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### Mt. Kilimanjaro Packing List

Hiking Equipment	Qty	Need
<input type="checkbox"/> Sleeping bag, warm, four seasons	1	Required
<input type="checkbox"/> Camp pillow	1	Recommended
<input type="checkbox"/> Collapsible trekking poles set	1	Recommended
<input type="checkbox"/> Duffel bag (50-90L) for porters to carry	1	Required
<input type="checkbox"/> Headlamp or flashlight	1	Required
<input type="checkbox"/> Set of extra batteries for lamp/flashlight	1	Required
<input type="checkbox"/> Daypack (30-35L) for you to carry	1	Required

Rentable (Must Rent Before Arrival)	Cost
<input type="checkbox"/> Rucksack/Daypack	\$12
<input type="checkbox"/> Montbell sleeping bag (25-25 C temp)	\$40
<input type="checkbox"/> Duffel bag	\$6
<input type="checkbox"/> Hiking poles (2)	\$12
<input type="checkbox"/> Gaiters	\$8
<input type="checkbox"/> Gloves	\$6
<input type="checkbox"/> Raincoat G.T., waterproof	\$12
<input type="checkbox"/> Rain pants	\$12
<input type="checkbox"/> Hiking boots	\$9
<input type="checkbox"/> Water bottle	\$5
<input type="checkbox"/> Fleece pants	\$6
<input type="checkbox"/> Warm jacket G.T.	\$12
<input type="checkbox"/> Warm jacket/down jacket	\$8

Personal Items/Clothing	Qty	Need
<input type="checkbox"/> Sunglasses or goggles	1	Required
<input type="checkbox"/> Breathable, waterproof jacket with hood	1	Required
<input type="checkbox"/> Insulated jacket (synthetic or down)	1	Required
<input type="checkbox"/> Soft jacket (fleece or soft-shell)	1	Required
<input type="checkbox"/> Long sleeve, moisture wicking shirts	5	Required
<input type="checkbox"/> Short sleeve, moisture wicking shirts	5	Required
<input type="checkbox"/> Waterproof pants (side zipper preferred)	1	Required
<input type="checkbox"/> Hiking pants, fleece pants and shorts	1	Recommended
<input type="checkbox"/> Long, moisture wicking underwear	5	Required
<input type="checkbox"/> Moisture wicking underwear	5	Required
<input type="checkbox"/> Gloves, warm and waterproof	1	Required
<input type="checkbox"/> Thin gloves	1	Required
<input type="checkbox"/> Brimmed hat	1	Required
<input type="checkbox"/> Warm knit hat	1	Required
<input type="checkbox"/> Balaclava or buff	1	Recommended
<input type="checkbox"/> Comfortable, warm, waterproof hiking boots	1	Required
<input type="checkbox"/> Gym shoes	1	Recommended
<input type="checkbox"/> Waterproof gaiters	1	Recommended
<input type="checkbox"/> Socks (wool or synthetic)	7	Required
<input type="checkbox"/> Toiletries	1	Required
<input type="checkbox"/> Lip balm	1	Required
<input type="checkbox"/> Sunscreen	1	Required
<input type="checkbox"/> Prescription medications		As needed
<input type="checkbox"/> Tooth paste	1	Required
<input type="checkbox"/> Deodorant	1	Required
<input type="checkbox"/> Any personal items/feminine products		As needed
<input type="checkbox"/> Hand sanitizer	1	Required
<input type="checkbox"/> Insect Repellent containing DEET	1	Required
<input type="checkbox"/> Wet wipes	1	Recommended
<input type="checkbox"/> Toilet Paper	1	Required
<input type="checkbox"/> Snacks (lightweight, high calorie)	1	Recommended
<input type="checkbox"/> Electrolytes (powder or tablets)	1	Recommended
<input type="checkbox"/> Camera with extra batteries	1	Recommended

Accessories	Qty	Need
<input type="checkbox"/> Waterproof backpack cover	1	Recommended
<input type="checkbox"/> Water bottles (Nalgene, 32 oz.)	3	Required
<input type="checkbox"/> Water bladder (camelback type, 3 L)	1	Required
<input type="checkbox"/> Pee bottle to avoid leaving tent at night	1	Required
<input type="checkbox"/> Stuff sacks, dry bags or plastic bags of various sizes to keep gear dry and separate	1	Required

#### Required Paperwork

- Passport
- Visa (recommended to order online before trip but also available to JRO)
- Immunization papers
- Personal travel and health insurance documents