



# Packing List for Kilimanjaro Climb

## PERSONAL ITEMS

- Snacks (granola bars, nuts, power bars, trail mix etc).
- Toiletries
- Trekking poles
- Roll of toilet paper
- Gaiters
- Unscented biodegradable wet wipes
- Headlamp
- Anti-Bacterial hand sanitizers
- Hydration tablets for your water (good for electrolytes).
- Solid deodorant

## GEAR

- Sunscreen (with high SPF for summit descent)
- Daypack designed for camelback bladder, use it to carry everything.
- Lip balm
- You need each day (camera, water, snacks, rain gear, sunscreen. etc).
- Large & small badges (for blisters, cuts etc.)
- Duffel bag with a capacity to hold all personal items plus Sleeping bag
- Antibiotics ointment
- Camelback bladder (able to hold half gallon at least).
- Small, quick drying- hand towels
- Sleeping bag (0 to -20 degrees Fahrenheit)
- 2 water bottles (reusable water bottle)
- 2 pairs of hiking pants (at least one that zips off to shorts)

## CLOTHING

- 1 light weight fleece pullover or jacket
- 1 waterproof jacket and water proof pants
- 4 pairs of wool socks Lots of batteries
- 1 wool beanie
- 1 pair light gloves (for morning use)
- 1 pair extreme cold weather gloves (for summit night).
- 5 pairs of underwear
- 2 base layers (shirts and pants for sleeping and summit night)
- Slip-on shoes with decent grip for use around camp & hotel
- Hiking boots (broken in)

## MEDICATION (Consult your Physician)

- Daimox (prevents altitude sickness)
- 1 cold weather parka with hood (for Ibuprofen)
- 1 long sleeved shirt (summit night) Gore Tex
- Anti-Diarrhea (just in case) 2 short sleeved shirts
- Anti-Nausea medication (optional)
- Malaria pills (optional)
- Copy of immunization record
- Passport and one photocopy for emergency

## ELECTRONICS

- Camera
- Ipod/phone/charger
- Other