



RECOMMENDED GEAR LIST

This is our suggested gear list. All community gear such as tents, food, utensils, etc. is provided by Kilimanjaro Sunrise. You are responsible to bring the following required, recommended and optional personal gear and equipment from this list. The most common mistake climbers make is over packing. Be selective in what you take with you. Our porters are limited to carrying 33 lbs. (15 kgs) of your personal belongings.

TECHNICAL CLOTHING

- | Qty. | Item |
|--------------------------|---|
| <input type="checkbox"/> | 1 Waterproof Jacket - Shell |
| <input type="checkbox"/> | 1 Insulated Jacket - Puffy/Puffer |
| <input type="checkbox"/> | 1 Soft Jacket, Fleece or Soft-shell |
| <input type="checkbox"/> | 1 Lightweight Rain Jacket |
| <input type="checkbox"/> | 2 Long Sleeve Shirt, moisture-wicking fabric |
| <input type="checkbox"/> | 2-3 Short Sleeve Shirt, moisture-wicking fabric |
| <input type="checkbox"/> | 1 Waterproof Pants |
| <input type="checkbox"/> | 2 Hiking Pants/Convertibles |
| <input type="checkbox"/> | 1 Fleece/Down Pants (highly recommended) |
| <input type="checkbox"/> | 1 Shorts (optional) |
| <input type="checkbox"/> | 1 Base Layer, moisture-wicking fabric |
| <input type="checkbox"/> | 3 Underwear, moisture-wicking fabric |
| <input type="checkbox"/> | 2 Sport Bra (women) |

EQUIPMENT

- | Qty. | Item |
|--------------------------|---|
| <input type="checkbox"/> | 1 Sleeping Bag, warm, at least 0 degrees* |
| <input type="checkbox"/> | 1 Trekking Poles, collapsable (highly recommended)* |
| <input type="checkbox"/> | 1 Head lamp, with extra batteries |
| <input type="checkbox"/> | 1 Duffel Bag, 70-90 Liter* |
| <input type="checkbox"/> | 1 Day pack, 30-35L, for your daily personal gear |

ACCESSORIES

- | Qty. | Item |
|--------------------------|--|
| <input type="checkbox"/> | 1 Sunglasses |
| <input type="checkbox"/> | 1 Backpack Cover, waterproof (optional) |
| <input type="checkbox"/> | 1 Water Bottle (Nalgene, 32 oz.) |
| <input type="checkbox"/> | 1 Water Bladder (3 liters) |
| <input type="checkbox"/> | 1 Pee Bottle, to avoid leaving tent at night |
| <input type="checkbox"/> | Stuff Sacks, Dry Bags or Ziploc Bags, various sizes, to keep gear dry and separate |

HANDWEAR

- | Qty. | Item |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | 1 Gloves, waterproof and windproof |
| <input type="checkbox"/> | 1 Gloves, thin |

HEADWEAR

- | Qty. | Item |
|--------------------------|---|
| <input type="checkbox"/> | 1 Cap/Hat, for sun protection |
| <input type="checkbox"/> | 1 Beanie |
| <input type="checkbox"/> | 1 Balaclava or Buff, for face coverage (optional) |

FOOTWEAR

- | Qty. | Item |
|--------------------------|---|
| <input type="checkbox"/> | 1 Hiking Boots, warm, waterproof, broken-in |
| <input type="checkbox"/> | 1 Gym Shoes, to wear at camp (optional) |
| <input type="checkbox"/> | 3-5 Socks, wool or synthetic |
| <input type="checkbox"/> | 1 Gaiters, waterproof (optional) |

OTHER

- | | |
|--------------------------|--|
| <input type="checkbox"/> | Toiletries |
| <input type="checkbox"/> | Prescriptions - Malaria tablets, Diamox (optional) |
| <input type="checkbox"/> | Sunscreen |
| <input type="checkbox"/> | Lip Balm |
| <input type="checkbox"/> | Insect Repellent, containing DEET |
| <input type="checkbox"/> | First Aid Kit |
| <input type="checkbox"/> | Painkillers (optional) |
| <input type="checkbox"/> | Blister kit (optional) |
| <input type="checkbox"/> | Anti-diarrhea tablets (optional) |
| <input type="checkbox"/> | Hand Sanitizer |
| <input type="checkbox"/> | Toilet Paper |
| <input type="checkbox"/> | Wet Wipes (recommended) |
| <input type="checkbox"/> | Snacks, lightweight, high calorie (optional) |
| <input type="checkbox"/> | Electrolytes, powder or tablets (optional) |
| <input type="checkbox"/> | Camera, with extra batteries (optional) |
| <input type="checkbox"/> | Hand warmers (optional) |

PAPERWORK

- | | |
|--------------------------|-------------------------|
| <input type="checkbox"/> | Immunization Papers |
| <input type="checkbox"/> | Trip Receipt |
| <input type="checkbox"/> | Passport |
| <input type="checkbox"/> | Visa (available at JRO) |
| <input type="checkbox"/> | Insurance Documents |

*Available to rent and pay for in cash at trip briefing