

Uganda / Kilimanjaro Challenge 2019

Mt Kilimanjaro Gear List

As part of the costs, you will be provided with tents, food, foam sleeping pads, etc. 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. The porters are limited to carrying 15kg of your personal belongings.

Equipment

- Sleeping Bag, warm, four seasons
- Camp Pillow, inflatable (optional)
- Trekking Poles, collapsible (highly recommended)
- Head lamp, with extra batteries
- Duffel Bag, 50-90L, for porters to carry your equipment
- Daypack, 30-35L, for you to carry your personal gear

Paperwork

- Trip Receipt
- Passport
- Visa (available to JRO)
- Immunization Papers
- Insurance Documents

Headwear

- Brimmed Hat, for sun protection
- Knit Hat, for warmth)
- Balaclava or Buff, for face coverage (optional)

Handwear

- Gloves, warm (waterproof recommended)
- Gloves, thin

Clothing Equipment

- Waterproof Jacket, breathable with hood
- Insulated Jacket, synthetic or down
- Soft Jacket, fleece or soft-shell
- Long Sleeve Shirt, moisture-wicking fabric
- Short Sleeve Shirt, moisture-wicking fabric
- Waterproof Pants, breathable (side zipper recommended)
- Hiking Pants • Fleece Pants
- Shorts (optional)
- Long Underwear, moisture-wicking fabric
- Underwear, moisture-wicking fabric
- Sport Bra (women)

Footwear

- Hiking Boots, warm, waterproof, broken-in
- Gym Shoes, to wear at camp (optional)
- Socks, wool or synthetic
- Gaiters, waterproof (optional)

Accessories

- Sunglasses or Goggles
- Backpack Cover, waterproof (optional)
- Water Bottle (Nalgene, 32 oz.)
- Water Bladder (Camelbak type, 3 liters)
- Pee Bottle, to avoid leaving tent at night
- Stuff Sacks, Dry Bags or Plastic Bags various sizes, to keep gear dry and separate

Other

- 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 tablets (optional)
- Camera, with extra batteries (optional)

Rental Equipment Available (USD)

- Rucksack / Daypack: \$12
- Balaclava: \$7
- Mont bell Sleeping Bag -25-35C.Temp: \$40
- Ponchour – Heavy / Western / Europe: \$18
- Ponchour – Light/Local: \$12
- Socks: \$4
- Duffel Bag: \$6
- Hiking Poles (2): \$12
- Gaiters: \$8
- Torch/Flashlight: \$8
- Gloves: \$6
- Sweater: \$5
- Sunglasses: \$8
- Long Underwear: \$5
- Raincoat: \$6
- Raincoat G.T, Waterproof \$12
- Rain Pants: \$12
- Hiking Boots: \$9
- Water Bottle:\$5
- Fleece Pants: \$6
- Warm Jacket G.T: \$12
- Warm Jacket/Down Jacket \$8
- Hat or Neck Scarf: \$6



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