

Kilimanjaro Expedition Required Equipment

BASE LAYERS

- Synthetic Short Underwear** (1-2 pair)
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (1-2 pair)
long sleeve shirt and long pants
recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short-Sleeve Synthetic Shirt** (1-2)
recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Lightweight Nylon Pants**
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF / RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- Insulated Down or Synthetic Jacket with hood**
recommended: [Mountain Hardware Nilas Jacket](#)
- Heavyweight Insulated Down Jacket with hood**
recommended: [Mountain Hardware Absolute Zero Parka](#)
- Insulated Pants**
recommended: [Mountain Hardware Compressor Pant](#)

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon](#)

**Balaclava**

to protect your neck and face in high winds
recommended: [Mountain Hardware Alpine Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

**Glacier Glasses**

full protection with side covers or wrap-around
recommended: [Julbo Shield Sunglasses](#)

**Ski Goggles**

to be worn in the event of high winds
recommended: [Scott USA LCG Goggle](#)

GLOVES

**Lightweight Synthetic Liner Gloves**

for wearing on warm days
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside
recommended: [Mountain Hardware Absolute Zero Gore-Tex Down Mitt](#)

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (3 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Hiking Boots**

comfortable hiking boots

**Gaiters**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

SLEEPING EQUIPMENT

**Sleeping Bag**

rated to at least -20°F
recommended: [Mountain Hardware Lamina -30 Sleeping Bag](#)

**Self-inflating Sleeping Pad**

Full-length is preferred
recommended: [Therm-a-Rest NeoAir XTherm](#)

- Closed-cell Foam Pad**
to be used in conjunction with the inflating pad for warmth and comfort when sleeping
recommended: [Therm-a-Rest RidgeRest Solar](#)

- Earplugs**
recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR

- Trekking Backpack**
approximately 35L
recommended: [Mountain Hardwear Scrambler 35 Backpack](#)

- Compression Stuff Sacks**
for reducing the volume of the sleeping bag, down parka, etc., in your duffel
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)

- Trash Compactor Bags**
to line backpack and stuff sacks as well as for separating gear

- Backpack Rain Cover** (optional)

- Trekking Poles**
adjustable poles
recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)

- Headlamp**
with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS

- Large Duffel Bag with Lock**
for transporting gear on the mountain, no hard sides or wheels
recommended: [The North Face Base Camp Duffel](#)

- Small Duffel Bag with Lock**
to store items in the hotel(s) while on the climb

- Travel Clothes and Shoes**
for days in cities and towns

- Lightweight journal, sketchbook, pencils, pen**

- U.S. cash**
for currency exchange to purchase SIM cards or merchandise in cities and towns

ADDITIONAL FOOD ITEMS

- Snack Food**
bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.
variety of salty and sweet is good

OTHER EQUIPMENT

- Cup**
plastic 16 oz. minimum cup or mug

Bowl
large plastic bowl for eating dinner or breakfast

Spoon
plastic spoon (Lexan)

Water Bottles (2)
wide mouth bottles with 1-liter capacity

Water Bottle Parkas (2)
fully insulated with zip opening
recommended: [Outdoor Research Water Bottle Parka #1](#)

Water Treatment
recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.

Thermos (optional)
1-liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

Hand and Toe Warmers
recommended: [Yaktrax Hand Warmer](#)

Sunscreen (2 tubes)
SPF 40 or better

Lip Screen (2 sticks)
SPF 30 or better

Toiletry Bag
include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

Pee Bottle
1-liter minimum bottle for convenience at night in the tent

Female Urination Device (FUD)
recommended: [Sani-Fem Freshette](#)

Knife or Multi-tool (optional)

Small Personal First-aid Kit
include athletic tape, band-aids, Ibuprofen, blister care, etc.

Medications and Prescriptions
bring personal medications, antibiotics (Azithromycin, etc.), altitude medicine such as Diamox, etc.

Handkerchiefs/Bandanas (optional)

OPTIONAL ELECTRONICS

Country-appropriate power plug adapters and power transformers

**Adventure Sports Watch**

recommended: [Garmin fēnix 6](#)

**GPS/Personal Satellite Communicator**

recommended: [Garmin inReach Mini](#)

**Personal power system**

recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)

**Digital Entertainment**

movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

**Camera**

bring extra batteries, charger, and memory cards