



# SUGGESTED PACKING LIST

## **Omura's recommended packing list for Mount Kilimanjaro:**

- Enough underwear for 7 days on Mount Kilimanjaro
- Top and bottom base layer (we recommend Smartwool, Icebreaker or similar)
- 3-4 Short sleeve and 1-2 long sleeve trekking shirts
- 1-2 Pairs of hiking trousers
- 1 Polartec fleece jacket (we recommend Helly Hansen, The North Face or similar)
- 1 Insulated winter jacket (we recommend Colombia, Marmot, The North Face or similar)
- 1 Insulated trekking pants (hiking pants with an inner fleece lining)
- 1 Wind shell jacket (if your wind shell jacket isn't waterproof then get a lightweight rain jacket instead)
- Sun hat, ideally with a neck cover
- Warm beanie or fleece headband
- Bandana or neck gaiter
- Headlamp (we recommend Petzl Tikka or similar)
- Sunglasses (we recommend Julbo or similar)
- Lightweight inner gloves
- Warm outer gloves/mitts (we recommend Eiger, Black Diamond, Outdoor Research, The North Face or similar)
- Adjustable trekking poles (we recommend Leki, Black Diamond Alpine, TYTN or similar)
- Mid-weight hiking boots (we recommend Salomon, Merrell, Columbia, Keen or similar)
- 4-5 Pairs of trekking socks (we recommend Smartwool, Darn Tough or similar)
- 1 Pair of warm/thick trekking socks (we recommend Smartwool or similar)
- 80-90L waterproof duffle bag (we recommend Helly Hansen, TYTN or similar)
- 20-30L daypack (we recommend Osprey or similar)
- Daypack raincover
- 4-Season sleeping bag (we recommend Marmot Trestles, Hyke & Byke or similar)
- Insulated sleeping mat (we recommend the Therm-a-Rest NeoAir or similar)
- Inflatable pillow (optional)



# SUGGESTED PACKING LIST

- Large volume water bottle or hydration bladder (we recommend Camelbak, Platypus or similar)
- Baby wipes
- Sweat resistant suncream
- Blister plasters
- Insect repellent
- General medications (Paracetamol, Imodium)
- Charging bank
- Snacks such as energy bars and energy drink supplements
- Zip Lock bags for important possessions (passport, money etc.)
- Trekking towel
- Toiletries, including one roll of toilet paper
- Urine bottle (optional)
- Camera
- GoPro (optional)
- Spare batteries and camera memory card
- Kindle with Back Light (optional)
- Passport, Visa, Insurance, Yellow Fever Card (if applicable please speak to your doctor)
- Lock for your duffle bag