

Clothing & Equipment List for Mount Kilimanjaro Trek, Mount Meru Trek and Safari

Technical Clothing

- 1 Waterproof Jacket, windproof and breathable with a hood
- 1 Insulated Jacket, synthetic or down
- 2 or 3 pair of t-shirts moisture -wicking material
- 1 Soft Jacket, fleece or soft-shell
- 2 Long Sleeve Shirts, light weight, moisture-wicking fabric
- 2 Short Sleeve Shirt, light weight, moisture-wicking fabric
- 1 Waterproof Pants, breathable (side-zipper recommended)
- 2 Hiking Pants (convertible to shorts recommended)
- 2 Fleece Pants
- 2 Pairs of Shorts (optional)
- 2 Pairs of long underwear (moisture-wicking fabric recommended)
- 4 Sets of underwear, briefs (moisture-wicking fabric recommended)
- 2 Sports Bras (women)
- 2 to 3 T-Shirts: (wicking fabric or synthetic t-shirts to wear around camp and on the first days of hike when it is warm)

Headwear

- 1 Brimmed Hat for sun protection
- 1 Knit Hat, for warmth
- 1 Balaclava, for face coverage
- 1 Bandana

Hand Wear

- 1 Pair of Gloves, warm (waterproof recommended) go-tex
- 1 Set of Glove Liners, thin, synthetic, worn under gloves for added warmth (optional)

Footwear

- 1 Pair of Hiking Boots, warm, waterproof, broken-in, with spare lace (GO-TEX)
- 1 Pair of Gym Shoes, to wear at camp or Teva Sandals (optional)
- 4 Pairs of Socks, thick, wool or synthetic
- 3 Pairs of Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters (optional)
- 1 pair of Gaiters - waterproof. Highly recommended to keep dust, mud, and snow from getting into your boots or getting your pants dirty.

Accessories

- 1 Pair of Sunglasses or Goggles. Sunglasses with polarized lenses are the best, the sun can be extremely bright when reflected off the glaciers!
- 1 Backpack Cover, Waterproof (recommended)
- 1 Poncho, during rainy season (recommended)
- 2 Water Bottles (Nalgene, 32 oz. recommended)
- 1 Water Bladder, (Camelback type recommended)
- 2 Camp Towels: lightweight quick dry towels (can be purchased at any outdoors store). Don't bring towels from home because will not dry quickly.
- 1 Pee Bottle to avoid leaving tent at night (highly recommended for women)
- Stuff Sacks or Plastic Bags, various sizes, to keep gear dry and separate.
- Yak Traks (stabilizers that you wear under your hiking boots in case of ice and snow)

Equipment

- 1 Sleeping Bag, warm, four seasons. We recommend the warmer bags (0 degrees Fahrenheit)
- 1 Sleeping Bag Liner, for added warmth (optional)
- 1 Sleeping Pad, self inflating
- 1 Set of Trekking Poles (highly recommended - Leki Thermolite Aergon Trekking Poles)
- 1 Head Lamp, with extra batteries
- 1 Duffle Bag for Porters or Staff to carry your stuff (no wheels) * Must measure 30 in. x 12 in. x12 in. so that it fits into our waterproof carrying sacks.
- 1-Day Pack for you to carry your personal gear such as extra layers of clothing, Camera, water bottle, snacks, sunscreen, gloves, hats, sunglasses, bug repellent and other small items.
- Plastic Bags: Plastic bags of all sizes can be extremely handy for separating clean/dirty clothes in your duffel, carrying trash, or organizing toiletries. Everything else should be placed into your duffle bag, which the Porters will carry from campsite to campsite.

Other

- Toiletries
- Feminine Hygiene Products: This is for the Ladies, better to be safe! Altitude can really affect all of your bodily systems in strange ways.
- Prescriptions
- Sunscreen. The higher the SPF the better! The sun is very strong during the dry season. It is easy to get burned even on cloudy days.
- Lip Balm. SPF 15 or higher if you can find it, the elements are very harsh on your lips.
- Diarrhea Relief Medicine

- Toothbrush and Paste
- Insect Repellent
- Hand Sanitizer
- Wet Wipes (recommended)
- Snacks, light-weight, high calorie, high energy
- Pencil and note so that you will remember everything about your trip
- Camera with extra battery

Personal First Aid Kit

- Alcohol wipes
- Band-aids
- Anti-diarrheal
- Elastic (ACE) bandage
- Pain reliever (ibuprofen, aspirin or acetaminophen)
- A mild laxative or dried fruit
- Cold remedies
- Antibiotic ointment such as Neosporin for scrapes
- Hydrocortisone for rashes
- 1-inch wide roll adhesive tape

With the above listed gear, you should be able to withstand whatever weather conditions Mount Kilimanjaro has in store for you!