

CLIMBING MT KILIMANJARO

Adventures in Good Company's suggested packing list

SLEEPING GEAR

- __ Sleeping bag (warm to 20 deg F) with a thin fleece or silk liner sheet
- __ Sleeping pad: a "closed cell" foam pad, a Thermarest self-inflating pad, or a Ridge Rest pad

CLOTHING FOR TREK (daytime temps range from 40 to 70F, nighttime temps can get below freezing)

- __ 1 pair sturdy, water-proofed hiking boots, well broken in, fit comfortably with heavy socks. Leather is preferred.
 - __ 1 pair comfortable shoes to wear around camp (athletic shoes or sandals you can wear socks with)
 - __ 2-3 pair thin liner socks: silk, wool, or synthetic equivalent (these aren't necessary if you don't usually wear liners)
 - __ 3-4 pairs thick socks: wool or synthetic equivalent (Thorlo, Ultimax, or Coolmax).
 - __ 1-2 pair comfortable, quick-drying synthetic hiking pants (zip-off pants are versatile)
 - __ 1 pair shorts (or, bring a pair of zip-off pants)
 - __ 1-2 T-shirts (synthetic or lightweight wool)
 - __ 1 -2 long sleeved shirts (lightweight nylon, polyester or wool)
 - __ 1 pair (top and bottom) lightweight long underwear: silk, wool, or synthetic (polyester)
 - __ 1 pair (top and bottom) "expedition-weight" long underwear: wool or synthetic (polyester fleece)
 - __ 1 mid-weight fleece jacket (windproof fleece is nice, but you can also wear your raingear as a wind layer)
 - __ 1 pair warm fleece pants (same as above: windproof fleece is a nice feature, but not essential)
 - __ 1 warm down or synthetic-fill jacket (to wear in the evenings and on summit hike—must fit over other layers)
 - __ 1 rain jacket and rain pants: a **waterproof**/breathable fabric like Gore-tex. Partial or full-length leg zippers are great for easily putting your pants on over your shoes or boots (be sure your warm layers fit underneath your rain gear)
 - __ warm mittens **and** lightweight gloves (wool or fleece).
 - __ 1 warm wool or fleece hat **and** balaclava or neck gaiter
 - __ 1 wide-brimmed hat for protection from sun
 - __ underwear, sports bra (all quick drying)
- Optional: fleece vest; waterproof overmitts; down or synthetic booties (best if they have a non-slip sole)

CLOTHING FOR SAFARI (you will leave these clothes with our outfitter during the trek)

- __ 2-3 T-shirts or short-sleeved shirts (cotton, wool, or synthetic is O.K.)
 - __ 1 lightweight long-sleeve shirt (for sun protection and cool evenings)
 - __ 1-2 pair shorts
 - __ 1 pair pants
 - __ sandals (if you bring athletic shoes for your "camp shoes," also bring sandals for the safari)
- Optional: casual skirt or dress for lounging/ dinner

ESSENTIALS

- __ sunscreen and lip block with SPF of at least 30
- __ 2 bandannas
- __ water purification (enough for 25 liters of water)
- __ Gaiters (provide protection from rain and/or loose gravel)
- __ 1 sturdy daypack w/ waistbelt, large enough to hold your supplies for the day (water, snacks, raingear, camera, etc.)
- __ Three one-liter capacity water bottles that can hold boiling water (e.g. Lexan/Nalgene). Hydration systems with drinking tubes work well for most days but will freeze on the summit trek.
- __ several large ziplocks for sorting dirty/ wet clothes plus large, sturdy plastic bags to waterproof clothes in your duffel
- __ 2 duffel bags: one for your trekking clothing & gear, a second bag for your safari clothing
- __ trekking poles
- __ Sunglasses (100% UV blocking)
- __ insect repellent with DEET
- __ Headlamp with extra batteries and bulb

TOILETRIES (small everything!)

- __ Toilet paper (our outfitter provides TP on the mountain but it's good to have a small personal supply)
- __ Small quick-dry towel, biodegradable soap (for washing self and clothing), hand sanitizer, toothbrush, toothpaste, moist towelettes, dental floss, sanitary supplies, contact lens paraphernalia, glasses, bandaids, safety pins, Second Skin & moleskin, first aid tape, skin lotion, throat lozenges, Ibuprofen, Pepto Bismol tablets, personal medications
- __ Individuals allergic to insect stings must bring an epi-pen.
- __ Consult with your doctor or a travel clinic about: antibiotics for diarrhea, malaria pills and Diamox (acetazolamide) for altitude. Make sure you try the Diamox before you go to Africa
- __ watch with alarm or small travel clock
- __ favorite energy bars (bring 6 to 10 high-carb energy bars and/or energy gels for the summit hike)

OPTIONAL

- __ utility cord, clothespins, universal sink stopper (for laundry)
- __ small journal and pen, sketch pad
- __ sports drink powder to add to water
- __ compact binoculars / compass
- __ camera and film (extra battery)
- __ earplugs: great for night noise
- __ paperback book, cards, small game