

VICTORIOUS FIT ADVENTURES

MOUNT KILIMANJARO HIKING GEAR LIST

Communal equipment (tents, food, utensils, etc.) is provided. You are responsible for bringing the required, recommended and optional personal gear and equipment listed below. The most common mistake that climbers make is that they over pack. Be selective in what you take with you. Our porters are limited to carrying 33 lbs. (15 kgs) of your personal belongings.

<p>Technical Clothing Equipment</p> <ul style="list-style-type: none"> ➤ 1 Waterproof Jacket, breathable with hood ➤ 1 Insulated Jacket, synthetic or down, with hood ➤ 2 Soft Jacket, fleece or soft-shell ➤ 3 Long Sleeve Shirt, moisture-wicking (hood recommended) ➤ 1 Short Sleeve Shirt, moisture-wicking (optional) ➤ 1 Waterproof pant, breathable (side zipper recommended) ➤ 2 Hiking pants ➤ 1 Fleece pant, warm ➤ 1 Short (optional) ➤ 1 Long underwear, moisture wicking ➤ 4 Underwear, moisture wicking ➤ 3 Sport Bra (ladies) 	<p>Equipment</p> <ul style="list-style-type: none"> ➤ 1 Sleeping Bag, warm four season ➤ 1 Sleeping pad, inflatable Optional, foam pad provided ➤ 1 Camp pillow, inflatable (optional) ➤ 1 Trekking pole, collapsable (highly recommended) ➤ 1 Headlamp with extra batteries ➤ 1 Duffel Bag 70L-90L for porters to carry your equipment ➤ 1 Daypack, 30L-35L for you to carry personal gears
<p>Headwear</p> <ul style="list-style-type: none"> ➤ 1 Brimmed Hat, for sun protection ➤ 1 Knit Hat for warmth ➤ 1 Neck Gaiter, for dust, wind and warmth 	<p>Others</p> <ul style="list-style-type: none"> ➤ Toiletries ➤ Prescriptions ➤ Sunscreen ➤ Lip Balm ➤ Insect Repellent containing Deet ➤ First Aid kit ➤ Hand Sanitizer ➤ Toilet Paper ➤ Wet wipes (recommended) ➤ Snacks, lightweight high calorie (optional) ➤ Electrolytes, powder or tables (optional) ➤ Camera with extra batteries (optional)
<p>Handwear</p> <ul style="list-style-type: none"> ➤ 1 Gloves, warm (waterproof recommended) ➤ 1 Gloves light 	<p>Paperwork</p> <ul style="list-style-type: none"> ➤ Trip Receipt ➤ Passport ➤ Visa (available to JRO) ➤ Immunization Papers ➤ Insurance Documents
<p>Footwear</p> <ul style="list-style-type: none"> ➤ 1 Hiking Boots or Shoes, Warm and waterproof ➤ 4 Socks, wool or Synthetic ➤ 1 Gaiters, waterproof (optional) 	<p>Accessories</p> <ul style="list-style-type: none"> ➤ 1 Water Bladder (Camelback Type, 3 Litres) ➤ 1 Pee Bottle, to avoid to avoid leaving tent at night (highly recommended) ➤ Stuff Sacks, Dry Bag or Ziploc Type Plastic Bag to keep gears dry and separate
<p>➤ 1 Sunglasses</p> <p>➤ 1 Backpack Cover, Waterproof (optional)</p> <p>➤ 1 Water Bottle (Nalgene, 32 oz)</p>	