

















MOUNTAINS BY NATURE


Outdoor Personal Gear List








Mt Kilimanjaro Trip






The list below is your required personal equipment list. Don't worry if you don't have everything on the list. If you can't find any of the items below, let us know, we will probably be able to help you find what you need.




Clothing - Head				
Check	Equipment	Quantity	Notes	Examples
x	Warm winter hat/Beanie	1	A winter hat/beanie is a quick and easy way to get warm!	
	Sun hat/ball cap/visor	1	Anything to keep the sun off your face, head, and neck.	
	Neck gaiter or buff	1	Neck gaiter or bandana/buff as it can get dusty on Kilimanjaro.	
	Sunglasses	1 pair	Choose a pair of high UV protection glasses. Sun intensity above 4,500m is very high.	
	Sunglass retainers	1 pair	To prevent sunglasses from loss or damage through dropping off your face. Available for purchase from WBN.	
	Headlamp w extra batteries	1	Great for getting around camp in the dark. Bring extra batteries as there is no provision for recharging.	






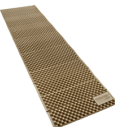

Clothing - Feet and Hand Wear				
Check	Equipment	Quantity	Notes	Examples
x	Trekking Boots	1 pair	We recommend using a mid-weight trekking boot with good ankle support. Make sure they have been broken in before the trip!	
	Camp Shoe	1 pair	Something to wear at camp for changing into when you get back after a day of activity. Tennis shoes / trainers are great.	 
	Micro Spikes	1 pair	Additional aid to negotiating packed or loose snow.	
	Gaiters	1 pair	Optional Extra protection when trekking	
	Light weight lined gloves	1 pair	A thin-medium thickness pair of gloves/glove liners will usually work great around the campfire!	
	Warm Gloves / Mittens	1 pair	For use when trekking.	
	Socks	3 – 4 pair	Wool/synthetic fabrics will keep your feet drier, warmer, and happier. Consider having a hiking pair, a camp pair, and a pair of sleeping socks.	

Clothing – Upper Body				
Synthetic or wool clothing is recommended because these materials will wick moisture away from your body and keep you dry and warm. Cotton is just fine provided you bring some synthetic option to change into.				
Check	Equipment	Quantity	Notes	Examples
	Waterproof jacket with hood	1	Whatever the weather we'll weather the weather... Raincoat is one of the most important items – it should be waterproof and have a hood. Staying warm and dry is more fun.	

	Poncho	1	Kilimanjaro weather is unpredictable. Ponch is really recommended	
	Short-sleeved T-shirt OR collared shirt (synthetic)	1	For hiking or hanging out in camp. Moisture wicking. Also have a long-sleeved collared shirt helps keep sun off arms and neck too!	
	Comfortable travel shirts	2	Comfortable shirts to travel in and pack in your duffel.	
	Synthetic Pants	1	Great for hiking	
	Long underwear top	1	This is worn next to your skin as a base layer for insulation. Wool or ploy-pro.	
	Expedition weight /Insulating layers - fleece or puffy	1	Your insulating layer traps air to keep you warm. Even if the forecast looks hot during your trip insulating layers are very important as backcountry weather can change abruptly!	
	Heavy puffy jacket or another light weight puffy	1	Extra protection from the cold.	

Clothing – Lower Body				
Check	Equipment	Quantity	Notes	Examples
	Hiking shorts	1	Lightweight, quick-drying shorts are a good option. Athletic shorts also work.	
	Water- resistant/windproof pants	1	Synthetic pants that dry quickly and offer some wind protection are a must.	
	Synthetic pants		Great for hiking	
	Long underwear bottom	1	This is worn next to your skin as a base layer for insulation.	
	Underwear	2-3	Synthetic fabrics will wick moisture away from your body leaving you warmer and drier. Women should consider underwear with some cotton for breathability	

Toiletries and Personal Care				
Check	Equipment	Quantity	Notes	Examples
	Sunscreen	1	Travel sized sunscreen should be enough. SPF 30 and above. Clothing and hats provide the best sun protection.	
	Lip Balm	1	Make sure your Lip Balm has an SPF rating!	
	Personal care	N/A	Health and hygiene is essential for having fun in the outdoors - bring medications and minimal personal items you need to take care of yourself. Don't forget the toothbrush and paste.	

Miscellaneous				
Check	Equipment	Quantity	Notes	Examples
	Camera	1	Great to have to record the trip! Make sure you have extra batteries. Recharging is not available.	
	Book/Journal/notebook	(remember pens or pencils!)	A notebook and way to record thoughts is nice. A book to curl up with at the end of the day is great too!	
	Watch	1	One that is waterproof and has an alarm.	
	Trekking poles	1 pair	Adjustable ski poles. Help with balance and relieving weight from your knees	
	Sleeping bag*	1	0 degree. Bring your own, or hire from Mountains By Nature. If using an MBN sleeping bag, please advise well prior to the trip. Pre-booking is necessary.	
	Sleeping pad - Thermarest	1	Mountains By Nature will provide an inflatable ground pad, unless you prefer your own. If bringing your own, please let us know prior to the trip.	
	Day Pack	1	This should be a well-fitted, 30-45L pack. The best way to pack light is to start with a bag no larger than what you really need. Excessively large bags lead to over-packing.	
	Water bottle		2 liter – hard plastic or aluminium (not bladders)	