

DISMASS KILIMANJARO EXPERIENCE

PACKING CHECKLIST

Climbing gears	Check
Thermal hat	
Scarf	
Sun glasses	
Balaclava	
Wide brimmed hat is essential as it covers your neck and ears	
Ski goggles	
Waterproof Jacket (Gore-Tex) with hood	
Thermal Jacket – down or synthetic down with hood	
Lightweight Fleece one. Not cotton	
Heavyweight Fleece one. Not cotton	
T-Shirts x 3 (With sleeves are best – to protect against sun and insects) Not cotton	
Thermal long sleeve x 3 : 1 light , 1 medium and one thick. Not cotton	
Thermal Gloves: one pair of lightweight glove (glove liner) that can fit inside waterproof outer glove	
Medium waterproof glove that fits on top of your glove liner	
Waterproof outer ski mitten (gore-Tex material highly recommended)	
Three thermal long underwear 1 light, 1 medium and 1 thick Not cotton	
Lightweight trousers x2 (NOT JEANS or any other cotton material)	

Rain trouser (gore-Tex)	
Ski trouser (gore-Tex)	
Five to seven pairs of Socks with sock (1 pair per day trekking)	
Small towel (camping towel)	
Gaiters	
Waterproof hiking boots (worn in if possible)	
Sandals/ tevas/flip flops or sport shoes	
Headlamp +2 sets of spare batteries	
Sunscreen (SPF 25 or higher)	
Sleeping bag (-20Celisius which is - 4 Fahrenheit)	
Day pack : around 35 to 40 liters for waterproofs gears, water and any other essentials when walking day by day)	
Walking Poles (very useful on descents and helps reduce stress on knees. Can be rented on climbs and trek) x2	
Medication, dietary restrictions & allergies (list the medication you take or intend to take. Bring a prescription with you)	
Insurance Reference & emergency telephone number	
Kit bag. (duffle) 55 to 70 liters is what we do recommend For your convenience, please pack your gear in a kit bag that fits easily in our custom – designed porter bags for porters carry you see that most of them carrying on their head, so we strongly recommend that you place all items in a large plastic liner or separate them into a few plastic bags to ensure they remain completely dry. Please note that porters will not carry framed bags or suitcases , but also soft packs are required for internal flights in East Africa as they can easily get stuffed in	