Kilimanjaro Gear List

Climbing Equipment

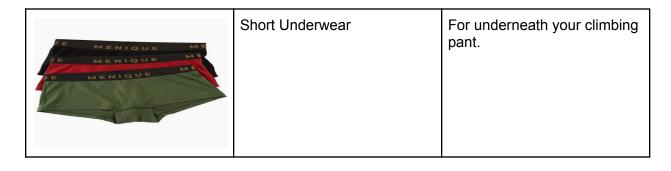
THE	Climbing Pack	40L Climbing Pack
	Trekking Poles	Trekking poles (also known as hiking poles, hiking sticks or walking poles) are a common hiking accessory that function to assist walkers with their rhythm, to provide stability, and reduce strain on joints on rough terrain.

Footwear

Hiking Socks 2 pairs	These are warm socks that should come above your boot.

IN SPORMA	Hiking Boots	These should be comfortable and broken in.
© Marin	Gaiters	Waterproof gaiters meant to keep water and dirt out of your boots.

Technical Clothing

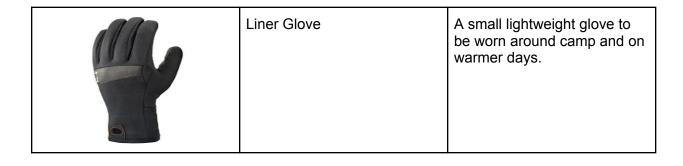


STRETUNGS	Long Underwear	These are for sleeping in or cold days on the mountain. They are made to be worn under your climbing pant.
	Trekking Pant	Comfortable hiking pants
	Climbing Pant	A climbing pant is a comfortable nylon durable water resistant pant.
GONE	Hard Shell Bottom	Goretex or equivalent 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.

	Insulated Pant	These are down or synthetic pants. These allow us flexibility if we need to push in marginal weather.
	Base Layer Top/ Sun hoody	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.
	Mid Layer	A fleece jacket or softshell. This should be a warm and breathable layer you are comfortable hiking in.
OR	Hard Shell Top	A waterproof goretex or equivalent jacket. This protects you from wind and rain.

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

Gloves



Aniiu	Waterproof Glove	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.
Antiu	Heavy weight glove or mitten.	A larger warm glove for when you encounter unexpected bad weather.

Headwear

Sun Hat	A baseball cap to keep the sun off your face

Ibex	Beanie	Warm beanie to keep your ears warm
	Glacier Glasses or nice polarized sun glasses	No cheap gas station sunglasses. The sun reflecting on the snow can cause damage to the eyes. Glacier glasses are best.
The River Comment	Buff	To pull over your face in heavy wind, or to protect you from the sun.

Sleeping Equipment

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

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

MINERAL SPORTS SUBSCREEN S	Sun Screen	1-2 oz of sunscreen.
Scotting Cocung Refreshing BURT'S BEES sale BEESWAX LIP BALM of some	Lip Balm	Lip Balm with SPF.
Attendant 1 Atten	Personal First Aid Kit	A personal first aid kit with IBuprofen, any meds you need, and blister repair such as athletic tape and mole skin
<u>₩</u>	Pee Bottle	Collapsable pee bottle so you do not need to get out of the tent at night

	Pee Funnel	For women
	Ear Plugs (Optional)	Can be nice if someone is snoring or it is windy.
30 7 HOURS REET of Protection Tick a Procet Repellent Tick a Procet R	Insect Repellent	Small bottle of insect repellent
COMPACTOR BAGS / 15 COUNT COUNT BAGS / 15 COUNT C	Trash Compactor Bags	3 Large trash compactor bags to line your backpack in case of rain.

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Potable Aqua with PA+Plus Germicidal Tablets PA+Plus Die Wiff catter PA+Plus Molecular TASTE OR COLOR Makes questionable water bacteriologically suitable to drink Proven effective against Giardia lambila when used as directed	Water purification	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.
HAND WARMERS HOTHANDS LONG LANG LANG LANG LANG LANG LANG LANG LA	Hand Warmers	Include 3 sets of hand warmers
OSPREY MARKET	Toiletry Bag for Climbing	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

	in-country).

Travel:



Travel and going out clothes. Include a bathing suit.

Comfortable dinner attire + clothing for warm climate such as short and flip flops.



List of Medications you need to bring

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.

	Travel Items	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.
NORTH	Expedition Duffel	We recommend an expedition duffel.

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



Optional to bring a mix of salty and sweet snacks for summit days.

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.