

## Kilimanjaro trekking equipment

### BODY WEAR

- 1 – Brimmed Hat for sun protection\*
- 1 – Knit Hat for warmth\*
- 1 – Balaclava or Buff for face protection
- 1 – Sunglasses or Goggles\*
  
- 1 – Waterproof Jacket, vented with hood\*
- 1 – Insulated Jacket, synthetic or down\*
- 1 – Soft Jacket, fleece or soft-shell\*
- 2 – Long Sleeve Shirt, light-weight, moisture-wicking fabric\*
- 1 – Short Sleeve Shirt, light-weight, moisture-wicking fabric\*
  
- 1 – Gloves, warm (waterproof recommended)\*
- 1 – Gloves, thin\*
  
- 1 – Waterproof Pants, vented (side zipper recommended)\*
- 2 – Hiking Pants\*
- 1 – Fleece Pants\*
- 1 – Shorts
- 1 – Long Underwear, moisture-wicking fabric\*
- 3 – Underpants, preferably moisture-wicking fabric\*
- 2 – Sports Bra (women)\*
  
- 1 – Hiking Boots, warm, waterproof, broken-in\*
- 1 – Gym Shoes, to wear at camp
- 3 – Socks, wool or synthetic\*
- 1 – Gaiters, waterproof
- Sacks or Dry Bags of various sizes, to keep gear dry and separate

### EQUIPMENTS & ACCESSORIES

- 1 – Water Bottle (Nalgene, 32 oz.)\*
- 1 – Water Bladder (Camelbak type, 3 liters)\*
- 1 – Towel, lightweight & quick-dry (optional)
- 1 – Pee Bottle, to avoid leaving tent at night (recommended)
- 1 – Sleeping Bag, warm, four seasons (can be rented here)\*
- 1 – Camp Pillow, inflatable (optional)
- 1 – Trekking Poles, collapsible (can be rented here)\*
- 1 – LED Head Lamp, with extra batteries\*
- 1 – Duffel Bag, 50-90L capacity, for porters to carry your equipment\*
- 1 – Backpack, 30-35L capacity, for you to carry your personal gear\*
  
- 1 – Backpack Cover, waterproof (optional)

### Other

Toiletries, Prescriptions, Sunscreen, Lip Balm, Insect Repellent containing DEET, First Aid Kit, Hand Sanitizer, Toilet Paper, Wet Wipes (recommended),

Snacks( light-weight with high calories and energy, Electrolytes in powder or tablets form(optional), Camera preferably with extra batteries, immunization, insurance and travelling documents.