

Kilimanjaro Packing List

A NOTE ABOUT CLIMATE AND WEATHER

Mount Kilimanjaro is near the equator so there is not a wide temperature swing at the lower elevations. However, you will pass through the mountain's five different ecosystems on your way to the summit and each zone gets colder and drier as altitude rises. At the beginning of the climb, temperatures average around 70-80°F, while on the summit it can get down to -20°F. In general, January and February are the warmest months, while June and July are the coolest. April and May are the wettest, while August and September are the driest.

PACKING TIPS

It is important to bring the essential gear listed here, but it is more important to refrain from bringing items you won't need: *Less is more!* Porters will carry your equipment but they are limited in the weight they can each transport. Look for items that will add less volume to your overall pack and choose fabrics that are moisture wicking/quick drying. Avoid cotton and synthetic materials as these are heavy and could cause issues when packing or carrying on the trail.

TRAVEL DOCUMENTS

- Passport valid 6 months beyond return dates of travel and the recommended number of blank visa pages
- 2 color copies of your passport. Carry these separately from your passport.
- Airline e-ticket(s) / itinerary
- Travel itinerary and contact details
- Copy of each passenger's Visa Grant Letter, unless obtaining on arrival
- International health card with immunizations documented
- Travel protection policy
- US\$ cash (mostly in small denomination bills) and credit cards

YOUR GEAR

- Solid hiking boots.** Boots should have high ankle support with a solid Vibram® or equivalent sole. Gore Tex® or other waterproofing, is recommended for wet days as well as added insulation. Bring a spare set of laces.
- Microspikes.** These are chains with small spikes. They are attached to footwear for extra traction.
- Sunglasses.** Sunglasses should have 100% UV protection and should reduce both glare and visible light. Frames should be light weight with a wrap-around design for better grip and staying power. Side shields ('glacier glasses') will block peripheral light.
- Day pack.** Look for the right size (30L is good), hydration pack compatibility, hip and chest straps, internal frame, good padding on shoulder straps and water bottle holders.
- Water/wind-proof jacket.** Your water/wind-proof jacket is your outer water repellent layer. We recommend Gore Tex® seam-sealed and a hood for added warmth.
- Water/wind-proof pants.** Water/wind-proof pants are worn on summit day and rainy days. These pants are essential for warmth and should be Gore Tex® lined and have lower leg zips.
- Water- and wind-proof mittens or gloves.** These are used for extreme temperatures and primarily worn on summit day. Be sure your gloves or mittens have wrist cords as well as a reinforced palms to maintain grip during wet conditions.
- Thin, thermal gloves.** A thin glove or a removable liner that fits inside waterproof gloves is essential for comfort..
- Two large duffel bags.** One will be left at the hotel to store non-essential gear when on the mountain (such as clean clothes for changing when off the mountain and for onward travel) and the other for carriage by the porters when on the mountain.
- Sleeping bag (0-15° down or synthetic bag).** We recommend renting upon arrival, if one is not provided by your tour operator.
- Sleeping bag liner.** This can be useful in the colder weather or if using a rented sleeping bag.
- Head lamp.** Look for lamps with multiple lighting levels, LED bulbs and that use AAA batteries. Bring at least 3 sets of spare batteries.
- Two trekking poles.** Trekking poles are very important on your hike, especially on descents to help reduce stress on knees.

ADDITIONAL ITEMS

- Two Water bottles.** Two, 2-liter bottles such as Nalgene bottles, as they can resist boiling water to freezing water.
- Hydrator.** Hydrators enable you to drink slowly and frequently. Camelbaks® come with a bite valve, or on/off switch, as well as a large port for filling. 2-3 liters is a good size and should fit easily into your pack.
- Neoprene sleeve.** A protective neoprene sleeve will help protect your hydrator's hose and deter freezing.
- Oral rehydration tablets.** Adding these tablets to your water helps prevent and treat dehydration.

Kilimanjaro Packing List (cont.)

YOUR CLOTHING

- Two pairs of synthetic, warm weather trekking socks.** These socks are for trekking in the warmest part of the day since they are made of a CoolMax® fabric, which wicks moisture, dries quickly and breathes well, keeping your feet dry and preventing blisters.
- Two pairs of sock liners.** Liners help protect against blisters and can also keep feet warm.
- Four pairs of heavier synthetic or wool blend socks.** Heavier socks are ideal for around camp, when the temperature drops, and on cold mornings.
- Two long underwear tops and bottoms.** This will be your base layer for colder mornings, evenings, and days where the temperature drops considerably. Material should be lightweight, tight fitting, moisture wicking, and comfortable.
- Warm pants.** These pants are ideal for evenings around the camp and cold days on the trail. Typically made of lightweight fleece and Wind Pro® material, they should offer added warmth in case of cold nights or high winds on the summit.
- Waterproof breathable gaiters.** Your gaiters should be lightweight and durable. Gore Tex® liners with the ability to fit over your boots and Velcro/adjustable sides make for easy access.
- Camp shoes or sandals.** These are great for around camp and can be used for creek crossings that may be higher than the boot. Recommended brands include Teva® and Crocs®.
- Down jacket.** An 800-fill down jacket will add needed warmth for cold evenings as well as added layers for summit day. Down is recommended because it is compressible and comfortable to wear around camp. Patagonia®, Mountain Hardware®, Marmot®, and NorthFace® are recommended brands.
- Fleece jacket.** This will provide added warmth during the evenings as well as on cold morning starts. Please look for fleece material and stay away from cotton sweatshirts. Ideally, this is worn over a thermal base layer and underneath your water/wind proof jacket.
- Two pairs of zip-off pants for hiking.** These convertible shorts/pants will be for hiking each day, and should be a lightweight, quick drying nylon. Some have sun and mosquito protection.
- Two pairs of long or short sleeve shirts for the trail.** You will wear your trekking shirt in warmer climates. The shirt should be moisture wicking, light weight, and designed for multi-day hikes. Avoid cotton. Synthetic materials are best,
- Mid-layer top.** This shirt is a long sleeve version of the one above. The long sleeve trail shirt offers added warmth, more protection from the sun, and another layer for evenings and early mornings.
- Warm hat.** A fleece or wool hat is ideal for evenings and will be valuable in the event of cold weather and temperatures on the summit. The hat should be tight fitting with minimal loose ends.
- Lightweight gloves.** Fleece gloves are essential. Look for gloves that are Polartec® 200 weight with a leather reinforced palm. Wind proofing is available and will add an extra layer of warmth.
- Balaclava.** The balaclava should be synthetic or wool, light weight, and close fitting for added warmth on summit day and colder nights.
- Sun hat.** A sun hat should be worn at lower camps and should provide ample coverage for the face. A full-brimmed hat is good for added shade and increased sun protection. A neck scarf should also be considered to protect the back of the neck.
- Waterproof breathable gaiters.** Your gaiters should be lightweight and durable. Gore Tex® liners with the ability to fit over your boots and Velcro/adjustable sides make for easy access.
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PERSONAL ITEMS

- Brush/comb, deodorant, feminine products, toothbrush, toothpaste, floss, etc.
- Microfiber Towel. These towels are handy for drying off and they dry quickly after use.
- Contacts, eye drops, contact lens cleaner, and spare glasses (for dusty roads or water activities)
- Prescription drugs that are properly labeled in original packaging
- Basic medical kit (aspirins, anti-diarrheal medicine, Band-Aids, antiseptic cream, antihistamine cream, allergy medications, etc.). You may want to bring extra strength headache medicine to help control altitude related issues.
- DEET-based insect repellent work well, and we find that spray-on versions last longer and are less messy. Bring a 4-6oz sized repellent that is perspiration- and splash-resistant.
- Sunscreen and lip protection with SPF 30 or more
- Hand sanitizer