

KILIMANJARO EQUIPMENT CHECKLIST

CLOTHING

- ❖ 2 synthetic t-shirts
- ❖ 2 synthetic shirts, long sleeves
- ❖ 1 pair of synthetic hiking shorts
- ❖ 1 pair of synthetic hiking pants
- ❖ 1 pair of warmer hiking pants
- ❖ 1-2 pairs of fleece long underwear top/bottom
- ❖ 1 pair of socks per trekking day, at least 2 lighter pairs and 3 heavy wool or synthetic
- ❖ 1 pair of underwear per day
- ❖ 1 fleece sweater
- ❖ 1 warm fleece jacket
- ❖ 1 Goretex rain/wind shell top/bottom
- ❖ 1 pair of leg gaiters
- ❖ 1 pair of light windproof gloves
- ❖ 1 pair of cold weather gloves or mittens
- ❖ 1 sun hat
- ❖ 1 warm hat which covers the ears
- ❖ 1 balaclava
- ❖ 1 pair of walking/camp shoes
- ❖ Trekking boots (medium weight, waterproof)
- ❖ 1 pair UV-blocking sunglasses with side-protection

EQUIPMENT

- ❖ 1 soft-side duffel bag (no hard frame or wheels, porters will carry)
- ❖ Plastic bags of different sizes (to waterproof gear)
- ❖ Mountain sleeping bag, minimum)F degree rated
- ❖ 2 trekking poles
- ❖ 1 head lamp with extra batteries and light bulb
- ❖ 1 pocket knife
- ❖ 4 One-liter water bottles and/ or hydration pack
- ❖ Sun block, SPF 50 or higher
- ❖ Fast drying towel and/or bandana(s)

FIRST AID KIT

- ❖ Bandages: mole-skin, Band-Aid, Ace-Wrap types
- ❖ Safety Pins
- ❖ Small pair of scissors
- ❖ Tweezers
- ❖ Sterile eye drops
- ❖ Medicines; discuss all medicines with your physician, including:
 - Analgesics: Acetaminophen (i.e. Tylenol), Aspirin, Ibuprofen, Vidocin
 - Anti-Allergy: Hydrocortizone ointment, Diphenhydramine hydrochloride (i.e. Sudafed) Epinephrine*

- Antibiotics: Bacitracin ointment, Erythromycin*, Ciprofloxacin hydrochloride*
- Antacids: Bismuth subsalicylate (i.e. Pepto-Bismol)
- Anti-Diarrhea: Loperamide hydrochloride (i.e. Immodium), Tinidazole*
- Anti-Emetics: Prochlorperazine*, Promethazine*
- Anti-Vertigo/Motion Sickness: Meclizine*, Scopolamine*
- Altitude Sickness: Acetazolamide* (DIAMOX), Dexamethazone*, Nifedipine*
- Anti-malaria prophylaxis medicine*

*Prescription medicines