



Kilimanjaro Equipment & Packing List

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Sleeping Gear:

- + Sleeping Bag rated 0°F, -15°F
- + Sleeping mat : we provide one
- + Sleeping bag liner (for extra warmth or for rented sleeping bag)
- + Compression sack for sleeping bag

Packs & Bags:

- + Waterproof duffel bag 80-100 litres
- + Daypack 25-35 litres
- + Waterproof pack cover
- + Compression sacks or 6-8 waterproof bags
- + (Optional) Packing cubes to organize your duffel bag
- + Bag lock for duffel bag

Footwear & Trekking Poles

- + Hiking boots - waterproof mid-weight
- + Running shoes/light hikers (for wearing around camp)
- + Gaiters
- + 5-6 pairs liner socks (wool or synthetic, no cotton)
- + 4-6 pairs thick socks (no cotton!) - thermal socks for summit night
- + Spare laces for hiking boots
- + Trekking poles

Gloves

- + Thin gloves (wool or synthetic, no cotton)
- + Thick waterproof gloves or mittens

Clothing: Lower Body

- ✚ Underwear (no cotton)
- ✚ 1 “Convertibles” or shorts
- ✚ 1-2 light-medium weight Base layer
- ✚ Hiking pants (no cotton)
- ✚ Winter hiking pants
- ✚ Waterproof shell pants (recommend size zippers)

Clothing: Upper Body

- ✚ Comfortable sports bra (ladies only)
- ✚ 1-2 light-weight T-shirts (no cotton)
- ✚ 1-2 light weight long-sleeved T-shirts (no cotton)
- ✚ 2-3 Light to mid-weight Base Layer
- ✚ 1-2 Fleece as insulation layer
- ✚ Insulated shell jacket
- ✚ Down jacket (approx 750-fill)
- ✚ Waterproof shell jacket that fits over all your layers

Headwear

- ✚ Brim hat or cap with neck protection
- ✚ Warm hat with earflaps
- ✚ Neck gaiter or “Buff” (very versatile)
- ✚ Sunglasses (UV Product)
- ✚ Headtorch (don't forget spare batteries)

Water & Snacks

- ✚ 2-3 liter hydration bladder (Platypus or Camelbak or similar)
- ✚ 1-2 One-liter wide-mouth water bottle (Nalgene or similar)
- ✚ Electrolyte/Sports drink powdered formula for adding to your water
- ✚ Snacks: Energy bars of your preference - plan for 2-4 per day
- ✚ Water purification tablets or filter pen (we provide boiled/filtered water)



Personal Health & Comfort

- ✚ Toiletries: toothbrush & paste, hairbrush/comb, foot powder, hand cream, deodorant, soap.
- ✚ “Baby-wipes” and anti-bacterial, hand-sanitizer wipes
- ✚ Any regular medication you are taking
- ✚ Anti-bacterial hand-sanitizer gel such as Purell
- ✚ Fingernail brush
- ✚ Nail clippers
- ✚ Ear plugs
- ✚ Sunscreen SPF 40+
- ✚ Small microfiber quick-dry towel
- ✚ Pee-bottle for night time calls of nature
- ✚ Small torch
- ✚ Headtorch
- ✚ Pocket knife (Swiss Army Knife or “Leatherman”)
- ✚ Spare contact lenses/glasses
- ✚ Toilet paper (1-2 rolls. Take out the cardboard center for easier packing)
- ✚ Camera/phone/iPod/Kindle
- ✚ Spare batteries

Personal first-aid Kit

- ✚ Blister plasters - different shapes and sizes
- ✚ Antibiotic cream or ointment
- ✚ Band-Aid/Elastoplast for minor cuts and scrapes
- ✚ Ibuprofen/Paracetamol - over the counter pain relief
- ✚ Skin healing ointment such as Aquaphor
- ✚ Immodium for diarrhea
- ✚ Anti-nausea medication
- ✚ Any prescription medications
- ✚ Diamox (if using)

Ladies Only:

- ✚ During menstrual period, plan to change your tampon or pad 3-4 times daily
- ✚ Ziplock bags for used tampons/pads (these must be carried off the mountain)
- ✚ Anti-bacterial hand sanitizer - clean hands regularly

+ “Baby wipes” or heavy-duty wipes

+ Pee funnel: if you’ve ever wanted to pee standing up, now’s your chance!

