

# Kilimanjaro Gear List

## Climbing Equipment

|                                                                                    |                |                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Climbing Pack  | 40L Climbing Pack                                                                                                                                                                                                                |
|  | Trekking Poles | Trekking poles (also known as hiking poles, hiking sticks or walking poles) are a common hiking accessory that function to assist walkers with their rhythm, to provide stability, and reduce strain on joints on rough terrain. |

## Footwear

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|  | Hiking Socks 2 pairs | These are warm socks that should come above your boot. |
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|  | <p>Hiking Boots</p> | <p>These should be comfortable and broken in.</p>                         |
|  | <p>Gaiters</p>      | <p>Waterproof gaiters meant to keep water and dirt out of your boots.</p> |

## Technical Clothing

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|  | <p>Short Underwear</p> | <p>For underneath your climbing pant.</p> |
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|    | <p>Long Underwear</p>    | <p>These are for sleeping in or cold days on the mountain. They are made to be worn under your climbing pant.</p>                                                                             |
|   | <p>Trekking Pant</p>     | <p>Comfortable hiking pants</p>                                                                                                                                                               |
|  | <p>Climbing Pant</p>     | <p>A climbing pant is a comfortable nylon durable water resistant pant.</p>                                                                                                                   |
|  | <p>Hard Shell Bottom</p> | <p>Goretex or equivalent hardshell Full side zip pant. These should be easy to remove over your climbing boots. They are meant to be worn over your climbing pant in heavy wind and rain.</p> |

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|    | <p>Insulated Pant</p>            | <p>These are down or synthetic pants. These allow us flexibility if we need to push in marginal weather.</p>                           |
|    | <p>Base Layer Top/ Sun hoody</p> | <p>A baselayer top is made to be your bottom layer. We recommend a Sun Hoody as they are comfortable and protect you from the sun.</p> |
|   | <p>Mid Layer</p>                 | <p>A fleece jacket or softshell. This should be a warm and breathable layer you are comfortable hiking in.</p>                         |
|  | <p>Hard Shell Top</p>            | <p>A waterproof goretex or equivalent jacket. This protects you from wind and rain.</p>                                                |

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|   | <p>Light - Midweight Puffy Jacket</p> | <p>A warm synthetic or down jacket.</p>                                                 |
|  | <p>Heavyweight Parka</p>              | <p>For summit days. With the wind it can be very cold on these high altitude peaks.</p> |

## Gloves

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|  | <p>Liner Glove</p> | <p>A small lightweight glove to be worn around camp and on warmer days.</p> |
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|  | <p>Waterproof Glove</p>              | <p>A warm waterproof glove that is still dexterous. This does not need to be a huge glove similar to what you would use at a ski resort. No mittens.</p> |
|  | <p>Heavy weight glove or mitten.</p> | <p>A larger warm glove for when you encounter unexpected bad weather.</p>                                                                                |

## Headwear

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|  | <p>Sun Hat</p> | <p>A baseball cap to keep the sun off your face</p> |
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|   | <p>Beanie</p>                                        | <p>Warm beanie to keep your ears warm</p>                                                                                      |
|   | <p>Glacier Glasses or nice polarized sun glasses</p> | <p>No cheap gas station sunglasses. The sun reflecting on the snow can cause damage to the eyes. Glacier glasses are best.</p> |
|  | <p>Buff</p>                                          | <p>To pull over your face in heavy wind, or to protect you from the sun.</p>                                                   |

## Sleeping Equipment

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|  | <p>Sleeping Bag</p> | <p>Rated to 0 degrees. Down sleeping bags are going to be much lighter weight than synthetic. The down will also pack down smaller.</p> |
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## Personal Equipment

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|   | <p>Nalgene x2</p>                    | <p>Two liters of water carrying capacity</p>                                    |
|  | <p>Head Lamp w/ extra batteries</p>  | <p>A headlamp for use at night and during the early morning climbing hours.</p> |
|  | <p>Tooth Brush/ Small Toothpaste</p> | <p>A small tooth brush and tooth paste.</p>                                     |

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|    | <p>Sun Screen</p>             | <p>1-2 oz of sunscreen.</p>                                                                                               |
|    | <p>Lip Balm</p>               | <p>Lip Balm with SPF.</p>                                                                                                 |
|   | <p>Personal First Aid Kit</p> | <p>A personal first aid kit with IBuprofen, any meds you need, and blister repair such as athletic tape and mole skin</p> |
|  | <p>Pee Bottle</p>             | <p>Collapsable pee bottle so you do not need to get out of the tent at night</p>                                          |

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|    | <p>Pee Funnel</p>           | <p>For women</p>                                                           |
|    | <p>Ear Plugs (Optional)</p> | <p>Can be nice if someone is snoring or it is windy.</p>                   |
|   | <p>Insect Repellent</p>     | <p>Small bottle of insect repellent</p>                                    |
|  | <p>Trash Compactor Bags</p> | <p>3 Large trash compactor bags to line your backpack in case of rain.</p> |

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|  <p><b>Potable Aqua</b> Water Purification<br/>with PA+Plus</p> <p>Germicidal Tablets<br/>PA+Plus</p> <p><b>NO IODINE TASTE<br/>OR COLOR</b></p> <p>Makes questionable<br/>water bacteriologically<br/>suitable to drink</p> <p>Proven effective against<br/>Giardia lamblia when<br/>used as directed</p> <p>• Camping • Hiking • Travel</p> <p><b>WARNING</b><br/>KEEP OUT OF THE REACH OF CHILDREN<br/>SEE FIRST AID AND OTHER PRECAUTIONS ON BACK PANEL</p> <p>POTABLE AQUA® NET CONTENTS<br/>21 OZ (6 g) 50 TABLETS</p> <p>PA PLUS NET CONTENTS<br/>50 TABLETS</p> | <p>Water purification</p>        | <p>We double-treat all drinking water. Bring several bottles of chemical-based water treatment, such as AquaMira, as well as one Steri-Pen device per person. The Adventurer-Opti Steri-Pen is the recommended version due to long battery life and reliability.</p>                                                                                                                                          |
|  <p><b>HAND WARMERS</b></p> <p><b>HOTHANDS</b></p> <p>LONG LASTING HEAT!<br/>UP TO 10 HOURS!</p> <p>Safe<br/>Easy to use<br/>Fast warming heat</p>                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>Hand Warmers</p>              | <p>Include 3 sets of hand warmers</p>                                                                                                                                                                                                                                                                                                                                                                         |
|  <p>OSPREY</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>Toiletry Bag for Climbing</p> | <p>Include toilet paper (stored in a plastic bag), hand sanitizer, toothbrush, toothpaste, floss, wet wipes, and any personal medications or prescriptions. Choose a quantity appropriate for the length of your trip. Female climbers should bring an appropriate amount of feminine hygiene products for the duration of the trip (for international trips, these can be difficult to find last minute)</p> |

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## Travel:

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|   | <p>Travel and going out clothes. Include a bathing suit.</p> | <p>Comfortable dinner attire + clothing for warm climate such as short and flip flops.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|  | <p>List of Medications you need to bring</p>                 | <p>Bring any personal prescriptions, plus Pepto Bismol, Cipro (500mg tablets), Metronidazole (500mg tablets), Z-Paks (500mg tablets), Diamox (125mg tablets, approx. 2 per day at altitude), Zofran (4mg tablets), Immodium, Erythromycin ointment for those who wear glasses/contacts, cold medicine (Mucinex, Tylenol cold +flu, Theraflu), and a variety of over-the-counter pain relievers like Tylenol and Ibuprofen. Some find that Excedrin (a combination of aspirin, acetaminophen and caffeine) works particularly well at relieving altitude-related headaches. We also recommend a selection of hard candies and cough drops to handle the cold, dry air.</p> |

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|  | <p>Travel Items</p>      | <p>Bring all normal travel + electronic items you need. We will store our things in secure places while climbing. Make sure that you can easily carry everything you bring while we go train to train.</p> |
|  | <p>Expedition Duffel</p> | <p>We recommend an expedition duffel.</p>                                                                                                                                                                  |

## Food:

Bring a mix of salty and sweet. These should be snack foods, nothing that requires a stove.

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|  | <p>Optional to bring a mix of salty and sweet snacks for summit days.</p> | <p>It is a good idea to bring your favorite snacks from the USA. If you want to travel light and experiment, it is easy to get snack food over there.</p> |
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