

PACKING FOR YOUR KILIMANJARO TREK

During your trek, you will be responsible to carry a day pack with just your essentials for the day: drinking water, rain gear, an extra layer in case you get cold, your camera and any personal items you want to have easy access to (e.g. chewing gum, hair brush, etc.). Choose a day pack that is large enough to carry your essentials and designed for durability and comfort.

The rest of your gear should be packed into a larger backpack or duffel-style bag (without wheels) to be carried by a porter on your trek support crew. **Park regulations limit porters to carrying a maximum of 15 kilograms (about 33 pounds) so be very careful not to over pack for your climb.** We can provide storage for any extra luggage during your trek.

Pack your items in waterproof plastic bags and also bring a rain cover for your day pack and larger bag to keep contents dry.

HEAD GEAR

- Hat with visor for sun protection
- Warm hat (fleece or wool)
- Balaclava or neck gaiter for higher elevation
- Bandana(s)

FOOTWEAR

- Warm, waterproof hiking boots; (buy with the help of a qualified salesperson who can assist with proper fit)
- Tennis shoes or sturdy sandals for camp
- Hiking socks (4-6)
- Sock liners (2)
- Leg gaiters (1)

CLOTHING (AVOID COTTON!)

- Short-sleeved shirts (2)
- Long-sleeved shirts (2)
- Long pants (consider zip-off style to also use as shorts) (2)
- Shorts (1)
- Underwear (5)
- Bras (2)
- Down jacket or parka (1)
- Waterproof shell (1)
- Waterproof pants (1)
- Fleece jacket or wool sweater (1)
- Long underwear (1)
- Fleece pants (1)
- Mittens and gloves (1 each)



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SLEEPING GEAR

- Sleeping bag rated for -10F
- Sleeping bag liner
- Inflatable camp pillow (or a pillowcase to put some of your clothes in to create a makeshift pillow)

OTHER GEAR

- Water bottle (consider 1 camelback style for easy drinking) (2-3)
- LED head lamp or flashlight
- Camera, memory disks, plenty of batteries
- Power bank or solar charger
- Trekking poles
- Sunglasses
- High-energy snacks (protein bars, trail mix, dried fruit, beef jerky)
- Journal and pen
- Book or playing cards for evenings (nothing too heavy!)
- Special “prop” for your summit photo—a banner/flag or other sentimental item

PERSONAL TOILETRIES

- Small quick-drying towel or washcloth
- Soap (small travel-size bar)
- Toothbrush and toothpaste
- Deodorant
- Moist towelettes
- Lotion
- Sunscreen 50 SPF
- Lip balm with 50 SPF sunscreen
- Hairbrush or comb
- Hair accessories such as hair ties, barrettes, etc.
- Feminine hygiene products
- Blister kit
- Tums or other medication for nausea or indigestion
- Pain reliever, antihistamines
- Band-aids, antibiotic cream
- Throat lozenges
- Eye drops
- Prescription medications
- Hand and foot warmers

IMPORTANT NOTES

- This list is provided as a guideline; use your best judgment when selecting what to pack
- Choose synthetic fabrics for all clothing, including underwear, to assist with wicking sweat away from your body—do not bring any cotton clothing for the trek
- If you are buying new boots for the trek, begin breaking them in at least 30 days prior to your trek by wearing them for short periods of time every day
- Carry on all essential trekking gear in case of a luggage delay!



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