



Nyange Adventures Ltd

"Come as a client, leave as a friend"

Mount Kilimanjaro Packing List

Over the course of a few days, you will pass through several climate zones, from equatorial rainforests surrounded by banana and coffee plantations, to near arctic conditions. This makes packing the right layers vital.

We recommend the following individual equipment list for climbing expeditions. Your equipment will be checked by the guides before departure. If needed, you can also hire some of your equipment from the Nyange Adventures store.

Technical Clothing

- 1 - Waterproof Jacket (breathable with hood)
- 1 - Insulated Jacket (synthetic or down)
- 1 - Soft Jacket (fleece or soft-shell)
- 2 - Long Sleeve Shirt (light-weight, moisture-wicking fabric)
- 1 - Short Sleeve Shirt (light-weight, moisture-wicking fabric)
- 1 - Waterproof Pants (breathable)
- 2 - Hiking Pants
- 1 - Fleece Pants
- 1 - Shorts (optional)
- 1 - Long Underwear (moisture-wicking fabric)
- 3 - Underwear, moisture-wicking fabric recommended
- 2 - Sport Bra (women)

Headwear

- 1 - Brimmed Hat (for sun protection)
- 1 - Knit Hat (for warmth)
- 1 - Balaclava or Buff (for face coverage - optional)

Handwear

- 1 - Gloves, warm (waterproof recommended)
- 1 - Gloves (thin)

Footwear

- 1 - Hiking Boots (warm, waterproof, broken-in)
- 1 - Gym Shoes (to wear at camp - optional)
- 3 - Socks (wool or synthetic)
- 1 - Gaiters (waterproof - optional)

Accessories

- 1 - Sunglasses or Goggles
- 1 - Backpack Cover (waterproof - optional)
- 1 - Water Bottle (Nalgene, 32 oz.)
- 1 - Water Bladder (Camelbak type, 3 litres)
- 1 - Towel (lightweight, quick-dry)
- Stuff Sacks, Dry Bags or Plastic Bags (various sizes, to keep gear dry and separate)

Equipment

- 1 - Sleeping Bag (warm, four seasons)
- 1 - Trekking Poles (highly recommended)
- 1 - Head lamp (with extra batteries)
- 1 - Duffel bag, 50-90L capacity (for porters to carry your equipment)
- 1 - Daypack, 30-35L capacity (for you to carry your personal gear)

Other

- Toiletries
- Prescriptions
- Sunscreen
- Lip Balm
- Insect Repellent, containing DEET
- First Aid Kit
- Hand Sanitizer
- Toilet Paper
- Wet Wipes (recommended)
- Snacks (light-weight, high calorie, high energy - optional)
- Electrolytes (powder or tablets - optional)
- Camera (with extra batteries - optional)

Helpful Hints:

- Drink at least two to three litres of water a day.
- Use water filters and purifying pills to minimize stomach bugs.
- Take enough snacks like energy bars, drink mixes, etc.
- Move as lightly as possible, do not carry unnecessary weight.
- All clothing in duffel bags or backpacks must be protected with sack-liners to avoid getting wet, especially through the rainforest.
- High factor lip balm and sun block is essential.
- Nausea and headache pills should be kept handy on summit night.
- Symptoms of altitude sickness can be reduced by using medication.
- New boots should be walked-in; this avoids blisters.
- Use sleeping mat when camping.
- Use a thermal flask on summit night; other bottles will freeze.
- Thermal glove liners allow easier camera handling on summit.
- Use only new camera and headlamp batteries on summit.