



SWS Mountain Guides

P.O. Box 988

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SWS Mountain Guides: Kilimanjaro Expedition Equipment List

Clothing:

- Fleece jacket
- Waterproof, breathable jacket
- Waterproof, breathable pants
- Shorts (for first and last day only)
- T-shirts (for first and last day only)
- Down jacket
- Thermal underwear (recommend expedition weight, especially for summit)
- Balaclava (at night & summit)
- Gloves / Mittens
- Sunglasses (Alpine glasses may be needed for summit day)
- Wool socks
- Socks (liners or for sleeping)
- Hiking boots (waterproof)
- Light shoes or sandals for camp
- Cap/hat for sun protection
- Towel
- Underwear

Equipment:

- Sleeping bag (rated 15 degree or warmer)
- Backpack or duffel bag (Ideally waterproof. Duffel bags okay as many porters carry on their heads)
- Daypack (large enough to hold shells, lunch, water and snacks)
- Water bottles (insulated, enough to carry 3 liters, Camelback hoses will freeze on summit without insulation)
- Trekking poles (especially for going downhill)
- Headlamp and batteries (at least 2 sets of batteries. They die fast in cold)
- Pocketknife

Food:

- Energy drink mix (really great if you're too nauseous to eat anything)
- Chocolate / Sweets
- Dried fruit and/or nuts
- Energy snacks (Clif bars, power bars, etc...)

Photography:

- Camera
- Spare batteries (they die fast in the cold)
- Film
- Different lenses
- Binoculars



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First aid/Medical:

- Sun protection cream (SFP45+)
- Aspirin / Ibuprofin (Advil)
- Assorted band-aids
- Anti-malaria tablets (Larium is most common)
- Insect repellent
- Lip protection with SPF 30+(lips get chapped easily from the wind and cold)
- Water purification tablets
- Antiseptic cream
- Bandages
- Adhesive tape (or Duck tape)
- Throat lozenges
- Hand sanitizer or handi-wipes
- Blister patches or Moleskin (don't forget this!)
- Emergency blanket

Personal items:

- Toothbrush & paste
- Toilet paper
- Matches
- Candles
- Wash cloth and soap
- Address book
- Traveler's cheques
- Passport (you need you passport number to register in each camp)
- Journal