

Kilimanjaro Trek Full Kit List

FEET

- trekking boots ([example](#))
- 4 pairs socks: Merino wool NOT cotton([example](#))
- Tent shoes (spare pair)
- Down Booties for [sleeping bag](#)

BODY 5 layers

- Underwear for every day
- [Waterproof pants](#)
- [1 outershell jacket \(Goretex\)](#)
- 2-3 [baselayer thermal tops](#)
- [1-2 thermal bottoms](#)
(Icebreaker/North Face recommended)
- [1 Down jacket with hood \(at least 800 fill\)](#)
- [1 Vest \(down or fleece\)](#)
- [1 Fleece Jacket \(mid Layer\)](#)
- [Rain Poncho \(that covers the backpack\)](#)

HEAD & HANDS

- Sun Hat
- Fleece/Cotton [Buff](#) or Wool/Fleece [Balaclava](#)
- Ski Goggles (warmer than sunglasses)
- Sunglasses (polarized) or Goggles
- [Waterproof Heavy Mittens](#)
- Hot Packs ([example](#))
- [1-2 Liner gloves](#) (one waterproof)
- Warm Hat / Headband ([example](#))

Essential kit

- Day Pack ([35L-45 capacity](#))
- Duffle Bag (80L capacity) ([example](#))
- [Water](#) Bladder HydraPak (3L)
- Water bottles
 - 2 x 1L leak-proof, wide mouth [Nalgene](#) Bottle
 - 1-2 1L Hydroflask insulated bottle
- 1 set Compression bags (easier and compacted packing)
- Sun screen SPF 30+
- Toiletry kit: Toothbrush, toothpaste, moisturizer, soap, comb/brush, needle/thread, toilet paper etc .
- Wet wipes / Baby wipes
- Personal First Aid Kit
- Electrolyte tablets
- Head torch
- [Sleeping bag - 20 C](#)
- [Sleeping bag liner](#)
- [Sleeping pad/matt](#)
- Pillow
- Tent light