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KILIMANJARO
PACKING CHECKLIST
THE COMPLETE CLIMBER KIT GUIDE

PREPARE WITH CONFIDENCE | ABDI EXPEDITIONS

Tick each item as you pack. Rental availability is indicated beside eligible gear.

01 Luggage

- ■ Daypack (30-40L) **RENTAL AVAILABLE**
- ■ Waterproof duffel bag (70-90L) **RENTAL AVAILABLE**
- ■ Waterproof liner/dry bags/heavy-duty garbage bags
- ■ Zip-lock bags

02 Sleeping

- ■ 4-season sleeping bag (comfort rating of -12°C) **RENTAL AVAILABLE**
- ■ Sleeping bag liner (silk or fleece) **RENTAL AVAILABLE**

03 Footwear

- ■ Hiking boots (must have ankle support, water-repellent) **RENTAL AVAILABLE**
- ■ Hiking socks (at least 5 pairs, including 1 thermal) **RENTAL AVAILABLE**
- ■ Gaiters **RENTAL AVAILABLE**
- ■ Comfortable shoes/trainers for evenings
- ■ Spare laces

04 Clothing

- ■ Waterproof and breathable jacket (GORE-TEX) **RENTAL AVAILABLE**
- ■ Waterproof trousers **RENTAL AVAILABLE**
- ■ Heavy down jacket / warm ski jacket **RENTAL AVAILABLE**
- ■ Lightweight fleece top **RENTAL AVAILABLE**
- ■ Thick fleece top **RENTAL AVAILABLE**
- ■ Wicking t-shirts
- ■ Trekking trousers (at least 2 pairs) **RENTAL AVAILABLE**
- ■ Thermal long johns (for sleeping and summit) **RENTAL AVAILABLE**
- ■ Thermal top **RENTAL AVAILABLE**
- ■ Underwear
- ■ Sun hat

- Bandana/buff/balaclava **RENTAL AVAILABLE**

- Warm hat **RENTAL AVAILABLE**
- Insulated thick gloves or mittens **RENTAL AVAILABLE**
- Liner gloves **RENTAL AVAILABLE**
- Hiking pants **RENTAL AVAILABLE**
- Hiking shorts
- Comfortable clothing for time off the mountain
- Swimsuit

05 General/Trekking Gear

- LED head torch + spare batteries **RENTAL AVAILABLE**
- Water bottles and camel bag (at least 3L) **RENTAL AVAILABLE**
- Sunglasses **RENTAL AVAILABLE**
- High-energy snacks (tracker bars, dried fruits, chocolates, nuts, Clif bars)
- Walking poles **RENTAL AVAILABLE**
- Chemical hand warmers
- Camera
- Power bank/solar charger
- Contact lenses + spare glasses
- Earplugs

06 Small First Aid Kit

- Painkillers
- Anti-inflammatory tablets
- Antihistamines
- Plasters
- Zinc oxide tape
- Blister pads (Compeed)
- Throat lozenges
- Antiseptic wipes
- Diarrhea tablets

- Rehydration sachets
- Personal medications
- Deep heat/Ibuprofen gel
- Knee support
- Malaria tablets (consult your doctor)

- Diamox / Acetazolamide (consult your doctor)

07 Toiletries

- Toothbrush & toothpaste
- Baby wipes
- Lip balm (with high SPF)
- Shampoo
- Foot powder
- Small travel towel
- Facecloth (for washing from a bowl)
- Nail brush
- Deodorant
- Tissue/toilet paper
- Insect repellent (with DEET)
- After-sun lotion/moisturizer
- Sunscreen (minimum SPF 30, preferably higher)
- Energy tablets
- Dry shampoo
- Antibacterial gel

08 Documents

- Passport
- Visa
- E-ticket
- Passport photocopy

- Cash in USD (post-2003 notes in good condition, including small bills for tipping)
- Debit/credit card
- Travel insurance

RENTAL NOTE Rental items must be paid for in cash.

Wishing you the best in your preparations. **Asante sana!**