



KILIMANJARO PACKING CHECKLIST

Use this list to check-off your gear as you pack your bags.

Machame Treks have a maximum weight allowance of 26 lbs. All other treks have a max weight allowance of 33 lbs.

Items with an * are available to rent for your trek.

LUGGAGE				
	1	Soft-sided duffle bag: 140+ liter size	No wheels and no hard frames	
	1	Daypack: 25-35 liter size	With hip straps	Use as carry-on bag on plane

FOOTWEAR				
	1	Hiking boots	Waterproof with ankle support	Wear on plane
	1	Camp shoes	Warm slipper with a hard sole or similar	
	1/day	Hiking/trekking socks	Synthetic wool blend, mix of medium and heavy weights. Fewer, if you don't mind rotating.	Carry-on bag
	1 pair	Gaiters*	Mid-calf or knee height recommended, waterproof	
	1 pair	YakTrax*	Required. Provides additional traction if there is snow/ice, which can occur year-round.	

BASE LAYERS				
	1/day	Briefs	No cotton	Carry-on bag
	1/day	Sports bra	Fewer, if you don't mind rotating	Carry-on bag
	1	Medium weight long underwear top*		Carry-on bag
	1	Medium weight long underwear bottom		Carry-on bag
	1	Heavy weight long underwear top	Also called 'expedition weight'	
	1	Heavy weight long underwear bottom	Also called 'expedition weight'	
	3	Light weight synthetic shirts	At least 2 with long sleeves	Carry-on bag (2)
	1 or 2	Loose fitting, synthetic hiking pants	Convertible OK; quick drying; no cotton!	Wear on plane
	1	Hiking shorts	Not needed if bringing convertible pants	
	1	Lightweight or liner gloves*	Can be worn as inners when wearing heavyweight gloves/mittens or can be worn on own.	



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MIDDLE LAYERS				
	2	Insulated mid-layer jacket/sweater/vest*	Wind-resistant fleece or synthetic down mid-layer, full front zip, worn on its own or under outer shell, we recommend 2 with different weights	
	1	Insulated mid-layer fleece pants*	Wind-resistant fleece mid-layer	
	1	Down "Puffy" jacket*	Synthetic preferred. 550+ fill power, for camp	
	1	Heavy weight gloves or mittens*	Insulated and weatherproof with a shell layer	
	1	Heavy weight wool or fleece hat*		
	1	Balaclava or neck gaiter*	Buff® neck protector or similar	

OUTER LAYERS				
	1	Shell jacket with hood*	Thin, waterproof jacket worn over middle layers	Carry-on bag
	1	Shell pants*	Waterproof	Carry-on bag
	1	Rain poncho*		

PERSONAL HYGIENE				
	1	Roll of toilet paper	All paper waste (such as toilet paper, including biodegradable) must be packed & disposed of at camp. Do not leave on trail.	
	1 pack	Biodegradable dog waste bags	To pack out toilet paper.	
	3/day	Body wipes		
	1	Toiletry kit	Toothbrush/paste, lotion, nail clippers, nail brush, shaving gear, feminine products, deodorant, small bar soap/shower gel	Carry-on bag
	1	Camp or pack towel	Quick-dry, small or medium size	
	1	Anti-bacterial hand sanitizer		
	1	Package of sanitizing moist towelettes	These work better than hand sanitizer alone	
	1	Dry shampoo	Optional. Non-aerosol.	



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MOUNTAIN ESSENTIALS				
	1	Sleeping bag*	Rated 0°F or colder, synthetic down; mummy-style preferred. Not needed for Grand Traverse Route or tent upgrades.	
	1	Inflatable sleeping pad*	R-value 3.0 or higher. Not needed for Grand Traverse Route or tent upgrades.	
	1 pair	Telescoping trekking poles*		
	1	Headlamp with extra batteries*		Carry-on bag
	several	Reusable stuff sacks, vacuum storage bags, and/or packing cubes	Various sizes, waterproof	
	1	Waterproof daypack cover		
	4	One-liter plastic water bottles	<i>Nalgene</i> ® recommended, for cold or boiling water; wide-mouth is easiest to fill. Can bring a hydration pack in addition to water bottles.	Carry-on bag (1)
	1	Polarized sunglasses	100% UV protection with side shields	Carry-on bag
	1	Sun hat	Foldable, with strap is best	
	1	Sunblock	SPF 45+, both liquid and stick recommended	
	1	Lip balm	Zinc oxide or SPF 45+	
	1	Insect repellent	10-30% DEET, no aerosol cans	
	3	Bandanas		
	1	Money-belt or neck-pouch		Carry-on bag
	2-3'	Duct tape	Spool around water bottle	
	1/day	Electrolyte packets	To help stay hydrated. You may consider MioEnergy, Gatorade, Gu Energy, etc.	
	1 pair	Earplugs		
	several	Face masks	A variety of cloth and disposable; enough for your flights and your stay in Tanzania. You will not need to wear a mask while trekking but may need to wear one in certain buildings and areas where social distancing is not possible.	
	at least 2	COVID-19 rapid antigen self-test kits	Pack a few rapid antigen self-test kits as a precaution in case you experience COVID-19 symptoms on your trip	



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PERSONAL FIRST-AID KIT				
<i>Your guide will have a first-aid kit, but please bring small quantities of the items below for personal use</i>				
		Sterile eye drops		
		Vaseline and/or moisturizer	Helps with dry skin from the wind	
		Spare eye glasses and straps	If you wear glasses	
		Contact lens case and solution	If you wear contact lenses. Make sure case is well-protected from dust.	
		Personal Epi-pen	If you have ever needed one	Carry-on bag
		Antibiotic ointment		
		Hydrocortisone		
		Bandages/blister prevention	You may also bring moleskin for blisters	
		Elasticized support bandage		
		Antacids		
		Ibuprofen, aspirin, acetaminophen	Your preference	Carry-on bag
		Mild laxative	Some guests consider probiotics instead. Please consult your doctor for recommendations.	Carry-on bag
		Anti-diarrheal		Carry-on bag
		Cold remedies		

MEDICATION				
<i>Under a doctor's guidance only. Do NOT take sleeping pills at high elevations.</i>				
		Altitude sickness medication		Carry-on bag
		Anti-Malarial prophylaxis		Carry-on bag
		Anti-allergy		Carry-on bag
		Antibiotics		Carry-on bag
		Anti-emetics		Carry-on bag
		Anti-motion sickness		Carry-on bag



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RECOMMENDED EXTRAS				
	1/day	Favorite drink flavoring	Sweet and savory options to flavor cold or hot water; tea, chicken broth, etc.	
	several	Favorite snack	Plenty of healthy snacks will be provided, but please bring a few of your favorite sweets (chocolates, nuts, energy bars, hard candies).	
	1	Tupperware	Consider bringing a small Tupperware with you to take some snacks from camp on the trail.	
	1	Wristwatch or travel alarm clock		
	1	Emergency whistle		
	1	Silk or synthetic sleeping bag liner		
	1	Inflatable travel pillow/case	Optional. Rolled-up fleece inside a pillowcase works. Not needed for Grand Traverse Route or tent upgrades.	
	1	Travel-size scissors and tweezers		Do not pack in your carry-on!
	10	Safety pins	Use for repairs, hanging damp clothes, etc.	

OPTIONAL TECHNOLOGY				
	1	Camera/video camera	Phone cameras work fine, but keep close to body to keep battery warm	Carry-on bag
	2-4	Memory cards for camera		
	1	Power bank for electronic devices		Carry-on bag ONLY (check with airline)
	1	UK and European plug adapter/power converter	Optional, for lodges only	