

In any travel or outdoor activity your expected comfort determines what items you bring along. Mt. Kilimanjaro is no different. By no means will you be "roughing it" on the mountain, but some items are absolutely mandatory...others add more comfort to your adventure.

	HAVE	NEED	AVAILABLE TO RENT	RENTAL PRICE
*Hiking boots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$45/ea
*Daypack (25-40L)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$30/ea
*Waterproof duffel bag (100 liters, carried by porter)	<input checked="" type="checkbox"/>	--	--	Included
*Sleeping Bag (Comfort -10C)	<input checked="" type="checkbox"/>	--	--	Included
*Down Puffer Coat (Comfort -15C, for summit day)	<input checked="" type="checkbox"/>	--	--	Included
*Membrane Jacket or Raincoat (GoreTex, Windproof)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$25/ea
*Hiking pants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$10/ea
*Insulated or Ski Pants (Comfort -15C, Windproof, for summit day)	<input checked="" type="checkbox"/>	--	--	Included
*Warm Fleece Mid-Layer (2 pieces)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$10/ea
*Performance Long Sleeve Shirts/T-Shirts (2-3 pieces)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
*Thermal Underwear Set (2 pieces)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$85/ea
*Liner Gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$5/ea
*Insulated Gloves/Mittens (For summit day)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$10/ea
*Stocking Hat/Beanie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$5/ea
*Hiking Socks (5-7 pairs, Midweight)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
*Thermal Socks (1 pair, Heavyweight for summit day)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
*Underwear (5-7 pairs)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
*Insulated Water Bottle (1 Liter, Refillable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$25/ea
*Camp Shoes (Comfortable shoes for camp, with a sole for rock and sand)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	--
*Rain Poncho (Covers self and backpack)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$10/ea
*Headlamp (For summit day)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$15/ea with batt.
*Sunglasses (Dark with UV protection)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$15/ea
*Sunscreen (SPF 30 or higher)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$20/ea
*Lip Balm (With sunscreen)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
*Wet Wipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$4/pk
*Towel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$10/ea
*Toothpaste/Toothbrush	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$3/ea
*Spare Batteries (For headlamp)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$2/6pk
*Hand Warmers (2 pair)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$2/ea
*Snacks (Small, carb based/easy to eat/jerky, Stroop waffles, dried fruit, nuts, etc...)	<input type="checkbox"/>	<input type="checkbox"/>	--	--

\*Denotes required item

	HAVE	NEED	AVAILABLE TO RENT	RENTAL PRICE
<b>Gaiters</b> (Helps keep dirt/dust out of hiking boots)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$10/ea
<b>Trekking Poles</b> (Help with balance and weight distribution)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$15/ea
<b>Hydration Bladder</b> (Pairs with daypack, makes it easier to hydrate)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Dry Bag</b> (Waterproof bag for any electronics)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Travel Bag Organizers</b> (Smaller cinch or Ziploc bags for smaller items)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Sun Hat</b> (With a wide brim or bill)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Balaclava or Neck Gaiter</b>	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Hiking Shorts</b> (1-2 pieces)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>T-shirt/Tank Top</b> (1-2 pieces)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Sleeping Bag Liner</b> (For extra warmth at night)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Inflatable Pillow or Pillow Cover</b>	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Wet Wipes</b> (To wash with each day)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Personal Medication</b> (Ibuprofen, Melatonin, inhalers, lotion, etc...)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Camera/Mobile Phone</b>	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Power Banks</b> (Charging electronics/there's no electricity on the mountain)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Moleskins</b> (For any blisters)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Tent Light</b>	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Reading Book/Cards</b>	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Backpack Rainfly</b>	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Type-G Outlet Adapter</b> (For charging at the hotel)	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Toilet Paper</b>	<input type="checkbox"/>	<input type="checkbox"/>	--	--
<b>Hand Sanitizer</b>	<input type="checkbox"/>	<input type="checkbox"/>	--	--

NOTES:

For the entire time on the mountain your gear will be split into 2 different bags...your large 100L duffel (supplied) and your daypack. The duffel will be carried by a porter and you'll only have access to this bag while at camp. Your daypack will be with you most of the time and should only have what you'll need while away from camp during the day. This is nice because you don't have much to carry while you hike. However, do remember space is not unlimited. Porters can only carry 32 lbs. and while 100L is a big bag, space is limited after you add a sleeping bag and your clothes.

### HERE ARE A FEW THINGS TO CONSIDER AND A FEW LINKS TO THE THINGS I FOUND USEFUL ON KILIMANJARO.

#### Daypack (25-40L with hydration bladder system)

This is the pack you'll carry on hikes each day. It will hold only your essentials for the day's hike (lip balm, fleece/puffer, hat, water, snacks, etc...). This pack should have a water bladder, adjustable hip belt and side pockets for water bottle or trekking poles. A pack larger than 40L would be excessive weight. If your purchase a pack it may or may not come with a bladder. If it does, you're all set! If it does not, make sure the pack is "hydro compatible". And be sure the bladder you buy fits into the pack. They have different sizes and attachment types. Make sure you wash your bladder before using. Many taste like plastic otherwise.

Gregory Mountain Jade 33 pack: <https://tinyurl.com/yc2mwaf5>

Camp X 3L Water Bladder: <https://tinyurl.com/nhjdry6w>

#### Hiking Boots

If you're an experienced hiker and know you prefer trail shoes over hiking boots, choose what you're comfortable with. However, do understand that boots with a higher ankle provide better support and keep out more sand and dirt (saving your feet from blisters). Boots should be light and easy to walk in...not those cute Danner boots you see on Instagram. You could encounter some water so waterproof is always nice. You will not need a separate pair of winter boots for summit day, but will instead wear an extra pair of thermal socks to summit.

Inov-8 ROCLITE G 345 GTX: <https://tinyurl.com/4p4z9dvj>

#### Gloves

Liner gloves could be worn on their own in the early morning or at night when the temps could dip to the 40s or 50s. Plan to also wear them inside your mittens for extra warmth on summit day. Mittens (or insulated gloves if you prefer) should keep your fingers warm for several hours at freezing temps.

Gordini Gauntlet Mitten: <https://tinyurl.com/5n7w7vdv>

#### Wet Wipes

If you're looking to stay (mostly) clean and odor-free, these are a must. They are also great for just washing your hands or face. There are a lot of options out there, but look for something that is larger and thicker. The mountain is a dusty place and you'll use every inch of a large wipe...promise

Body Wipe by Hustle Clean: <https://tinyurl.com/bpau5w5h>

#### Hand Warmers

Reece tells me that these are the best warmers you can buy. This brand/size are the hottest and last all night. You'll definitely want these in your pockets for the summit and maybe in your sleeping bag at night. There are foot warmers out there as well, and some people do like them, but they tend to bunch up in your boot. If you're someone that gets cold feet easily...your feet will get cold when we push for the summit. This might be the time to investigate heated socks.

Grabber Mega Warmer: <https://tinyurl.com/yckk6zks>

#### Trekking Poles

Again, if you're an avid hiker you likely have an opinion on trekking poles. Go with what you're most comfortable with. If you've not done a lot of hiking they're usually recommended. They do help take some pressure off then knees and they give your arms something to do. Most packs have a special place to store poles so if you don't like them or want to use your hands for taking pictures and waving at people you can always stow them away.

#### Toilet Paper

First, toilet paper is provided on the mountain at camp. However, it's somewhat of a prized item and never seems easy to get ahold of. Plus, it's always nice to have some in your daypack in case nature calls while out on the trail. There's no need to pack a whole roll of Quilted Northern. But do yourself a favor and unroll half of a roll (without cardboard middle), stuff it into a Ziploc bag with some sanitizer, and keep it close by. At this point I will note...we will be drinking A LOT of water on the mountain to help with acclimation.

#### Hand Sanitizer

I did mention sanitizer above. It's not a necessity. There are hand washing stations at camp each night and morning. But, if you are at all concerned about germs pack a travel-sized bottle. If you want to sanitize after a nature pee on the trail, bring a travel-sized bottle. If you want to clean your hands before or after eating some of your trail snacks, bring a travel-sized bottle. See where I'm going with this? ...it's just handy to have around.

#### Inflatable Pillow or Pillow Cover

Your tent will come with a thick sleeping pad and a warm sleeping bag but it will not have a pillow. For most people this is an issue. Do not bring a pillow off your bed at home. It'll take up too much space in your bag. Instead, the inexpensive route is to pack a pillow case and fill it with your puffer coat each night. It's comfy and takes almost no extra space. Otherwise, the internet is full of small compressible or inflatable pillows made for backpacking. These pack down to the size of a pill bottle and are a viable option as well. Wise Owl, Nemo, Klymit and Therm-A-Rest are all brands available on Amazon.

Nemo Fillo Pillow: <https://tinyurl.com/2p9b5m94>