

KILIMANJARO GEAR LIST

AFRICA - NORTHEAST TANZANIA

Highest Point Mt Kilimanjaro - 5898m 19, 340 ft

Team Member: _____

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|---|---|---|
| BOOTS Boots - Full leather over 4000m - Comfort, Ankle support ASOLO - LOWA <input type="checkbox"/> | WATER BOTTLES 1x NALGENE Clear bottles help to see the nasties <input type="checkbox"/> | SUNSCREEN 1x 30 + sunscreen 1x lipbalm <input type="checkbox"/> |
| SHOES - SANDALS Light and synthetic - for around camp or slipping into while having lunch. SOURCE <input type="checkbox"/> | HYDRATION KIT 3ltr - 2ltr Bladder Optional CAMELBAK - SOURCE <input type="checkbox"/> | INSECT REPELLENT Bushmans Rid LIFE SYSTEMS <input type="checkbox"/> |
| SOCKS / LINERS Min. 4x pairs of well fitted socks MUND SOCKS - K2 Extreme - Adventurer <input type="checkbox"/> | WATER TREATMENT Micropur Tablets 1per 1000ml Coghlans Iodine Tablets 2 per 1000ml. <input type="checkbox"/> | 1ST AID KIT 1x Blister kit, Imodium, Diamox, Asprin, Antibiotics, Strepisils etc. EQUIP <input type="checkbox"/> |
| GAITERS Purpose to stop mud, water, stones getting into your boots OUTDOOR RESEARCH <input type="checkbox"/> | CLOTHING T-SHIRTS 1 X Long Sleeve Shirt - Quick drying! 2 X T - Shirts Synthetic or Merino wool <input type="checkbox"/> | SUNHAT Wide brim is best. Lightweight OUTDOOR RESEARCH <input type="checkbox"/> |
| TREKKING POLES 2 x for full stability MASTERS <input type="checkbox"/> | PANTS 1 x Quick Drying pants 1x Soft shell pants (Optional) OUTDOOR RESEARCH <input type="checkbox"/> | RE HYDRATION POWDER PURE <input type="checkbox"/> |
| RUCKSACK / PACKS 65 - 90ltr packs LOWE ALPINE <input type="checkbox"/> | SHORTS 1 x Shorts Or 1x Shorts And 1x Zip Off Pants OUTDOOR RESEARCH <input type="checkbox"/> | BUMBAG For camera ETC Should fit a small drybag <input type="checkbox"/> |
| DUFFEL BAG Another option for porters. Porters prefer duffel bags TATONKA <input type="checkbox"/> | THERMALS 2 X Set Of Thermal Tops 2 x Thermal bottoms ICEBREAKER <input type="checkbox"/> | HAND SANITIZER VERY IMPORTANT <input type="checkbox"/> |
| DAY PACKS Every day use- 35ltr - 45ltr LOWE ALPINE <input type="checkbox"/> | WATERPROOF JACKET 1 x 100% Windproof - Waterproof Breathable Jacket LOWE ALPINE - OUTDOOR RESEARCH - MONT <input type="checkbox"/> | ENVIRO SOAP Wilderness Wash Washes everything <input type="checkbox"/> |
| PACK LINER Internal - To Keep Gear Dry EXPED - SEA TO SUMMIT <input type="checkbox"/> | WATERPROOF PANTS 1 x 100% Windproof - Waterproof Breathable LOWE ALPINE - OUTDOOR RESEARCH - MONT <input type="checkbox"/> | SECURITY LOCKS LIFE SYSTEMS <input type="checkbox"/> |
| PACK COVER Stop pack getting wet and heavy LOWE ALPINE - SEA TO SUMMIT <input type="checkbox"/> | FLEECE - MIDLAYER 1X Micro fleece 1x full weight fleece or Soft shell OUTDOOR RESEARCH <input type="checkbox"/> | SPARE LACES A Spare Set Is A Must ASOLO <input type="checkbox"/> |
| DRY BAGS To organize, Keep gear dry (water proof) 2 - 3 x Different size bags - EXPED <input type="checkbox"/> | DOWN JACKET For when you stop walking - after dark, around camp. OPTIONAL MONT <input type="checkbox"/> | SUNGLASSES 2 x Sunglasses 1 good pair and 1 back up pair. JULBO <input type="checkbox"/> |
| SLEEPING BAGS Goose Down bag -10 to -15 MONT <input type="checkbox"/> | GLOVES 1X Powerstretch 1x Waterproof - Windproof gloves OUTDOOR RESEARCH <input type="checkbox"/> | HEADTORCH Take extra batteries PETZL - EDELRID <input type="checkbox"/> |
| SLEEPING BAG LINER Silk or Thermolite are best <input type="checkbox"/> | BUFF HEADWEAR Neck gaiter, head band, balaclava, beanie etc Buff has many uses. <input type="checkbox"/> | CAMERA Take extra batteries <input type="checkbox"/> |
| SLEEPING MATS Exped mats - Down 7-9 mats or 3.8 <input type="checkbox"/> | BEANIES Needs to cover the ears OUTDOOR RESEARCH <input type="checkbox"/> | HYDRATION FOOD Optional extra Good to have some back up snacks <input type="checkbox"/> |
| WATER FILTERS Optional extra - Depending on your trip MSR <input type="checkbox"/> | QUICK DRY TOWEL 1x Small Eg: Face cloth 1x Large 120x 60cm SEA TO SUMMIT <input type="checkbox"/> | POCKET KNIFE With scissors LEATHERMAN <input type="checkbox"/> |