

# Kilimanjaro Required Equipment

<input type="checkbox"/>	<b>Large Duffel Bag with Lock</b> for transporting all personal gear during the climb, waterproof is best
<input type="checkbox"/>	<b>Trekking Backpack</b> 20-40 liter back pack
<input type="checkbox"/>	<b>Trash Compactor bags (3)</b> to line stuff sacks and separate gear
<input type="checkbox"/>	<b>Trekking Poles</b> adjustable poles
<input type="checkbox"/>	<b>Compression Stuff Sacks</b> for reducing volume for your sleeping bag and down jacket
<input type="checkbox"/>	<b>Sleeping Bag</b> rated to at least -20 °F (down is preferable over synthetic)
<input type="checkbox"/>	<b>Self-Inflating Pad</b> full length air mattress
<input type="checkbox"/>	<b>Closed Cell Foam Pad</b> full length is best
<input type="checkbox"/>	<b>Trekking Boots</b> comfortable trekking boots or mid top hiking shoes
<input type="checkbox"/>	<b>Socks (3 pair)</b> thick mountaineering socks and 3 pair liner socks
<input type="checkbox"/>	<b>Short Underwear (1-2 pair)</b> synthetic short underwear
<input type="checkbox"/>	<b>Long Underwear (1-2 pair)</b> lightweight long underwear pants and shirts
<input type="checkbox"/>	<b>Long Underwear (1 pair)</b> heavy expedition weight long underwear
<input type="checkbox"/>	<b>Trekking Pants</b> nylon pants worn during warm days
<input type="checkbox"/>	<b>Soft Shell Pants</b> for trekking and climbing

<input type="checkbox"/>	<b>Soft Shell Jacket</b> hooded jacket
<input type="checkbox"/>	<b>Insulated Jacket</b> PrimaLoft or down
<input type="checkbox"/>	<b>Insulated Pants</b> PrimaLoft or down, these should have full side zippers
<input type="checkbox"/>	<b>Expedition Down Parka</b> hooded down jacket with 800 minimum down-fill
<input type="checkbox"/>	<b>Hard Shell Pants</b> to be worn in wet conditions, these pants should have full side zippers
<input type="checkbox"/>	<b>Hard Shell Jacket</b> to be worn in wet conditions
<input type="checkbox"/>	<b>Soft Shell Gloves (1 pair)</b>
<input type="checkbox"/>	<b>Shell Gloves with Insulated Liner (1 pair)</b>
<input type="checkbox"/>	<b>Shell Mittens with Insulated Liner (1 pair)</b>
<input type="checkbox"/>	<b>Sun Hat</b> baseball style sun camp
<input type="checkbox"/>	<b>Warm Hat</b> warm fleece or wool hat
<input type="checkbox"/>	<b>Balaclava</b> to cover your face and neck on windy days
<input type="checkbox"/>	<b>Buff (1 or 2)</b> to wear around your neck & face to block the wind, UV rays, dust
<input type="checkbox"/>	<b>Glacier Glasses</b> wrap around style sunglasses with dark lenses
<input type="checkbox"/>	<b>Goggles</b> with dark lenses
<input type="checkbox"/>	<b>Headlamp</b> bring extra batteries
<input type="checkbox"/>	<b>Sunscreen</b> SPF 50 or stronger

<input type="checkbox"/>	<b>Lip protection</b> SPF 30 or stronger
<input type="checkbox"/>	<b>Hand Warmers / Toe Warmers</b> (1-2 sets of each) for summit day
<input type="checkbox"/>	<b>Toiletry Bag</b> toothpaste, toothbrush, baby wipes, etc.
<input type="checkbox"/>	<b>Hand Sanitizer</b> (2 small bottles)
<input type="checkbox"/>	<b>Small Personal First Aid Kit</b> athletic tape, band aids, Ibuprofen, Moleskin, blister care products, personal medications, cough drops, etc.
<input type="checkbox"/>	<b>Camera</b> lightweight with extra batteries
<input type="checkbox"/>	<b>Knife</b> (optional)
<input type="checkbox"/>	<b>Small Duffel Bag</b> to store items in the hotel
<input type="checkbox"/>	<b>Travel Clothes</b> for days in Arusha or on safari
<input type="checkbox"/>	<b>Medications</b> Acetazolamide (Diamox) for altitude illness, antibiotics such as Ciprofloxin or Azithromycin for gastro intestinal or respiratory illness, Ibuprofen for muscle soreness, Pepto Bismol for loose stool, Excedrin for headaches, anti-nausea medications, etc.
<input type="checkbox"/>	<b>Climbing Snacks</b> <ul style="list-style-type: none"> <li>▪ Electrolyte Replacement Drink Mix: bring a supply for 6 days</li> <li>▪ Energy Gel: single serving gel packs such as GU, Clif Shot, Powergel, etc.</li> <li>▪ Energy Bars: Power Bar, Cliff bar, etc.</li> <li>▪ Candy Bars: Snickers, Mars, Twix, Milky Way, etc.</li> </ul>