



*Gladiola Adventure*



# Kilimanjaro & Mt. Meru

## PACKING LIST

To ensure a safe and comfortable Mt Kilimanjaro and Mt Meru climb, it's essential to have the right gear and supplies. We've compiled a detailed Trekking Packing List to help you prepare for your adventure.

The trek up Kilimanjaro takes you through five distinct climate zones, from the warm and humid forest at the lower slopes to the icy and snowy summit. You'll encounter various weather conditions, including sunshine, wind, and rain, so it's important to be prepared.

We provide tents, camp equipment, food, cooking facilities, and other shared items. Your main duffel bag, which carries your gear, will be transported by porters. You'll carry a daypack with your essentials during the trek.





## SLEEPING

### GEAR

- Sleeping Bag rated 0°F to -15°F or -18°C to -26°C
- Sleeping mat
- Sleeping bag liner (for extra warmth)
- Compression bag for sleeping bag



## PACKS

### & BAGS

- Daypack 25-35 litres
- Waterproof pack cover
- Waterproof duffel bag 80-100 litres
- Compression sacks or 6-8 waterproof bags
- (Optional) Packing cubes to organize your duffel bag
- Bag lock for duffel bag



## WATER

### & SNACKS

- 2-3 liter hydration bladder
- 1-2 One-liter wide-mouth water bottle
- Electrolyte/Sports drink powdered formula
- Snacks: Energy bars of your preference - 2-4 per day
- Water purification tablets or filter pen





## FOOTWEAR & TREKKING POLES

- Hiking boots - waterproof mid-weight
- Running shoes/light hikers (for wearing around camp)
- Gaiters
- 5-6 pairs liner socks (wool or synthetic, no cotton)
- 4-6 pairs thick socks (no cotton) - thermal socks for summit night
- Spare laces for hiking boots
- Trekking poles



## HATS & HEADWEAR

- Wide brim hat or cap with neck protection
- Warm hat with ear flaps
- Neck gaiter or "Buff" (very versatile)
- Sunglasses (rated 100% UV protection)
- Headtorch (remember spare batteries)



## GLOVES & MITTENS

- Thin gloves (wool or synthetic, no cotton)
- Thick waterproof gloves or mittens





# CLOTHING

## LOWER BODY

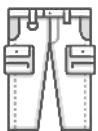
- Underwear (no cotton)
- Shorts
- 1-2 light/medium weight base layer
- Hiking pants (no cotton)
- Winter hiking pants
- Waterproof shell pants (recommend size zippers)



# CLOTHING

## UPPER BODY

- Waterproof shell jacket that fits over all your layers
- Down jacket (approx 750-fill)
- Insulated shell jacket
- Comfortable sports bra (ladies only)
- 1-2 lightweight t-shirts (no cotton)
- 1-2 lightweight long-sleeved t-shirts (no cotton)
- 2-3 light to midweight base Layer
- 1-2 fleece tops as insulation layer





## PERSONAL ITEMS

- Small torch
- Headtorch
- Spare batteries
- Pocket knife (Swiss Army Knife or a multi tool)
- Toiletries: toothbrush & toothpaste, hairbrush/comb, foot powder, hand cream, deodorant, soap.
- Wet-wipes and antibacterial, hand-sanitizer wipes
- Any prescription medications
- Anti-bacterial hand sanitizer gel such as Purell
- Nail brush
- Nail clippers
- Ear plugs
- Sunscreen SPF 40+
- Small microfiber quick-dry towel
- Pee-bottle for night time calls of nature
- Spare contact lenses/glasses
- Toilet paper (1-2 rolls)
- Camera/phone/iPod/Kindle





## PERSONAL FIRST-AID KIT

- Blister plasters - different shapes and sizes
- Antibiotic cream or ointment
- Band-Aid/Elastoplast for minor cuts and scrapes
- Ibuprofen/Paracetamol - over the counter pain relief
- Skin healing ointment such as Aquaphor
- Immodium for diarrhea
- Anti-nausea medication
- Any prescription medications
- Diamox (if using)



## LADIES ITEMS

- If the trek falls over your menstrual period, pack enough tampons/pads for 3-4 changes daily
- Ziplock bags for used tampons/pads (these must be carried off the mountain)
- Anti-bacterial hand sanitizer - ideal to keep hands clean
- Wet wipes or heavy-duty wipes
- Pee funnel: now is your chance to pee standing up!



# KEY KILIMANJARO PACKING TIPS:

- Porters carry your main duffel bag, which must not exceed 15 kg (35 pounds). Any extra weight requires an additional porter.
- Pack clothing in durable, waterproof stuff sacks.
- Your daypack should include water, sunglasses, a camera, binoculars, and rain gear. You won't have access to your main luggage until the day's trek is over.
- Bring extra batteries, as cold weather shortens their lifespan.
- Critical gear, especially boots, should be carried on the plane with you in case of baggage delays.

## Packs & Bags:

- Your daypack should be comfortable and spacious enough to carry your daily essentials, including rain gear, layers, and water.
- Ensure your daypack has a hydration bladder compartment and space for water bottles.

## Water & Snacks:

- Stay hydrated with a 2-3 liter hydration bladder and wide-mouth water bottles. Electrolyte drink mixes are recommended to keep hydrated.
- Pack energy bars or other high-calorie snacks for quick energy boosts during the trek.

## Footwear & Trekking Poles:

- Choose well-worn, comfortable hiking boots with good ankle support and a rugged sole. Avoid sneakers or trainers.
- Gaiters help keep debris out of your boots and keep your pants clean.
- Layer your socks, with a moisture-wicking liner and a cushioned outer sock. Avoid cotton.
- Consider using trekking poles for better balance and reduced fatigue.



## Clothing Essentials:

- Your base layer should be breathable and moisture-wicking; avoid cotton.
- Mid-layers should provide insulation, and outer layers should be waterproof and breathable.
- Clothing should be lightweight, quick-drying, and hand-washable.
- Pack clothing for hiking, resting in the evening, and sleeping. Layering is key as temperatures can vary greatly.
- Never stay in wet clothing; change into dry clothes immediately upon reaching camp.
- Ensure your base layer wicks sweat away from your body, your mid-layer retains body heat, and your outer layer protects from wind and rain.
- The mountain's weather is unpredictable, so be prepared for sudden changes.

## Lighting & Sleeping Gear:

- A lightweight head torch with spare batteries is essential for navigating camp at night and during the summit bid.
- A 4-season rated sleeping bag (0°F or -15°F) is crucial for warmth. Consider adding a sleeping bag liner for extra warmth and hygiene.
- Pack your sleeping bag in a waterproof compression sack.

## Personal Health & Comfort:

- Sunscreen is essential due to the stronger sun at high altitudes.
- Bring toiletries, anti-bacterial wipes, hand sanitizer, and any necessary medications.
- Don't forget to pack your travel documents, including passport, visa, and any necessary vaccinations.

Preparing well in advance and practicing with your gear will help you feel confident and ready for your Kilimanjaro adventure. For any questions or additional tips, feel free to reach out to our experienced team—we're here to help!

