



MOUNT KILIMANJARO & MERU PACKING LIST



KILIMANJARO TREKKING GEARS AND CLOTHING LIST

Notes: The pack that the porters carry on Kilimanjaro and Mount Meru is limited to 15 - 20kg (35 pounds).

- Overweight or extra luggage will require an extra porter at \$15/day.
- Wrap clothing in waterproof plastic bags.
- In the day pack, take along water, sunglasses, camera, binoculars, rain pants and jacket at a minimum. Add any other items you might need during the day because you may not see the porters until the end of your trek for that day.
- Bring double extra sets of batteries as cold weather shortens their life.
- Carry critical climbing gear on the airplane in case baggage is delayed.

Clothing: Your clothing should be lightweight, breathable, hand-washable, and quick drying.

- Shorts, mid-thigh or longer
- Long pants (zip-off pants are very useful)
- Short-sleeved shirts
- Long-sleeved shirts
- Undergarments, socks
- Sport bras for women (roads can be bumpy)
- Sweater, jacket, windbreaker
- Rain raket and pants or rain poncho
- Sun hat with brim and chin strap
- Bandana (for dust, washing, etc.)
- Belt

Cold Weather Clothing

- Long underwear Fleece jacket or wool sweater
- Fleece pants
- Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)

- Wool or pile hat
- Balaclava or neck gaiter
- Hand and foot warmers (chemical activated)
- Down jacket or parka (for temperatures below freezing plus wind)

Footwear: Should not be new – use them several times before your hike.

- Trekking shoes
- Tennis shoes or sandals for lounging in the evening
- Hiking socks for warmer conditions
- Wool socks for colder conditions
- Sock liners to wick away moisture.
- Gaiters (for mud and scree)
- Snow cleats (optional)

Sleeping

- Sleeping bag (Rated -10 degrees F/-25 degrees C or colder is recommended)
- Sleeping pad and repair kit

Baggage

- Large duffel bag or backpack with rain cover, for porters to carry.
- Day pack and rain cover, for you to carry.
- Waterproof plastic bags for storing clothing and gear (ziplocks are great)

Electronics: Store electronics in sealed water-proof bags (double bagged if possible).

- Headlamp or flashlight
- Camera, lenses, filters, memory disks (you will not be able to download)
- Video camera, tapes
- Tripod
- Batteries
- GPS (for Geocaching)

Toiletries:

- Soap, shampoo, conditioner
- Shaving supplies
- Nail clippers, nail brush
- Toothbrush, toothpaste
- Moist towelettes (handi-wipes)
- Hand sanitizer
- Lotion
- Hairbrush, comb, mirror
- Small towel
- Toilet paper
- Facial tissue
- Sunscreen Lip balm with sunscreen
- Insect repellent
- Q-tips
- Feminine products
- Cosmetics
- Sewing kit

First Aid: You only need one first aid kit in your travel group, so coordinate with your travel companions.

- Ibuprofen, Acetaminophen, or Aspirin
- Band-aids/plasters
- Disinfectant, antiseptic cream, antibiotic ointment
- Gauze bandages and tape
- Throat lozenges
- Vitamins
- Diarrhea medicine
- Antihistamines
- Ace bandage
- Melatonin or other sleep aid
- Malaria pills (talk to doctor)
- Antibiotics (talk to doctor)
- Prescription drugs (talk to doctor)
- Diamox for altitude (talk to doctor)

Other

- Sunglasses with straps
- Eyeglasses, contacts, solution
- Binoculars
- Pocket-knife
- Notebook, pencil and pen
- Playing cards, games, books, frisbee, football, kite
- Energy bars, hard candy, snacks, and comfort foods
- 2-3 Water bottles and Camelback (no disposable water bottles)
- Guides will boil water or use Steripens for water sanitization for you along the route.
- To prevent water from freezing on summit day, keep your water and tube inside your jacket. For Camelbacks, blow air back into the bladder after each sip and drink often.
- Gatorade or other drink mix helps with taste and minerals.
- Trekking or ski poles

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