# MOUNT KILIMANJARO CLIMBING GEAR LIST

Our comprehensive checklist for climbing Mount Kilimanjaro includes gear tips specific to climbing the mountain and a list of equipment essentials, clothing, personal items and food for climbing and travel.

## TRAVEL DOCUMENTS
- Airline tickets (confirmation and itinerary)
- International health card
- Passport photos (2)
- Valid passport

## TRAVEL EQUIPMENT
- Luggage
- Luggage locks
- Luggage tags
- Travel wallet
- Passport/money belt
- Sleeping bag liner
- Travel plug adapters (D and G)

## TRAVEL CLOTHING
- Wicking, quick-dry boxers or briefs
- Wicking, quick-dry sports bra
- Synthetic or wool T-shirt
- Long-sleeve, travel-friendly shirt
- Lightweight, travel-friendly pants
- Bathing suit (optional)
- Casual shoes
- Midweight wool or synthetic socks

## CLIMBING EQUIPMENT
- Day pack (25 – 35 liters)
- Pack cover
- Sleeping bag comfortable to 15°F
- Waterproof hiking boots
- LED headlamp with extra batteries
- Trekking poles
- Heavy-duty duffel bag (95 liters)

## CLIMBING CLOTHING
- Wicking, quick-dry boxers or briefs (3)
- Wicking, quick-dry sports bra
- Heavyweight long underwear bottoms
- Heavyweight long underwear top
- Midweight long underwear bottoms
- Midweight long underwear top
- Synthetic T-shirt
- Midweight fleece or soft-shell jacket (2)
- Midweight down or synthetic parka with hood
- Convertible hiking pants
- Fleece pants
- Light waterproof/breathable rain jacket
- Light waterproof/breathable rain pants
- Midweight fleece or wool gloves
- Midweight waterproof gloves or mittens
- Liner gloves
- Midweight fleece/wool winter hat
- Sun-shielding hat or cap
- Midweight wool or synthetic socks (3 pairs)
- Liner socks (optional)
- Glacier sunglasses
- Neck gaiter, balaclava, Buff or bandana
- Gaiters
CHECKLIST

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PERSONAL ITEMS
Many of the following items are optional or specific to travel; tailor the list to suit your personal needs.

- Water bottles (four 1-liter)
- Hydration reservoir (2-liter; optional)
- Water bottle insulating sleeves (optional)
- Watch with alarm
- Helmet camera (or regular camera)
- Spare camera battery
- Spare camera memory card
- Camping pillow
- Camp towel
- Insect repellent
- Pocket knife or multi-tool
- Personal first-aid kit
- Eye shade
- Hand and toe warmers
- Ear plugs
- Journal, pen, book
- Small binoculars
- Cash / credit card
- Cell phone in waterproof case
- Large garbage bags (5; optional)

TOILETRIES
Many of the following items are optional or specific to travel; tailor the list to suit your personal needs.

- Toothbrush and toothpaste (travel size)
- Toilet paper
- Personal wipes
- Women’s hygiene items
- Pee bottle
- Hand sanitizer
- Sunscreen (SPF 30 or higher)
- Lip balm (SPF 30 or higher)
- Shampoo and conditioner
- Biodegradable soap
- Deodorant
- Dental floss
- Razor and shaving cream
- Skin lotion
- Spare eyeglasses or contact lenses
- Medications

FOOD

- Energy bars
- Energy gels
- Electrolyte replacement drink mix
- Snacks (cookies, GORP, Snickers, etc.)

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