

# Bob and Lynn's Ultimate Kilimanjaro Packing List

## Clothing and Equipment

- Duffel bag (60 to 90 cu. liters) – Waterproof
- Sleeping bag rated to 0°F (-18°C).
- Sleeping pad (inflatable)
- Sleeping bag liner
- Hiking day pack (15-20 cu. liters)
- Hiking Boots
- Water repellent outer shell jacket
- Pile or down jacket, or 2 layers of medium weight polypropylene
- Rain/wind pants with leg zippers for easy on/off
- 2-3 Hiking pants or Fleece/Pile pants
- 2-3 Polypropylene tops and bottoms – medium weight
- 3+ T-shirts (Long sleeve, tech fabric)
- 1 Pair sturdy hiking shorts (optional)
- Wool hat/balaclava (recommend both)
- Shade hat
- Sunglasses that block UV rays
- Wool or Gore-Tex mittens or gloves
- Glove liners or running gloves
- 6-9 Pairs socks, including 2 pairs thick wool socks
- Light walking shoes or sneakers
- Gaiters
- Bandanas or buffs
- Small towel and washcloth
- Headlamp with extra batteries and light bulbs
- 2-3 One liter wide-mouth reusable water bottles
- Trekking poles
- Multi-sport watch
- Packing Cubes
- Laundry Bag
- Power Bank

### **Energy Snacks & Sports Drinks**

- Energy and snack foods
- Powdered sports drink mixes

### **Personal First Aid Supplies**

- Sunscreen (SPF 30 or higher)
- Lip balm with sunscreen
- Hand wipes or hand sanitizer
- Aspirin, ibuprofen, or Tylenol
- Moleskin, Second Skin blister pads, or Bodyglide lubricant for blisters
- Moisturizing cream
- Band Aids
- Topical antibiotic
- Ace bandage or elastic supports for weak knees, ankles, or sore joints
- Pepto-Bismol tablets for stomach problems
- Feminine protection
- Contact lens wearers also bring a pair of glasses for back-up
- Antibiotic, such as Cipro
- Diamox – effective against the symptoms of altitude sickness
- First Aid Kit for Backpacking
- Anit-Nausea medicine such as Zofran (ondansetron)

### **Optional Items**

- Thin rope and clothes pins or safety pins for hanging clothes
- Money belt/neck pouch
- Small mirror
- Urine bottle (for use at night in your tent)
- Feminine Urination Device
- Reading material (paperbacks only)
- Journal, pens, writing paper
- Deck of cards or other travel game