



Kilimanjaro Expedition

Suggested Clothing & Equipment

Our suggestions in parenthesis. Use as a guide for alternative brands.

***Note: Your mountain duffel will be limited to 35 lbs. Pack wisely!**

- **Day Pack**
(*Mountain Hardwear Fluid 32*) 1,500-3,000 c.i. Remember that Porters are carrying most of the weight. 2-3 Liter Water bladder should fit inside.
- **Sleeping Bag**
(*Down- Mountain Hardwear Phantom 15*)
(*Synthetic- Mountain Hardwear Lamina 15*)
You will have to choose between Down or Synthetic. There are pros and cons with both. Rated at least 15 degrees F. It will get cold overnight as we get closer to our high camp.
- **Duffel Bags**
(*Mountain Hardwear Large Expedition Duffel*)
Large expedition size duffel. Made from either sturdy vinyl or canvass. This is the bag that will be carried on the trek with all of your gear that is not on your back. It must be sturdy and water resistant. *Also have 1 other less sturdy duffel to leave street clothes at hotel while on trek.
- **Sleeping Pads**
Inflatable/Closed cell combo
(*Inflatable-Therm-a-Rest Prolite*)
(*Closed Cell- Z-Lite*)
- **Boots**
lightweight hikers or cross trainers (*La Sportiva FC Eco 2.0*)
sturdier hiking boots (*La Sportiva Thunder II GTX*)
- **Warm Hat**
(*Mountain Hardwear Dome Perignon*)
- **Sunglasses**
(*Costa Del Mar Frigate*)
A second spare pair strongly recommended
- **Trekking Poles**
Optional, but recommended
- **Glove and Mitten Combo**
1 pair of liners (*Mountain Hardwear Powerstretch*)
1 pair of windstoppers (*Mountain Hardwear Gravity*)
1 pair of heavy gloves/mittens (*Mountain Hardwear Medusa*)
- **Weatherproof Pants**
(*Mountain Hardwear Frenetic*)
- **Weatherproof Jacket**
(*Mountain Hardwear Hestia*)

- **Pile Jacket**
(*Mountain Hardwear Mountain Tech Jacket*)
- **Insulated Jacket**
(*Mountain Hardwear Kelvinator*)
- **Cotton/Linen long sleeved shirt**
- **Lightweight Trekking Pant**
2 pairs (*Mountain Hardwear Mesa Convertible Pant*)
Convertible pant/short are the best. It is culturally insensitive for women to wear shorts in some parts of Africa. Either long trekking pants or a long skirt and leggings when it is cold.
- **Capelin/Polypro top/bottom**
2 sets each light and medium
- **Pile Pants**
- or expedition weight bottoms
- **Socks**
Light, Medium and Heavy sets. (*Smartwool*)
- **Hygiene/toiletry kit**
Only the basics
- **Hydrating system**
(*Camelback*) for approach and lower mountain only) 2-3 quart capacity. Should fit within a sleeve in your pack. Consider bringing an extra bladder as they do get holes and break.
- **Water bottle**
(*Nalgene*) You will need at least 2 wide mouth bottles to take the place of water bladders for higher up on the mountain.
- **Pee bottle or female spout**
Optional...especially if you have never used one.
- **First Aid Items**
Only the basics. Tylenol, Motrin, Cipro, Moleskin...etc. We provide the main medical kit with critical meds.
- **Headlamp**
- **Gaiters**
Optional, to keep pebbles out of shoes.
- **Summit Day Food**
A light breakfast will be provided on summit day morning. Once we leave camp you will want to have tasty treats to nibble on through the summit night/day until you arrive back down at camp many hours later. This is the food/snack that you usually take for a long day in the mountains
- Insect repellent with Deet
- Hat/Visor
- Sunscreen 30 – 45 SPF
- Plastic Bags (garbage bags)
1 or 2...many uses. Big enough to hold critical items in your mountain duffel to add rain protection. Also a few small sandwich bags.
- Hand sanitizer (pocket size is best)
- Spare batteries

- Ear plugs
- Hand warmers for summit night (charcoal activated type)
- Baby wipes for mountain bath
- Bandana
- Music player
Optional, but be aware that Ipod and similar hard drive MP3 devices break above 17,000ft.
- Knife or multitool (if you think you might use it)
- Duct tape (put a few wraps around trekking pole for access)
- Journal
- Items you might want to give to porters...shoes, shirts, socks, sunglasses
- **If you are going on Safari...**expect the morning temps to be a bit chilly. Necessary clothing will include a warm hat, gloves and jacket.
- Tip money. This is optional of course... but if you feel the service was exceptional from the African staff, the usual guideline is approximately \$100 for the climb and \$50 for safari.

Don't forget to:

- à Label your gear (including trekking poles)
- à Make copies of your passport (2)
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