



MOUNT KILIMANJARO

Packing Guide



MANDATORY GEAR

Bags + Poles



□ PAIR OF TREKKING POLES

QUANTITY: 1

Lightweight and collapsible poles are preferred so they easily can be packed in your luggage. Poles are great going up the mountain and also important for coming down to brace the impact!

□ KIT BAG FOR PORTERS *

QUANTITY: 1

We recommend a 90-liter soft duffel-style bag, ideally canvas or waterproof (like a dive bag). All of your gear will fit in this bag, and a porter will carry it for you. Want to bring a full-size backpack? Just make sure it has an internal frame and is squishy on the outside.

* FIRM RESTRICTIONS

- One kit bag only per hiker.
- Rolling bags or luggage are not allowed.
- The bag with all your gear cannot weigh more than 12 kilos (roughly 26 pounds).



□ MUMMY SLEEPING BAG

(SYNTHETIC OR DOWN)
QUANTITY: 1

No, you cannot bring a thick, rectangular sleeping bag lined with felt that you would have brought to your friend's sleepover party. You'll need a real sleeping bag from a real backpack shop, rated for at least -5°C and consider a warmer one if you get cold easily. If you don't want to invest the \$150, you can rent one from REI!

KEY

▲ NEEDED FOR SUMMIT



□ DAYPACK

QUANTITY: 1

We recommend an 18–35-liter hiking daypack, which you'll use to carry your daily items such as your water bottles, snacks, sunscreen, and extra layers. Hiking daypacks are created to ergonomically distribute weight, so we suggest one over a Jansen-style backpack. Even better, get a daypack that can hold a bladder/hydration pack!

MANDATORY GEAR

Accessories For Your Head + Hands



DARK SUNGLASSES ▲

QUANTITY: 1

Protect against harsh UV rays at higher altitude and ice glare (yes, that's a real thing!) with dark sunglasses. Our staff team recommends a \$25 pair of Goodr glasses, which are polarized, stylish, and made for running so they don't slip down your face!

PRO TIP

Be sure you are comfortable with polarized or non-polarized, hiking with them ahead of time. Hiking with a brand new pair of glasses that you're not used to can cause nausea!



SUN HAT OR BASEBALL CAP

QUANTITY: 1

Give yourself some added sun protection. Pack the hat you'll receive when you get two kids sponsored.



WARM FLEECE HAT OR BALACLAVA ▲

QUANTITY: 1

In the mornings, evenings, and on summit night, you'll want a warmer hat that covers your ears to protect against the cold and wind. It can be either wool or synthetic.



WARM GLOVES

QUANTITY: 1

Those little cotton gloves you grab from the dollar bucket at Target won't work. You need something with a warm inner liner. Think thermal fleece.



HEADLAMP ▲

QUANTITY: 1

A headlamp is absolutely essential for summit night, and helpful for all other evenings. LED headlamps are perfect. Remember to pack it with fresh batteries.



THICKER OUTER MITTENS ▲

QUANTITY: 1

You'll want a really warm pair of water- and wind-proof mittens (not gloves) to use on the hike up to summit. You may only use these on summit night when temperatures are below zero...but you will want them!

MANDATORY GEAR

Upper Body Apparel

Dressing on the mountain is all about layers. We recommend having 4–5 upper body layers, all of which can be worn together. We’ve also carefully suggested the amounts per item so you are comfortable but aren’t overpacked!



SHORT-SLEEVE SYNTHETIC HIKING SHIRT

QUANTITY: 1–2

Pack lightweight short-sleeve or sleeveless shirts with ‘wicking’ properties. You’ll wear these on the first and last days on the mountain when we’re at lower altitudes.



LONG-SLEEVE SYNTHETIC HIKING SHIRT

QUANTITY: 1–2

Stay away from the cotton variety, which traps moisture, and look for polypropylene, thermalator, or similar options. Long-sleeve shirts in these materials will help to regulate your temperature while also having ‘wicking’



FLEECE JACKET

QUANTITY: 1

Spend the cheddar on a nice fleece. You’ll probably wear this every day in the evenings, and layered over your base layers on summit night. Patagonia, The North Face, and REI make great options.



RAIN JACKET ▲

QUANTITY: 1

We recommend a lightweight jacket—Gore-Tex or similar—that can be packed into a small bag. You’ll likely carry this jacket in your daypack while hiking each day. It should be breathable, wind- and waterproof to cover your other layers in rain and wind, and a hood is a must!



DOWN JACKET

QUANTITY: 1

You will definitely want this on the summit night with your layers. You’ll want 2-3 layers, plus the fleece, plus the down jacket plus the waterproof rain coat/windbreaker over everything. This can be a synthetic or down jacket.



SPORTS BRAS QUANTITY: 2–3

Stick to moisture-wicking options, which will help keep you comfortable when it is warm or cold.

MANDATORY GEAR

Lower Body Apparel



□
**SYNTHETIC BASE
LAYER BOTTOMS**

QUANTITY: 1

Stay away from the cotton variety, which traps moisture, and look for polypropylene, thermalator, or similar options that have 'wicking' properties.



□
**SYNTHETIC
HIKING PANTS**

QUANTITY: 2

Look for pairs that have 'wicking' properties and are wind-resistant. The zip-off pants are very practical!



□
RAIN PANTS ▲

QUANTITY: 1

These waterproof pants are great for protecting you against the elements, including wind. GORE-TEX is more costly but breathable, and can be rented.



□
UNDERWEAR

QUANTITY: 6

Stick to moisture-wicking materials and stay away from cotton.

MANDATORY GEAR

Footwear



HIKING BOOTS

QUANTITY: 1

This is the most important item on your list. Happy feet = happy climb. Make a visit to REI or a local backpacking shop to get fitted for waterproof (GORE-TEX) hiking boots. Good boots can run up to \$200-\$300, but they'll keep your feet dry and comfortable and your body well supported.

IMPORTANT

You should train in your running shoes, but you'll want to make sure your hiking boots are well worn in. Wear them around the house, on walks, or other training hikes with your socks to make sure they're comfortable and don't cause blisters.



GAITERS ▲

QUANTITY: 1

The summit of Kilimanjaro is covered in skree (like loose gravel), and gaiters help to keep debris out of your boots. Get the Alpine type, not the anklets, and make sure they are large enough to fit over your hiking boots.



WOOL SOCKS

QUANTITY: 6

Choose between wool or synthetic—whatever your preference is—but stay away from cotton. You'll ideally have a fresh pair daily. Trust us—a fresh pair of socks will make you feel like a whole new person each morning!



MOUNTAINEERING SOCKS ▲

QUANTITY: 1-2

Bring a pair or two of thick socks, wool or synthetic. Summit night is cold, and summit day is long, so you'll want the extra warmth and very heavy cushioning.



YAKTRAX® ▲

QUANTITY: 1

The summit is also partially covered by a glacier! Yaktrax® give you added traction for hiking on snow and ice.

