression stuff sac.  
Headlamp plus extra batteries.  
Water Bottles: 2 – 1 liter Nalgene bottles with insulated covers and 1 pee bottle  
Ski Goggles

### **ESSENTIAL PERSONAL GEAR:**

Stuff Sacs – To keep your gear organized.  
Watch – altimeter watches are great.  
Sun Block for Skin & Lips- the stronger the better.  
Skin Moisturizers.  
Pocket Knife: Put this in your checked luggage!  
Personal Toilet Articles.  
Collapsible Ski Poles if you use these to hike.  
Camera Gear.  
Personal First Aid Kit.

### **LUGGAGE CARRIER**

2 heavy-duty duffels with your name and address painted on the outside.