

KILIMANJARO PACKING

TANZANIA TRAVEL	✓
Travel Visa	
Travel Vaccines	
Passport	
Cash (USD recommended)	
Wall plug adapter	

OUTERWEAR	✓
Ski jacket (or parka)	
Mittens	
Lighter, waterproof gloves	
Toque	
Buff or balaclava	
Ski sunglasses	
Rain coat	
Poncho	
Sunproof hat	
Gaiters	

EXTRA SPACE	✓

GEAR	✓
Day Pack (20L minimum)	
Rain cover for pack	
Water bottles (3L minimum)	
Hiking boots	
Camp shoes	
Hiking poles	
Thermarest	
Towel	
Soap, toiletries	
Toothbrush, toothpaste	
Toilet paper	
Baby wipes	
Pillow	
Headlamp	
Packing cubes and/or dry bag	
Ziploc bags	
Sleeping bag	
Fleece liner	
Sleeping mat	

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CLOTHES	✓
3 sports bras	
10 pairs underwear	
1-2 warm base layer tops	
2-3 t-shirts or tank tops	
3 activewear long sleeves	
1 fleece sweater	
1 other sweater	
Long underwear/base layer	
Waterproof pants	
Fleece sweatpants/joggers	
Hiking pants	
Hiking shorts (run shorts)	
6-8 pairs good hiking socks	
2-3 pairs comfy camp socks	

EXTRA SPACE	✓

MEDICATIONS	✓
First Aid Kit (blister packs, band-aids, athletic tape, duct tape)	
Headache tablets	
Tummy meds	
Prescriptions (Diamox, anti-malarials)	
Electrolyte packets	
Sunscreen	
Bug spray	
Lip balm (with SPF)	

OTHER	✓
Phone & charger	
Camera & spare batteries	
GoPro & charger	
Power bank	
Snacks (chocolate bars, candy, trail mix)	
Ear plugs	
Eye mask	
Playing cards	
Book/journal	