

# KILIMANJARO PACKING LIST

8-DAY TREK | REMEMBER YOU CAN RENT GEAR!

## CLOTHING

### TOPS

- Short-sleeved shirt (1)
- Long-sleeved base layers (3)
- Long-sleeved hiking top
- Fleece jacket
- Puffy down jacket
- Rain jacket
- Ski jacket

### BOTTOMS

- Hiking pants (2)
- Belt (if needed)
- Base layer bottoms (2)
- Rain pants
- Ski pants

### SHOES

- Hiking boots
- Camp shoes

### ACCESSORIES

- Buff
- Sunglasses
- Beanie
- Sun hat
- Balaclava
- Liner gloves
- Ski gloves

### INTIMATES

- Underwear (4-5)
- Sports bras (2)
- Socks (4-5 pairs)
- Sock liners (optional)
- Pajamas (optional - e.g. thermal top and fleece pants)

## TOILETRIES & FIRST AID

### TOILETRIES

- Toothpaste & toothbrush
- Hand sanitizer
- Toilet paper
- Sunscreen
- Bug spray
- Lip balm with SPF
- Comb
- Deodorant
- Nail clippers
- Feminine hygiene products (if needed)
- Band-aids and blister packs
- Prescription meds (e.g. altitude sickness, malaria, traveler's diarrhea)
- OTC meds: Ibuprofen, Tums, anti-nausea

## MISCELLANEOUS

### TECHNOLOGY & ENTERTAINMENT

- Smartphone or camera
- Battery pack
- Kindle or reading material (optional)
- Journal & writing utensil (optional)
- Deck of cards and/or small game (optional)

### GEAR

- Sleeping bag
- Pillow (optional)
- Small towels (2 per person)
- Head lamp and spare batteries
- 1-liter water bottle (wide mouth)
- 3-liter water bladder
- Snacks (electrolytes, energy supplements)
- Trekking poles
- Day pack (~30 liters)
- Waterproof duffel bag (70-90 liters)
- Luggage locks (for bags left behind)