

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

TREKKING EOUIPMENT

		• • • • • • • • • • • • • • • • • • • •		
DAYPACK	Used to carry your daily items during the trek, water, snacks, sunscreen, camera and poncho etc.			
HIKING BOOTS	Medium weight and waterproof. Must fit 2 pairs of			
	socks.	·		
GAITERS	High or Low. Used to keep dirt and	I		
	snow out of your boots.	See Final Page For Photo	2	
YAK TRAX	Used in cases where we encounter snow and ice. Must be fitted to YOUR hiking boots. <u>See Final Page for Photo</u>			
SLEEPING BAG LINER	See Final Page For Photo			
CAMP SHOES	Running shoes or walking shoes, to be used around camp.			
HEADLAMP	With extra set of batteries.	See Final Page For Photo	2	
WATER BOTTLES	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 eme	rgency during the nigh	t.	
SUNGLASSES	To protect your eyes from the strong sun			
WHISTLE	In case of any emergencies in your tent at night			
TREKKING POLES	Adjustable.	See Note 1		
DUFFLE BAG	To carry all non-daypack items.	See Note 1		
SLEEPING BAG	4 season mummy style with a hoo	d. <u>See Note 1</u>		
HELMET	Required on the Western Breach I	Route. <u>See Note 1</u>		
CLOTHING				
HIKING SOCKS	4 Pairs			
LINER SOCKS	4 Pairs			
CONVERTIBLE PANTS	Shorts can be used at the lower el	evations.		

CLOTHING (CONTINUED)				
LONG THERMAL UNDERPANTS	3 Pairs			
LONG SLEEVE THERMAL UNDERSHIRTS				
FLEECE PANTS	To be used as an insulating layer.			
FLEECE JACKET	To be used as an insulating layer.			
OUTER LAYER SKI PANTS	Water and windproof.			
HOODED SKI JACKET	Water and windproof.			
PONCHO	To cover both you and your daypack.			
UNDERWEAR	8 Sets			
	Prior, during and after your climb.			
T-SHIRTS				
DASSDALL CAD OD UAT	To be used around camp at lower elevations.			
BASEBALL CAP OR HAT				
BEANIE HAT OR SKI HAT				
BALACLAVA	To be used during the last 3 days of the climb. See Final Page For Photo			
GLOVES				
GLOVES	Thermal Gloves <u>See Final Page For Photo</u>			
	Climbing Gloves <u>See Final Page For Photo</u>			
SPORTS BRA				
	PERSONALITEMS			
CAMERA EQUIPMENT	With Extra Batteries			
BATTERY PACK	Power bank to charge your own devices. After it has			
or POWER BANK	depleted, you can refill power with our larger power banks.			
UNIVERSAL ELECTRICAL ADAPTERS	Type G <u>See Final Page For Photo</u>			
PERSONAL FIRST AID KIT	Make sure to include aid products for blisters.			
REGULAR MEDICINE	Headache, Muscle Ache, and Cold Medicine Ex: Tylenol, Advil etc.			
DIARRHEA RELIEF MEDICINE	Both non-prescription and prescription			
	Consult your physician. Diamox + Dexamethasone			

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

<u>See Final Page For Photo</u>

<u>Plastic Single Use Grocery Store bags are not allowed in Tanzania.</u>

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 undearneath.

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.





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.

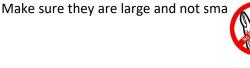
You can pick a sleeping bag liner with a mummy style.



Ziploc Bags

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

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







Gloves We recommend bringing 2 pairs of gloves.



Thermal Pair



Climbing Pair

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.

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