

Wanderlust

» WOMENS ADVENTURES »

MT KILIMANJARO PACKING LIST

Your comfort and safety is the utmost of importance. Here is a list of highly recommended items, **with essential items indicated with ***. The mountain weather is very unpredictable, and temperatures can fall as low as minus 25 degrees celsius on the summit. You will need to wear layers - the days can be warm and then become cold in the afternoon. Evenings are very cold! The correct mountain gear makes the trek an enjoyable experience. It is also possible to hire some gear from the local hire shops in Moshi.

TECHNICAL CLOTHING

- Waterproof Rain Jacket, breathable with hood*
- Waterproof Rain pants*
- Weather rated Insulated Jacket, synthetic or down *
- Thermal merino x2 (base layer)
- Fleece top x1
- Soft-shell x1
- Long sleeve shirts: light-weight, moisture-wicking fabric x1
- Short sleeve shirts: light-weight, moisture-wicking fabric x1
- Hiking Pants x2
- Long thermal pants – base layer x2
- Fleece Pants (fleece track pants are ok)
- Yoga pants
- Shorts (optional)
- Underwear

FOOTWEAR

- Quality Hiking Boots - warm, waterproof, with spare laces
- Gym Shoes or crocs to wear at camp
- Socks – warm, wool or synthetic (3-5pairs)
- Gaiters, waterproof – highly recommended to prevent loose gravel and sand

EQUIPMENT

- Sleeping Bag* (can hire)
- Sleeping Bag Liner, for added warmth (optional)
- Trekking Poles * (can hire)
- Head torch, with extra batteries* - spare torch
- Duffel bag, for porters to carry your gear*
- Quality Daypack, for you to carry your personal gear, 26–30 litres*

HEADWEAR

- Brimmed Hat (the sun is hot on the equator)
- Beanie
- Balaclava, for face coverage (recommended)
- Bandana

HANDWEAR

- Gloves, ski mittens (waterproof)*
- Glove Liners, fleecy, synthetic, worn under
- Mittens for added warmth*

ACCESSORIES

- Hot water bottle small (optional)
- Sunglasses (good quality for sun/snow glare)
- Backpack Cover, waterproof*
- Rain Poncho
- Water Bottle* (2-3 Litres combined)
- Water Bladder* - Camelback type (1.5 -2 litre)
- Small hand towel, lightweight, quick-dry (optional)
- Stuff Sacks or Plastic Bags, various sizes, to keep gear dry and separate

PAPERWORK

- Passport (+ photocopies)
- Visa (available upon arrival \$50-\$100usd)
- Yellow fever vaccination card (optional)
- Insurance Documents

OTHER

- Toiletries (simple/small/light)
- Medications – nurofen, antibiotic, Diamox, imodium etc.
- Sunscreen* /Lip Balm/ Insect Repellent
- First Aid Kit
- Hand Sanitizer* /Wet Wipes
- Camera, with extra batteries
- Snacks, light-weight, high calorie, high energy, power bars

NOTE: bring extra socks (x3) to give to the porters if possible. Keep all packing to a minimum, quality gear is most effective. We will do a full gear check on arrival in Moshi.