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## KILIMANJARO PACKING CHECKLIST

Use this list to check-off your gear as you pack your bags.

*Items with an \* are available to rent for your trek. Please contact your Trip Manager for details.*

LUGGAGE				
	1	Soft-sided duffel bag: 140+ liter size, 33lbs when fully packed (26 lbs for trekkers on the Machame route)	No wheels and no hard frames	
	1	Daypack: 30-40 liter size	With hip straps, but no external hard frame	Use as carry-on bag on plane

FOOTWEAR				
	1	Hiking boots	Waterproof with ankle support	Wear on plane
	1	Camp shoes	Crocs, sneakers, or similar	
	1/day	Hiking/trekking socks	At least 2 pairs should be heavy weight	Carry-on bag
	1 pair	Gaiters*	Mid-calf or knee height recommended, waterproof/breathable	
	1 pair	YakTrax*	Provides additional traction for snow/ice	

BASE LAYERS				
	1/day	Briefs		Carry-on bag
	1/day	Sports bra	Fewer, if you don't mind rotating	Carry-on bag
	1	Medium weight long underwear top*		Carry-on bag
	1	Medium weight long underwear bottom		Carry-on bag
	1	Expedition weight long underwear top		
	1	Expedition weight long underwear bottom		
	3	Light weight synthetic shirts	At least 2 with long sleeves	Carry-on bag (2)
	1 or 2	Loose fitting, synthetic hiking pants	Convertible OK; quick drying; no cotton!	Wear on plane
	1	Hiking shorts	Not needed if bringing convertible pants	
	1	Glove liners		

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MIDDLE LAYERS				
	1	Lightweight fleece sweater*		
	1	Climbing jacket*	Wind-resistant fleece or synthetic down, full front zip, worn on its own or under outer shell	
	1	Climbing pants*	Wind-resistant fleece	
	1	Down “puffy” jacket*	550+ fill power, for camp	
	1	Heavy weight gloves or mittens*	Wind-resistant fleece or synthetic down	
	1	Heavy weight wool or fleece hat*		
	1	Balaclava or neck gaiter*	Buff® neck protector or similar	

OUTER LAYERS				
	1	Shell jacket with hood*	Thin, waterproof jacket worn over middle layers; waterproof/breathable	Carry-on bag
	1	Shell pants*	Waterproof/breathable	Carry-on bag
	1	Rain poncho*		
	1	Shell mittens	Waterproof/breathable	

PERSONAL HYGIENE				
	1	Roll of toilet paper		
	3/day	Moist towelettes	These work better than hand sanitizer alone	
	1	Toiletry kit	Toothbrush/paste, lotion, nail clippers, nail brush, shaving gear, feminine products	Carry-on bag
	1	Camp or pack towel	Quick-dry, small or medium size	
	1	Anti-bacterial hand sanitizer	At least 60% alcohol, FDA approved	
	1	Dry shampoo	Non-aerosol	
	1 roll	Biodegradable dog waste bags	For carrying bathroom waste items while on the trail to dispose of properly at camp	

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MOUNTAIN ESSENTIALS				
	1	Sleeping bag* (Included for trekkers on the Grand Traverse route or with a luxury tent upgrade on the Western Approach route)	Rated 0°F or colder, synthetic down; mummy-style preferred	
	1	Inflatable sleeping pad* (Not needed for trekkers on the Grand Traverse route or with a luxury tent upgrade on the Western Approach route)	R-value 3.0 or higher	
	1 pair	Telescoping trekking poles*		
	1	Headlamp with extra batteries		Carry-on bag
	several	Stuff sacks/packing cubes	Various sizes, waterproof	Carry-on bag
	1	Waterproof daypack cover		
	4	One-liter plastic water bottles	<i>Nalgene</i> ® recommended, for cold or boiling water; wide-mouth is easiest to fill	Carry-on bag (1)
	1	Polarized sunglasses	100% UV protection	Carry-on bag
	1	Sun hat	Foldable, with strap is best	
	1	Sunblock	SPF 45+	
	1	Lip balm	Zinc oxide or SPF 45+	
	1	Insect repellent	10-30% DEET, no aerosol cans	
	3	Bandanas		
	1	Money-belt or neck-pouch		Carry-on bag
	2-3'	Duct tape	Spool around water bottle	
	several	<a href="#">Face masks</a>	A variety of cloth and disposable; enough for your flights and your stay in Tanzania	Carry-on bag

PERSONAL FIRST-AID KIT				
		Sterile eye drops		
		Spare eye glasses and straps		
		Personal Epi-pen	If you have ever needed one	Carry-on bag
		Antibiotic ointment		
		Hydrocortisone		
		Bandages/blister prevention		
	1	Elasticized support bandage		
		Antacids		
		Ibuprofen, aspirin, acetaminophen	Your preference	Carry-on bag
		Mild laxative		Carry-on bag
		Anti-diarrheal		Carry-on bag
		Cold remedies		

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**MEDICATION***Under a doctor's guidance only. Do NOT take sleeping pills at high elevations.*

		Altitude sickness medication		Carry-on bag
		Anti-Malarial prophylaxis		Carry-on bag
		Anti-allergy		Carry-on bag
		Antibiotics		Carry-on bag
		Anti-emetics		Carry-on bag
		Anti-motion sickness		Carry-on bag

**RECOMMENDED EXTRAS**

	1/day	Favorite drink flavoring	Sweet and savory options to flavor cold or hot water; tea, chicken broth, Gatorade, etc	
	1/day	Favorite snack	One per day only (There will be plenty of great food and snacks provided!)	
	1 pair	Earplugs		
	1	Wristwatch or travel alarm clock		
	1	Emergency whistle		
	1	Collapsible trowel	For bathroom breaks on the trail	
	1	Silk or synthetic sleeping bag liner (Fleece liner Included for trekkers on the Grand Traverse route or with a luxury tent upgrade on the Western Approach route)		
	1	Inflatable travel pillow/case	Rolled-up fleece inside a pillow case works	
	1	Travel-size scissors and tweezers		<b>Do not pack in your carry-on!</b>
	10	Safety pins	Use for repairs, hanging damp clothes, etc.	

**OPTIONAL TECHNOLOGY**

	1	Camera/video camera	Phone cameras work fine , but keep close to body to keep battery warm	Carry-on bag
	2-4	Memory cards for camera		
	1	Power bank for electronic devices		Carry-on bag ONLY (check with airline)
	1	UK and European plug adapter/power converter	Optional, for lodges only	

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