



# PACKING LIST FOR KILIMANJARO

## CLOTHES & SHOES

- Underwear
- Hiking socks/moisture-wicking socks
- Long-sleeved/long-legged underwear\*
- Trousers
- T-shirts/short-sleeved shirts
- Long-sleeved shirts or blouses
- Fleece sweater or Icelandic sweater\*
- Fleece trousers\*
- Long jacket or ski jacket\*
- Rainwear (both trousers and jacket)\*
- Sunhat/cap to protect you from the sun
- Warm hat (preferably a balaclava)\*
- Gloves/mittens (waterproof)\*
- Hiking boots\*
- Trainers or sandals
- Leg warmers for the lower leg
- Sunglasses
- Hand and foot warmers  
(chemically activated)

## OTHER EQUIPMENT

- Day rucksack\*
- Hiking poles\*
- Sleeping bag\*
- Sleeping mat
- Head lamp or torch
- Batteries
- Adaptor
- Powerbank

## MISCELLANEOUS

- Passport
- Visa
- Vaccination card
- Credit card
- Money
- Insurance documents
- Travel documents

## FOOD & DRINK

- Reusable water bottle (f.i. a CamelBak)
- Energy bars and drinks
- Snacks, chocolate and the like

## TOILETRIES

- Toothbrush and toothpaste
- Contact lenses/glasses
- Toilet paper and bag for used toilet paper
- Quick-drying towel + soap
- Sun cream
- Lip balm with SPF
- Hand sanitiser
- First-aid kit (including blister plasters)
- Prescription medicines
- Insect repellent
- Sleeping mask/earplugs
- Diamox to prevent altitude sickness

\*Available to rent (used) at Springlands Hotel