

## MOUNT KILIMANJARO GEAR LIST: ESSENTIAL CLOTHING, EQUIPMENT, AND ACCESSORIES.

The communal equipment (tents, food, utensils, etc.) is provided. You must bring the required, suggested, and optional personal gear and equipment indicated below. The most common error that climbers make is to overpack. Choose carefully what to bring with you. Our porters are limited to carrying 33 pounds (15 kilograms) of your stuff.

<p><b>Technical Clothing</b></p> <ul style="list-style-type: none"> <li>✓ 1 - Waterproof Jacket, breathable with hood</li> <li>✓ 1 - Insulated Jacket, synthetic or down, warm</li> <li>✓ 1 - Soft Jacket, fleece or soft-shell</li> <li>✓ 3 - Long Sleeve Shirt, moisture-wicking fabric</li> <li>✓ 1 - Short Sleeve Shirt, moisture-wicking fabric</li> <li>✓ 1 - Waterproof Pants, breathable (side zipper recommended)</li> <li>✓ 2 - Hiking Pants</li> <li>✓ 1 - Fleece Pants</li> <li>✓ 1 - Shorts (optional)</li> <li>✓ 3 - Sport Bra (women)</li> <li>✓ 1 - Long Underwear, moisture-wicking fabric</li> <li>✓ 4 - Underwear, moisture-wicking fabric</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>✓ 1 - Sleeping Bag, warm, four seasons*</li> <li>✓ 1 - Camp Pillow, inflatable (optional)</li> <li>✓ 1 - Trekking Poles, collapsable (highly recommended)*</li> <li>✓ 1 - Head lamp, with extra batteries</li> <li>✓ 1 - Duffel Bag, 70L-90L, for porters to carry your equipment</li> <li>✓ 1 - Daypack, 30L-35L, for you to carry your gear</li> </ul>
<p><b>Headwear</b></p> <ul style="list-style-type: none"> <li>✓ 1 - Brimmed Hat, for sun protection</li> <li>✓ 1 - Knit Hat, for warmth</li> <li>✓ 1 - Balaclava or Buff (recommended)</li> </ul>	<p><b>Headwear</b></p> <ul style="list-style-type: none"> <li>✓ 1 - Gloves, warm (waterproof recommended)</li> <li>✓ 1 - Gloves, light</li> </ul>
<p><b>Footwear</b></p> <ul style="list-style-type: none"> <li>✓ 1 - Hiking Boots or Shoes, warm, waterproof</li> <li>✓ 4 - Socks, wool or synthetic</li> <li>✓ 1 - Gaiters, waterproof (optional)</li> </ul>	<p><b>Accessories</b></p> <ul style="list-style-type: none"> <li>✓ 1 - Sunglasses or Goggles</li> <li>✓ 1 - Backpack Cover, waterproof (optional)</li> <li>✓ 1 - Water Bottle (Nalgene, 32 oz.)</li> <li>✓ 1 - Water Bladder (Camelbak type, 3 litres)</li> <li>✓ 1 - Pee Bottle, to avoid leaving the tent at night (highly recommended)</li> <li>✓ Stuff Sacks, Dry Bags or Ziploc-Type Plastic Bags<sup>^</sup> to keep gear dry and separate</li> </ul>
<p><b>Paperwork</b></p> <ul style="list-style-type: none"> <li>✓ Trip Receipt</li> <li>✓ Passport</li> <li>✓ Visa (available to JRO)</li> <li>✓ Immunization Papers</li> <li>✓ Insurance Documents</li> </ul>	<p><b>Other</b></p> <ul style="list-style-type: none"> <li>✓ Toiletries</li> <li>✓ Prescriptions</li> <li>✓ Sunscreen</li> <li>✓ Lip Balm</li> <li>✓ Insect Repellent, containing DEET</li> <li>✓ First Aid Kit</li> <li>✓ Face Mask (REQUIRED)</li> <li>✓ Hand Sanitizer (REQUIRED)</li> <li>✓ Toilet Paper</li> <li>✓ Wet Wipes (recommended)</li> <li>✓ Snacks, lightweight, high calorie (optional)</li> <li>✓ Electrolytes, powder or tablets (optional)</li> <li>✓ Camera, with extra batteries (optional)</li> </ul>

\*These items can be rented on location - payable in USD cash only.

<sup>^</sup>Although plastic bags are generally prohibited in Tanzania, visitors are allowed to use bags similar to Ziploc.