



# In The Company of Guides Kilimanjaro Gear List

## Head

- Beanie:** You might want to bring 2 just in case. We recommend one light and one medium weight [Beanie](#).
- Buff/Neck Gaiter:** We recommend a [lightweight buff](#) as it has many uses.
- Sun Glasses:** Protection from the sun and wind. You will want wrap around coverage. [sun glasses](#)

## Hands

- Mitts:** At 19,000' it is cold and you will want a warm mitts for protection. [Mitts](#)
- Medium Gloves:** How warm depends on you. We recommend a durable well fitting [ski glove](#) that is easy to get on and off.
- Liner Gloves:** liner [gloves](#) are recommended for hiking up to reduce sweating.
- Hand Warmers:** 4-5 sets if your hands run cold

## Upper Body

- T-shirts:** 2 non-cotton lightweight [T-shirts](#)
- Top Base-Layer:** Non-cotton. 1-2 of these. We really like [sun hoodies](#) or a [zip-neck top](#).
- Hard-Shell Jacket:** Waterproof/breathable [jacket](#) with ventilation.
- Light Insulating Jacket:** Breathable light insulating [jacket](#).
- Mid-Heavy Insulating Jacket:** Temps can be cold and windy on summit day, dropping as low as -5 F (-20C) and with wind chill can feel like -40C/F. You will be happy for a nice [warm jacket](#).

## Lower Body

- Bottom Base Layers:** You will want at least two pair of [bottoms](#). One light and one medium/thick, that can be worn together, is a great combo for best warmth.
- Hiking Pants/Shorts:** For the warmer days these are nice. You can use the zip-off type if you like or bring a pair of trekking shorts along with pants. You can use any non-cotton light-weight trekking pant that you like. [Pants](#) Hiking tights are fin as well.
- Soft-shell pants:** Find a [stretchy, comfortable pant](#) that you can wear with or without your base layers.
- Hard Shell:** [Full-zip non-insulated waterproof pants](#) are the best. You will want to be able to wear these over all your other layers. Light is right.
- Insulated synthetic pants:** Full side-zip or 3/4 side zip is nice. Something like this [BD stance pant](#).
- Underwear:** Non-cotton, 2-3 pairs of comfortable underwear that you like.

## Feet

- Hiking Boots:** It is cold on summit day so the boots can keep you warmer than your trekking shoes. It is a long day so you want something comfortable as well. Here is an option for [boots](#).
- Trail running shoes:** Wear what is most comfortable for you. We like the [Hokas](#).
- Hiking Socks:** At least 3 pair of whatever you normally use [non-cotton](#).
- Gaiters:** [These](#) will increase warmth and keep your feet dry and free of rocks in your shoes.

## Personal Items

- Sunscreen:** [50 spf](#) or greater. Make sure your tube is not old as sunscreen can loose it's effectiveness over time. Zinc is the safest ingredient so read your ingredients carefully avoiding Avobenzone, Oxybenzone, or UV chemical absorbers.
- Lip Screen:** Make sure it has [15+spf](#). Have several tubes on this in case you lose one.
- Small First Aid Kit:** This should contain blister repair material, over the counter pain killers and a few bandaids. We will have a med kit as well, though you should carry any medications - over the counter, herbal, or prescription that you think you may need. You may want something for stomach upset, headaches, GI problems like diarrhea or constipation, infections, and high altitude medications like Diamox (125mg pills). Consult your doctor for prescriptions.
- Personal toiletries:** toothbrush, toothpaste, wet wipes, hand sanitizer, floss - bring just what you need for the duration of the trip. Keep it simple, small, and light.
- Bug Spray:** [Bug spray](#) for lower on the mountain is key. Clothing coverage is essential as well.

- Smartphone/Camera/Charger:** You will want to take some photos. Bringing a battery pack or solar charger is helpful for extending your battery life.
- Water purification:** You will need a system to purify water like [iodine](#) or a [steripen](#)
- Ear plugs:** This can help with sleeping up there with the wind and other people snoring.
- Pee Funnel:** [These](#) can be nice for women so you don't have to pull your pants down when it is cold and windy. Practice at home first! Optional.
- Pee Bottle:** [1-1.5 liter bottle](#) / [collapsable](#) designated for peeing only is really nice so that you do not have to get out of the tent at night. Make sure it is a [wide mouth](#).
- Water Bottles:** [1-2 liter bottle](#) / hydrapak [collapsable](#) - you will want to carry 2-3L total of water. Water bladders tend to freeze or leak so bring bottles.
- Trash Compactor Bags:** Bring 3 large trash compactor bags (thick and durable) for water-proofing your pack. You can also use a reusable [water-proof backpack liner](#) if it is big enough for everything in your pack.

## Other gear

- Large Duffle Bag:** [100L + duffle bag](#) for carrying all of your gear on the mountain. No wheels on this one.
- Sleeping Bag:** [0 degree F](#) is the approximate temperature rating you will want. Your tendencies and the weather may determine whether you go a bit warmer. Down is lighter. Make sure it has a hood and bring a compression stuff sack.
- Trekking poles:** [3 section poles](#) are much easier to travel with and provide the greatest options for lengths. 2 sections are fine as well. If you want to go [ultra light](#) get the carbon fiber.

## Travel and Safari Gear

- Duffle/Travel/Casual Clothing:** You can leave travel clothes behind. Have a [small duffle](#) for this.
- Clothes for the lodge and Safari:** Bring whatever comfortable clothing you prefer for traveling and light hiking in the safari. Nicer clothes can be used for dinner. You can bring a swimsuit for the hotels.