



COMPACT VERSION

CLIMB KILIMANJARO – PACKING LIST

We get you ready for your summit success

Documents

- | | | | |
|--------------------------|---|--------------------------|---|
| <input type="checkbox"/> | Kilimanjaro tour booking confirmation | <input type="checkbox"/> | Passport |
| <input type="checkbox"/> | Flight ticket(s) | <input type="checkbox"/> | Passport photocopy |
| <input type="checkbox"/> | Additional hotel reservations (if any) | <input type="checkbox"/> | Health & travel insurance details |
| <input type="checkbox"/> | Airport transfer arrangements (if any) | <input type="checkbox"/> | Yellow fever vaccination evidence (if applicable) |
| <input type="checkbox"/> | Other travel arrangements (if any, e.g. safari) | | |

Health and sanitation

- | | | | |
|--------------------------|------------------------------|--------------------------|---|
| <input type="checkbox"/> | Anti-malarial medication | <input type="checkbox"/> | DEET-containing insect repellent (optional) |
| <input type="checkbox"/> | Anti-diarrhea drugs | <input type="checkbox"/> | Permethrin-containing insect spray (optional) |
| <input type="checkbox"/> | Anti-nausea drugs (optional) | <input type="checkbox"/> | Antihistamines (optional) |

- | | | | |
|--------------------------|-------------------------------------|--------------------------|---------------------------------------|
| <input type="checkbox"/> | Pain killers (optional) | <input type="checkbox"/> | Prescription medication (if any) |
| <input type="checkbox"/> | Cold remedies (optional) | <input type="checkbox"/> | Anti-bacterial ointment (optional) |
| <input type="checkbox"/> | Sore throat lozenges (optional) | <input type="checkbox"/> | Water purification tablets (optional) |
| <input type="checkbox"/> | Remineralization tablets (optional) | <input type="checkbox"/> | Gauze (optional) |
| <input type="checkbox"/> | Plasters (for random cuts) | <input type="checkbox"/> | Adhesive tape (optional) |
| <input type="checkbox"/> | Plasters or Moleskin for blisters | | |

Personal care and sanitation

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|--------------------------|---------------------------------|--------------------------|--|
| <input type="checkbox"/> | Ear plugs | <input type="checkbox"/> | One-time expanding towels (optional) |
| <input type="checkbox"/> | Toilet paper | <input type="checkbox"/> | Anti-odor/Refreshing spray (optional) |
| <input type="checkbox"/> | Wet wipes | <input type="checkbox"/> | Dry shampoo/baby powder (optional) |
| <input type="checkbox"/> | Hand sanitizer | <input type="checkbox"/> | Other toiletries (optional) |
| <input type="checkbox"/> | Toothbrush and small toothpaste | <input type="checkbox"/> | Paper tissues (optional) |
| <input type="checkbox"/> | Deodorant | <input type="checkbox"/> | Cloth tissue (optional) |
| <input type="checkbox"/> | Sunblock | <input type="checkbox"/> | Prescription glasses / contact lenses (if any) |
| <input type="checkbox"/> | Lip balm with sun protection | <input type="checkbox"/> | Pee bottle for overnight (optional) |
| <input type="checkbox"/> | Thick cream (e.g. Vaseline) | <input type="checkbox"/> | WOMEN ONLY: Panty liners; Sanitary products |

Clothing

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|--------------------------|------------------------------------|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Waterproof jacket – 1x | <input type="checkbox"/> | Hiking pants - 2-3x |
| <input type="checkbox"/> | Insulated jacket – 1x | <input type="checkbox"/> | Mid-layer fleece pants – 1x |
| <input type="checkbox"/> | Mid-layer jackets – 2x | <input type="checkbox"/> | Long thermal underwear pants – 2x |
| <input type="checkbox"/> | Long-sleeved thermal shirts - 2-3x | <input type="checkbox"/> | Underwear – 3x+ |
| <input type="checkbox"/> | Short-sleeved shirts – 2x | <input type="checkbox"/> | WOMAN ONLY: Sports bra – 2x+ |
| <input type="checkbox"/> | Waterproof pants – 1x | | |

Headwear

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|---|---|
| <input type="checkbox"/> Brimmed hat (sun protection) | <input type="checkbox"/> Bandana (optional) |
| <input type="checkbox"/> Knit hat (warmth) | <input type="checkbox"/> Cap (optional) |
| <input type="checkbox"/> Balaclava / Windproof ski mask | <input type="checkbox"/> Heating badges for toes (optional) |

Footwear

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|---|---|
| <input type="checkbox"/> Hiking boots | <input type="checkbox"/> Thermal insoles (optional) |
| <input type="checkbox"/> Flight Hiking socks – 2x thick | <input type="checkbox"/> Spare laces (optional) |
| <input type="checkbox"/> Hiking socks – 2x+ thin | <input type="checkbox"/> Flip flops for camp (optional) |
| <input type="checkbox"/> Gaiters, waterproof | <input type="checkbox"/> Sneakers/comfortable shoes for camp (optional) |

Handwear

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|--|--|
| <input type="checkbox"/> Warm gloves or mittens | <input type="checkbox"/> Glove liners |
| <input type="checkbox"/> Mid-layer fleece gloves | <input type="checkbox"/> Heating badges for fingers (optional) |

Accessories

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|--|---|
| <input type="checkbox"/> Sunglasses (100% UV blocking) | <input type="checkbox"/> Small waste bag |
| <input type="checkbox"/> Water bladder (camelbak, 2-3l) | <input type="checkbox"/> Towel, light-weight (optional) |
| <input type="checkbox"/> Nalgene bottle 1l | <input type="checkbox"/> Bag lock |
| <input type="checkbox"/> Insulated bottle (Thermos) | <input type="checkbox"/> Poncho (optional) |
| <input type="checkbox"/> Zippable plastic bags / stuff sacks | <input type="checkbox"/> Safety pins (optional) |

Equipment

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|--------------------------|------------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | Sleeping bag (rental?) | <input type="checkbox"/> | Head lamp & extra batteries |
| <input type="checkbox"/> | Sleeping bag liner | <input type="checkbox"/> | Daypack |
| <input type="checkbox"/> | Trekking poles | <input type="checkbox"/> | Duffel bag (or big backpack) |

Other

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|--------------------------|---|--------------------------|-------------------------------------|
| <input type="checkbox"/> | US dollars | <input type="checkbox"/> | Solar power charger (optional) |
| <input type="checkbox"/> | Snacks / comfort food (optional) | <input type="checkbox"/> | Phone and camera charger (optional) |
| <input type="checkbox"/> | Phone (optional) | <input type="checkbox"/> | Power adapter (UK style) (optional) |
| <input type="checkbox"/> | Camera (optional) | <input type="checkbox"/> | |
| <input type="checkbox"/> | Camera spare battery (optional) | <input type="checkbox"/> | |
| <input type="checkbox"/> | Book(s)/E-reader (optional) | <input type="checkbox"/> | |
| <input type="checkbox"/> | Small notebook/Pen and paper (optional) | <input type="checkbox"/> | |

Important Notes