



## MT. KILIMANJARO PACKING LIST

### PLEASE READ THE ENTIRE DOCUMENT

This is a list we have carefully comprised of all the necessary items you will need for your trek up Mt Kilimanjaro with us.

Feel free to contact us with any questions at [info@kiliwarriorexpeditions.com](mailto:info@kiliwarriorexpeditions.com)

### TREKKING EQUIPMENT

<b>DAYPACK</b>	Used to carry your daily items during the trek, water, snacks, sunscreen, camera and poncho etc.	<input type="text"/>
<b>HIKING BOOTS</b>	Medium weight and waterproof. Must fit 2 pairs of socks.	<input type="text"/>
<b>GAITERS</b>	High or Low. Used to keep dirt and snow out of your boots. <a href="#">See Final Page For Photo</a>	<input type="text"/>
<b>YAK TRAX</b>	Used in cases where we encounter snow and ice. Must be fitted to YOUR hiking boots. <a href="#">See Final Page for Photo</a>	<input type="text"/>
<b>SLEEPING BAG LINER</b>	<a href="#">See Final Page For Photo</a>	<input type="text"/>
<b>CAMP SHOES</b>	Running shoes or walking shoes, to be used around camp.	<input type="text"/>
<b>HEADLAMP</b>	With extra set of batteries. <a href="#">See Final Page For Photo</a>	<input type="text"/>
<b>WATER BOTTLES</b>	4, 1 Litre Nalgene Water Bottles or 3L Cambelbak-Type hydration backpack. One Nalgene water bottle can be used to urinate in, in cases of emergency during the night.	<input type="text"/>
<b>SUNGLASSES</b>	To protect your eyes from the strong sun	<input type="text"/>
<b>WHISTLE</b>	In case of any emergencies in your tent at night	<input type="text"/>
<b>TREKKING POLES</b>	Adjustable. <a href="#">See Note 1</a>	<input type="text"/>
<b>DUFFLE BAG</b>	To carry all non-daypack items. <a href="#">See Note 1</a>	<input type="text"/>
<b>SLEEPING BAG</b>	4 season mummy style with a hood. <a href="#">See Note 1</a>	<input type="text"/>
<b>HELMET</b>	Required on the Western Breach Route. <a href="#">See Note 1</a>	<input type="text"/>

### CLOTHING

<b>HIKING SOCKS</b>	4 Pairs	<input type="text"/>
<b>LINER SOCKS</b>	4 Pairs	<input type="text"/>
<b>CONVERTIBLE PANTS</b>	Shorts can be used at the lower elevations.	<input type="text"/>

## CLOTHING (CONTINUED)

<b>LONG THERMAL UNDERPANTS</b> 3 Pairs	
<b>LONG SLEEVE THERMAL UNDERSHIRTS</b>	
<b>FLEECE PANTS</b> To be used as an insulating layer.	
<b>FLEECE JACKET</b> To be used as an insulating layer.	
<b>OUTER LAYER SKI PANTS</b> Water and windproof.	
<b>HOODED SKI JACKET</b> Water and windproof.	
<b>PONCHO</b> To cover both you and your daypack.	
<b>UNDERWEAR</b> 8 Sets Prior, during and after your climb.	
<b>T-SHIRTS</b> 5 Pairs To be used around camp at lower elevations.	
<b>BASEBALL CAP OR HAT</b> For Sun	
<b>BEANIE HAT OR SKI HAT</b> For Warmth	
<b>BALACLAVA</b> To be used during the last 3 days of the climb. <i>See Final Page For Photo</i>	
<b>GLOVES</b> 2 pairs Thermal Gloves <i>See Final Page For Photo</i> Climbing Gloves <i>See Final Page For Photo</i>	
<b>SPORTS BRA</b>	

## PERSONAL ITEMS

<b>CAMERA EQUIPMENT</b> With Extra Batteries	
<b>BATTERY PACK</b> Power bank to charge your own devices. After it has or <b>POWER BANK</b> depleted, you can refill power with our larger power banks.	
<b>UNIVERSAL ELECTRICAL ADAPTERS</b> Type G <i>See Final Page For Photo</i>	
<b>PERSONAL FIRST AID KIT</b> Make sure to include aid products for blisters.	
<b>REGULAR MEDICINE</b> Headache, Muscle Ache, and Cold Medicine Ex: Tylenol, Advil etc.	
<b>DIARRHEA RELIEF MEDICINE</b> Both non-prescription and prescription	
<b>ALTITUDE MEDICINE</b> Consult your physician. Diamox + Dexamethasone	

**PERSONAL ITEMS (CONTINUED)**

<b>SHAVING KIT</b>	
<b>DEODORANT</b>	
<b>INFLATABLE PILLOW</b> These are great as you can adjust the amount of air inside for comfort.	
<b>TOOTHBRUSH &amp; PASTE</b>	
<b>FEMALE HYGIENE PRODUCTS</b>	
<b>SHAMPOO AND SOAP</b> If you plan to shower during the climb.	
<b>HAIRBRUSH</b>	
<b>WET WIPES</b> Alcohol-free, if possible.	
<b>FACE TOWEL</b>	
<b>SHOWER TOWEL</b>	
<b>SUNSCREEN</b> SPF 40 or greater.	
<b>LIP BALM</b> SPF 20 or greater.	
<b>INSECT REPELLANT</b> Containing DEET.	
<b>KLEENEX TISSUES</b> Travel size.	
<b>HEAT PACKS</b> Useful to put in gloves and boots if you get cold.	
<b>PENCIL AND PAPER</b>	
<b>NAIL CLIPPERS</b> Important to manage nail length.	
<b>SNACKS</b> Energy bars and powders, trail mixes, throat candy and chewing gum	
<b>"ZIPLOC" BAG</b> Various sizes, to store dirty or wet clothes.	

*See Final Page For Photo*

Plastic Single Use Grocery Store bags are not allowed in Tanzania.

You will get fined upon arrival at the airport if you bring any.

**NOTE 1 : These items are included in the ALL-INCLUSIVE PACKAGE WEIGHT IS LIMITED TO 33LBS OR 15KG PER PERSON.**

**PLEASE SEE REFERENCES ON THE NEXT PAGES**

## REFERENCES

**Yak Trax** Yak Trax is a brand name. You do not need to purchase the brand name.  
By "Yak Trax", we mean crampons to your boots with miniature spikes underneath.  
Do not purchase the crampons with the COILS underneath.



**Balaclava** Photo representation of a Balaclava.



A mask that you would wear if you wanted to commit a bank robbery.  
This helps keep you warm at higher elevations.  
Mostly used on Day 6,7,8 of the climb.

**Gaiters** Photo representation of Gaiters.



These are used and secured around the base of your boot along your ankle and leg.  
These help keep any branches or trees from scratching your legs.  
These also help with any fine dust or small rocks that may fall into your boot.  
Very useful during your descent as well as the rainforest zones on Day 1/2

**Head Lamp** This is used at night time on any night of our trek.



You will need to turn it on to walk around at night or go to the bathroom.  
We also use this on Day 7 on our 9-Day Lemosho Western-Breach Route  
Make sure to bring extra batteries with you. Keep them warm during your climb.

**Electrical Adapter** Type G



This is used at the hotel before and after your climb.  
You can use this to plug into while you are at the hotel.

## REFERENCES (CONTINUED)

**Sleeping Bag Liner** You put this in your sleeping bag as an extra layer between you and the sleeping bag.

Most are 1 size fits all.

If you chose the All-Inclusive Package, we carry

Marmot Trestle Elite 0 sleeping bags

These are mummy style sleeping bags.

You can pick a sleeping bag liner with a mummy style.



### Ziploc Bags

These are great to put dirty clothes in during your climb.

This will help you keep your dirty clothes separated from your clean clothing.

Make sure they are large and not sma



**Gloves** We recommend bringing 2 pairs of gloves.

One is used more for gripping and climbing.

The other is used for warmth at higher elevations.

We do not recommend "mittens" and prefer each finger of the glove to be able to moved on its own.



Thermal Pair



Climbing Pair

Should you have any further questions about the packing list, feel free to send us an email at [info@kiliwarriorexpeditions.com](mailto:info@kiliwarriorexpeditions.com). We can always schedule a phone call to go over everything together.