



Packing List for Climbers:

Please keep in mind the concepts of “layering” and “breathability”. You do not want to overheat and/or get real sweaty during the climb. The layering concept applies to upper and lower body although for some their lower body generally stays a bit warmer and doesn’t need as much cover. Reminder – **No cotton clothing** (this applies to socks, underwear, t-shirts, everything) as it will get soaked and get you cold – fast. Merino wool or synthetic clothing options are where you will want to focus.

“How many” of each item (socks, underwear, pants, shirts, etc.) is personal preference. Most climbers will wear clothing multiple days – with the one exception being underwear. Many use long light weight trekking pants for most days but also recommend having a least one pair of warmer pants which will provide extra warmth and wind protection.

Additional notes on packing for this adventure:

To travel to Tanzania and for our porters to carry on the climb – Use a water-proof rucksack (back-pack) or soft sports bag with a maximum weight limit of approximately 33 pounds or 15 kg. **No hard suitcases please.** Pack items in additional (clear are most useful) plastic bags or stuff sacks to keep them dry. You will organize your own pack to store those items you want access to throughout each day.

Daypack / Small Backpack for you to carry on the climb approximately 2500 to 3000 cubic inches.

Although a small backpack will have more space than you typically need it will have better padding in shoulders and waist making it more comfortable (and in some cases durable) to carry during your climb. Comfort is king! Make sure the shoulder and waist straps are padded so they don’t cut into your shoulders/hips. It needs to be large enough for your day time walking items.

- Small waterproof pack cover for daypack (optional – could use liner trash bags inside of pack instead)

“Breathable” layers of light and warm clothing (keep in mind that you will be hiking from tropical to arctic conditions) Please refer to the “estimated” temperature chart in the FAQ section of your “Welcome Email”. T-shirts and shorts (of decent leg length) for the lower levels. Although many climbers wear light weight long sleeve shirts and pants even in the lower elevations to help avoid sunburn and to keep the bugs off! Absolutely no cotton. Always think breathable, moist wicking materials like merino wool and synthetic materials.

Head

Scarf, sun hat, warm hat or balaclava, preferably water and wind proof

Light balaclava or warm fleece hat (that can cover your ears)

Sunglasses with UV protection

Bandana / Buff (good for head, face, and neck) especially good for dust

Lower Body

Under Garments

Thermal underwear – including leggings (long johns) - useful for sleeping in also Hiking shorts/skirts

Hiking pants

Light and expedition weight thermal bottoms

Warmer “mid weight” pants – many times referred to as a “Guide” pant Waterproof (preferably breathable fabric) shell pants

Hands

Lightweight gloves (wool or fleece)

Thin glove liners

Heavier weight gloves or mittens with a waterproof shell outer

Upper Body

T-shirts and Long-sleeve shirts, synthetic or merino wool are best

Light and expedition weight thermal tops

Fleece jacket or pullover

Wind-Stopper jacket – many times referred to as a Soft shell (it is a very versatile piece of clothing)

Waterproof (preferably breathable fabric) “Hard Shell” jacket (hood recommended) Down

jacket

Feet

Camp Shoes (sneakers and/or sandals) and for use in Moshi/during international travels

Gaiters

Thin, lightweight inner (liner) wool socks

Thick, warm wool hiking socks (and for sleeping) although not too hot to cause excessive sweating during climb – experiment at home! Most climbers carry light, medium and heavy weight socks at all times. They generally only climb in light or medium weight and wear heavier weight at camp or sleeping.

Hiking boots with spare laces (sturdy soles, water resistant, ankle support, MUST BE “broken in”)

Accessories

Sleeping bag (4 seasons) rating at 0 degrees Fahrenheit (you could go higher – if you want to wear extra clothing during the night)

Your own Sleeping Pad – basic sleeping pads will be provided. Many team members bring their own especially if it fits inside their sleeping bag. (optional)

Fleece/wool sleeping bag liner (optional)

Headlamp with spare bulbs and batteries NOTE: Lithium batteries are best for cold weather Pocket knife or multi-use tool

Large (clear) plastic bags or stuff sacks - for keeping items dry inside day pack and HGT duffel bag

Trekking Poles (optional based on personal preference – I will use them)

Water bottles – (two 1 liter) hard plastic) and water bladder optional (but you will need bottles as well in the event we encounter freezing temps, especially on summit night/day)

Purifying tablets – Water is boiled and filtered, but some climbers also prefer to add chemical purifiers

Small thermos flask (especially welcome on the summit ascent)

Energy snacks (can be bought locally or bring your favorites snacks from home) and powdered drink supplements (especially for chocolate milk as Tanzanian versions don’t taste like what you can get in the USA)

Any food seasoning that you like (Food will be purposely basic and somewhat bland). We don’t want to try new foods or risk upsetting our stomachs more than it might already be Bring items you know you like and that won’t cause digestion issues.

Foot and hand warmers (also good for drying boots)

Camera and spare batteries. Bring your own chargers if needed. Fully charge before starting the climb or plan to have extra batteries or a solar charger.

Small plastic bags for rubbish and to separate smelly/wet items from clean/dry. No rubbish is to be left on the mountain. You can always dispose of trash or give your bags to the porters at the end of the day.

Cash in US\$ or Tanzania shillings for tips, to be distributed by the guide on the morning of the last mountain day

Money belt and/or waterproof passport (and important documents/money) holder

Mobile phone – there are connections on most areas of Kilimanjaro. Check your SIM provider if a roaming service is possible in Tanzania. Bring a charger with you and fully charge before starting the climb or plan to have extra batteries or a solar charger.

Toiletries. Medicine/First Aid and Personal Hygiene

- Personal toiletry items, preferably biodegradable (forget the 'beauty' products and concentrate on the essentials)

1 medium sized quick drying wash towel

Handkerchief or wet wipes (baby wipes)

Ear plugs (sleeping)

Sunscreen/cream

Lip balm

Bug spray/cream

Moleskin (for feet and any "hot spots")

Foot Powder

Petroleum Jelly

Antiseptic ointments

Knee Supports

Aspirin and/or Advil (basic pain medication)

Imodium, Pepto bismol, etc. (whatever you have taken in the past to alleviate or reduce diarrhea)

Anti-malaria and all prescription medication you need or may be taking

Contact lenses and/or prescription spectacles

Tooth brush/paste (preferably biodegradable)

Multipurpose soap (preferably biodegradable)

Deodorants

Nail clippers

Face and body moisturizer

Feminine hygiene products

Small mirror

Tissue paper / toilet paper (water tight container)

Anti-bacterial hand wash

The guides will also be carrying a small first-aid kit.

Extras/Luxuries

Music – iPod and chargers

Solar Charger

Extra Batteries

Altimeter

Binoculars

Reading material

Journal & Pen

Pencils and small notebooks

Travel games - cards