

# KILIMANJARO GEAR CHECKLIST

KiboQuest | Complete Packing Guide for Kilimanjaro Climbers

**TIP** Print this checklist and tick each box as you pack. Avoid cotton in all clothing layers - cotton retains moisture and can lead to hypothermia at altitude.

## SLEEPING GEAR

<input type="checkbox"/>	Sleeping Bag rated -20°C / 0°F (can be rented through KiboQuest)
<input type="checkbox"/>	Sleeping Mat (provided by KiboQuest)
<input type="checkbox"/>	Sleeping Bag Liner (for extra warmth or for rented sleeping bag)
<input type="checkbox"/>	Compression Socks for sleeping

## PACKS AND BAGS

<input type="checkbox"/>	Waterproof Duffel Bag 80 - 100 litres (can be rented through KiboQuest)
<input type="checkbox"/>	Daypack 25 - 35 litres
<input type="checkbox"/>	Waterproof Pack Cover
<input type="checkbox"/>	Compression Sacks or 6 - 8 Waterproof Bags
<input type="checkbox"/>	Optional: Packing Cubes to organize your Duffel Bag
<input type="checkbox"/>	Optional: Bag Lock for Duffel Bag

## FOOTWEAR AND TREKKING POLES

<input type="checkbox"/>	Hiking Boots - Waterproof mid-weight
<input type="checkbox"/>	Running Shoes / Light Hikers (for wearing around camp)
<input type="checkbox"/>	Gaiters
<input type="checkbox"/>	5-6 Pairs Liner Socks (wool or synthetic, No cotton)
<input type="checkbox"/>	4-6 Pairs Thick Socks (No cotton)
<input type="checkbox"/>	Thermal Socks for Summit Night
<input type="checkbox"/>	Spare Laces for Hiking Boots
<input type="checkbox"/>	Trekking Poles

## GLOVES

<input type="checkbox"/>	Thin Gloves (wool or synthetic, No cotton)
<input type="checkbox"/>	Thick Waterproof Gloves or Mittens

## CLOTHING: LOWER BODY

---

<input type="checkbox"/>	Underwear (No cotton)
<input type="checkbox"/>	Convertible Hiking Pants or Shorts
<input type="checkbox"/>	1-2 Light-Medium Weight Base Layer (bottoms)
<input type="checkbox"/>	Hiking Pants (No cotton)
<input type="checkbox"/>	Winter Hiking Pants
<input type="checkbox"/>	Waterproof Shell Pants (recommended: side zippers)

## CLOTHING: UPPER BODY

---

<input type="checkbox"/>	Comfortable sports bra (ladies)
<input type="checkbox"/>	1-2 Lightweight T-shirts (no cotton)
<input type="checkbox"/>	1-2 Lightweight long-sleeved T-shirts (no cotton)
<input type="checkbox"/>	2-3 Light to mid-weight Base Layer (tops)
<input type="checkbox"/>	1-2 Fleece as insulation layer
<input type="checkbox"/>	Insulated shell jacket
<input type="checkbox"/>	Down jacket (approx 750-fill)
<input type="checkbox"/>	Waterproof shell jacket (fits over all layers)

## HEADWEAR

---

<input type="checkbox"/>	Brim hat or cap with neck protection
<input type="checkbox"/>	Warm hat with ear flaps
<input type="checkbox"/>	Neck gaiter or "Buff" (very versatile)
<input type="checkbox"/>	Sunglasses (rated 100% UV protection)
<input type="checkbox"/>	Head Torch (with spare batteries)

## WATER AND SNACKS

---

<input type="checkbox"/>	2-3 liter hydration bladder (Platypus, Camelbak or similar)
<input type="checkbox"/>	1-2 one-liter wide-mouth water bottles (Nalgene or similar)
<input type="checkbox"/>	Electrolyte / sports drink powdered formula
<input type="checkbox"/>	Energy bars - plan for 2-4 per day
<input type="checkbox"/>	Water purification tablets or filter pen (we provide boiled/filtered water)

## PERSONAL HEALTH AND COMFORT

---

<input type="checkbox"/>	Toiletries: toothbrush & paste, hairbrush/comb, foot powder, hand cream, deodorant, soap
--------------------------	------------------------------------------------------------------------------------------

<input type="checkbox"/>	"Baby-wipes" and anti-bacterial hand-sanitizer wipes
<input type="checkbox"/>	Any regular medication you are taking
<input type="checkbox"/>	Anti-bacterial hand-sanitizer gel (e.g. Purell)
<input type="checkbox"/>	Fingernail brush & nail clippers
<input type="checkbox"/>	Ear plugs
<input type="checkbox"/>	Sunscreen SPF 40+
<input type="checkbox"/>	Small microfiber quick-dry towel
<input type="checkbox"/>	Pee-bottle for night time calls of nature
<input type="checkbox"/>	Small torch / flashlight
<input type="checkbox"/>	Pocket knife (Swiss Army Knife or "Leatherman")
<input type="checkbox"/>	Spare contact lenses / glasses
<input type="checkbox"/>	Toilet paper (1-2 rolls; remove cardboard center for easier packing)
<input type="checkbox"/>	Camera / phone / Kindle or entertainment device
<input type="checkbox"/>	Spare batteries

## PERSONAL FIRST-AID KIT

---

<input type="checkbox"/>	Blister plasters - different shapes and sizes
<input type="checkbox"/>	Antibiotic cream or ointment
<input type="checkbox"/>	Band-Aid / Elastoplast for minor cuts and scrapes
<input type="checkbox"/>	Ibuprofen / Paracetamol - over-the-counter pain relief
<input type="checkbox"/>	Skin healing ointment such as Aquaphor
<input type="checkbox"/>	Imodium (for diarrhea)
<input type="checkbox"/>	Anti-nausea medication
<input type="checkbox"/>	Any prescription medications
<input type="checkbox"/>	Diamox (if using, consult your doctor)

## LADIES ONLY

---

<input type="checkbox"/>	Plan to change tampon or pad 3-4 times daily during menstrual period
<input type="checkbox"/>	Ziplock bags for used tampons/pads (must be carried off the mountain)
<input type="checkbox"/>	Anti-bacterial hand sanitizer - clean hands regularly
<input type="checkbox"/>	"Baby wipes" or heavy-duty wipes
<input type="checkbox"/>	Pee funnel