

# Kilimanjaro Trek Packing List

Rev 10/10/22



## Camping Gear:

|                          |                                                                             |
|--------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> | <a href="#">Daypack w Hydration System 38-liter size w rain cover</a>       |
| <input type="checkbox"/> | 1-32 oz wide mouth water bottle                                             |
| <input type="checkbox"/> | <a href="#">Trekking Poles</a> /Duct Tape                                   |
| <input type="checkbox"/> | Sleeping bag <a href="#">Rated 15F</a> thru <a href="#">0°F</a> recommended |
| <input type="checkbox"/> | <a href="#">Compression sack</a> for Sleeping bag*                          |
| <input type="checkbox"/> | <a href="#">Inflatable Sleeping pad</a> (bottom mat provided)               |
| <input type="checkbox"/> | <a href="#">XXL Duffel Bag</a> NO Wheels                                    |
| <input type="checkbox"/> | <a href="#">Headlamp with spare batteries</a>                               |

## Clothing:

|                          |                                                                                        |
|--------------------------|----------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <a href="#">Waterproof hiking boots</a> suitable for cold weather                      |
| <input type="checkbox"/> | <a href="#">Heavy Down Parka w/hood</a> <a href="#">Parka w Hood</a>                   |
| <input type="checkbox"/> | <a href="#">Mid-layer jacket</a> (down puffy or fleece)                                |
| <input type="checkbox"/> | <a href="#">Hooded Rain Jacket</a> & <a href="#">Rain Pants</a>                        |
| <input type="checkbox"/> | Light weight shower shoes (for hotels)                                                 |
| <input type="checkbox"/> | 1-shoes to wear around camp-Lightweight                                                |
| <input type="checkbox"/> | 2- <a href="#">Convertible Pants</a>                                                   |
| <input type="checkbox"/> | 1- <a href="#">soft shell</a> pants <a href="#">Men's Soft Shell</a>                   |
| <input type="checkbox"/> | 3 <a href="#">Trekking socks</a> , 1 pair <a href="#">expedition socks</a> (no cotton) |
| <input type="checkbox"/> | <a href="#">Base Layer top &amp; Bottom</a> (smart wool/synthetic - No Cotton)         |
| <input type="checkbox"/> | 1- <a href="#">midweight bottoms</a> for sleeping                                      |
| <input type="checkbox"/> | 3-4 T shirts- Quick Dry (no cotton)                                                    |
| <input type="checkbox"/> | 8-Underwear- Quick Dry (no cotton)                                                     |
| <input type="checkbox"/> | 2- <a href="#">Sports Bra</a> - quick dry/ no cotton                                   |
| <input type="checkbox"/> | <a href="#">Heavy</a> water & wind proof <a href="#">mitt</a>                          |
| <input type="checkbox"/> | Light weight gloves                                                                    |
| <input type="checkbox"/> | <a href="#">Midweight glove</a> , wind and waterproof                                  |
| <input type="checkbox"/> | Warm Hat                                                                               |
| <input type="checkbox"/> | Sun hat with wide brim or trucker hat                                                  |
| <input type="checkbox"/> | Sunglasses- UV Shielded                                                                |
| <input type="checkbox"/> | 2-Buffs or balaclava                                                                   |
| <input type="checkbox"/> | Swimsuit                                                                               |
| <input type="checkbox"/> | *Sleep bag should come w/compression sack                                              |

## Optional:

|                          |                                                                 |
|--------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> | <a href="#">Sleeping bag liner</a> if renting sleeping bag      |
| <input type="checkbox"/> | <a href="#">Gaiters</a> (optional but great for warmth & scree) |
| <input type="checkbox"/> | Instant Via coffee packets/ coffee creamer                      |
| <input type="checkbox"/> | Book or Kindle, Earbuds for phone                               |
| <input type="checkbox"/> | Life proof Case for phone or zip lock                           |
| <input type="checkbox"/> | Slippers or camp booties-compactable                            |

## Personal Care:

|                          |                                                         |
|--------------------------|---------------------------------------------------------|
| <input type="checkbox"/> | OTC and prescribed personal medications                 |
| <input type="checkbox"/> | Prescription Meds: diarrhea & anti-malarial (see Dr)    |
| <input type="checkbox"/> | Altitude Meds- Ask your doctor about Diamox             |
| <input type="checkbox"/> | Cold Medicine (non-drowsy)                              |
| <input type="checkbox"/> | Deodorant (small travel size)                           |
| <input type="checkbox"/> | Eye drops/ rewetting solution for contact lens wearers  |
| <input type="checkbox"/> | Feminine Hygiene supplies                               |
| <input type="checkbox"/> | Nail clipper/nail file (put in 1 <sup>st</sup> aid kit) |
| <input type="checkbox"/> | Shampoo, conditioner (Travel Sizes)                     |
| <input type="checkbox"/> | Contact solution & storage case (small travel size)     |
| <input type="checkbox"/> | Toothpaste, toothbrush, dental floss (travel size)      |
| <input type="checkbox"/> | Spare contacts/reading glasses                          |
| <input type="checkbox"/> | Sun screen SPF 30 or higher                             |
| <input type="checkbox"/> | Lip balm w min. SPF 30                                  |
| <input type="checkbox"/> | Small mirror                                            |
| <input type="checkbox"/> | Wet wipes                                               |
| <input type="checkbox"/> | Cough drops/hard candy                                  |
| <input type="checkbox"/> | Hand Sanitizer (small travel sizes-2-3)                 |

## Miscellaneous Items:

|                          |                                                                                                 |
|--------------------------|-------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | First Aid Kit with Neosporin, band aids, Ibuprofen/ Tylenol, <i>non-narcotic pain relievers</i> |
| <input type="checkbox"/> | <a href="#">Blister Kit</a>                                                                     |
| <input type="checkbox"/> | 1 small garbage bag for dirty laundry                                                           |
| <input type="checkbox"/> | 2- Large heavy-duty garbage bags                                                                |
| <input type="checkbox"/> | 1 small plastic bag to store shoes                                                              |
| <input type="checkbox"/> | Zip lock for Trash                                                                              |
| <input type="checkbox"/> | Electrolytes, Shot blocks, Gu                                                                   |
| <input type="checkbox"/> | Toilet Paper                                                                                    |
| <input type="checkbox"/> | <a href="#">Hand</a> and <a href="#">toe Warmers</a> -chemical packets                          |
| <input type="checkbox"/> | Ear Plugs                                                                                       |
| <input type="checkbox"/> | Insect Repellent                                                                                |
| <input type="checkbox"/> | Watch w alarm                                                                                   |
| <input type="checkbox"/> | <a href="#">Small Camp Towel</a>                                                                |
| <input type="checkbox"/> | Luggage Locks and Tags                                                                          |
| <input type="checkbox"/> | <a href="#">Power converter</a> /Plug adapter                                                   |
| <input type="checkbox"/> | Camera w spare batteries                                                                        |
| <input type="checkbox"/> | <a href="#">Power Bank</a> to recharge phone/camera/watch                                       |
| <input type="checkbox"/> | 2 sandwich size zip locks, 3-gallon size zip locks                                              |
| <input type="checkbox"/> | Protein bars & snacks you love for higher altitude                                              |
| <input type="checkbox"/> | <a href="#">Water Purification</a> tablets                                                      |