

Kilimanjaro Trek

Packing Checklist

Clothing

- ☐ • 1 Waterproof jacket – shell*
- ☐ • 1 Soft jacket, fleece or soft-shell
- ☐ • 2 Long sleeve shirt, moisture-wicking fabric
- ☐ • 1 Short sleeve shirt, moisture-wicking fabric
- ☐ • 1 Waterproof pants
- ☐ • 1 Hiking pants/convertibles
- ☐ • 1 Fleece pants (highly recommended)
- ☐ • 1 Shorts (optional)
- ☐ • 1 Base layer, moisture-wicking fabric
- ☐ • 3 Underwear, moisture-wicking fabric
- ☐ • 2 Sport bra (women)

Accessories

- ☐ • 1 Sunglasses
- ☐ • 1 Backpack cover, waterproof (optional)
- ☐ • 2 Water bottle (Nalgene, 32 oz.)
- ☐ • 1 Water bladder (3 liters)
- ☐ • 1 Pee bottle, to avoid leaving tent at night
- ☐ • Dry bags, or Ziploc bags, various sizes, to keep gear dry and separate

Paperwork

- ☐ • Immunization papers
- ☐ • Trip receipt
- ☐ • Passport
- ☐ • Visa (available at JRO)
- ☐ • Insurance documents

Basics

- ☐ • 1 Gloves, waterproof and windproof
- ☐ • 1 Gloves, thin
- ☐ • 1 Brimmed hat, for sun protection
- ☐ • 1 Beanie
- ☐ • 1 Balaclava or buff, for face coverage
- ☐ • 1 Hiking boots, waterproof, broken-in
- ☐ • • 1 Hiking shoe/trail runner
- ☐ • 3-5 Socks, wool or synthetic
- ☐ • 1 Gaiters, waterproof (optional)
- ☐ • Camp slippers (highly recommended)

Important Gear

- ☐ • 1 Sleeping bag, warm, at least 0°F
- ☐ • 1 Trekking poles (highly recommended)*
- ☐ • 1 Headlamp, with extra batteries
- ☐ • 1 Duffel bag, 90L, for porters to carry your equipment*
- ☐ • 1 Day pack, 30-35L, for your personal gear

Personal Items

- ☐ • Toiletries
- ☐ • Prescriptions – Diamox (optional)
- ☐ • Sunscreen
- ☐ • Lip Balm
- ☐ • Insect repellent
- ☐ • First aid kit
- ☐ • Painkillers (optional)
- ☐ • Blister kit (optional)
- ☐ • Anti-diarrhea tablets (optional)
- ☐ • Hand sanitizer
- ☐ • Toilet paper
- ☐ • Wet wipes (recommended)
- ☐ • Trail snacks (optional)
- ☐ • Electrolytes, powder or tablet (optional)
- ☐ • Camera, with extra batteries (optional)
- ☐ • Hand warmers (optional)



