

Kilimanjaro Gear List - 8 day Trek

Category	Item	Quantity
Dress - Bottom	Trekking Pant	x2
	Fleece Pants	x1
	Thermal/Ski Pants	x1
	Water Proof Pant	x1
Dress - Top	Full Sleeve T Shirts	x2
	Fleece Jacket	x2
	Down Jacket	x1
	Water proof top	x1
	Thermal/Ski Jacket	x1
Dress - Under Dress	Compression Pants	x2
	Kipsta Active Full Sleeve	x2
	Underwear	x6
Dress - Others	Hat	x1
	Buff	x2
	Beanie	x1
	Wool cap	x1
	Sleeping Thermal Wear	x1
	Camp Sandals	x1
	Regular Socks	x3
	Warm Hiking Socks	x2
	Sun Glass	x1
	Tactical Sun Glass	x1
	Active Gloves	x1
	Thin Wool Gloves	x1
	Ski Gloves	x1
	Hand Towels	x4
Hiking Gear	Poles	x2
	Hiking Boots + Spare laces	x1
	Gaiters	x1
	Hydration Bag	x1
	Insulated Bottle	x1
	Head lamp + Batteries	x1

	Sleeping Bag	x1
	Sleeping Bag Liner	x1
	Knee braces	x2
Personal Care	Brush + Paste	x1
	Tissue pouches	x1
	Wet Wipes	x1
	First Aid Pack	x1
	- Altitude Sickness Tablets (Diamox)	x1
	- Dexamethazone (1mg for emergency)	x1
	- Paracetamol	x1
	- Heat patches	x4
	- Antihistamine	x1
	- Throat Lozenges	x1
	Chapstick	x1
	Sunscreen	x1
	Toilet Roll	x1
	Hand Sanitiser	x1
	Mosquito cream / Patch	x1
	Deodorant	x1
	Notebook + Pen	x1
	Spectacles	x1
	Personal Urine Bag	x6
	Large Towel	x1
Consumables	Snacks	
	- Protein Bars (whole truth)	x10
	- Hydration Salt Powder / Tablets	x1
	- Chocolate Bars (Mars/Snickers/Wholetruth)	x5
	- Energy Gels	x5
Packaging	Duffel Bag for Porter	x1
	Day Bag	x1
	Hip Bag	x1
	Plastic Bags	x5
Electronics	Phone + Charging Cable	x1
	Watch + Charging Cable	x1

	Power Bank + Charging Cable	x2
	Wall Socket Plug	x1
	Camera + Charging Cable	x1
Cash	\$xx	
Post Hike	T Shirt	x2
	Pant	x1
	Shorts	x1
	Underwear	x1