

## AMET ADVENTURES PACKING LIST

**Gears and equipments;** Proper clothing and gears are essential for a successful hike. Bearing in mind your trip will take you through different climatic zones. It is for this reason we have gone further into outlining the essential requirements on your Kilimanjaro packing list.

**Travel light:** A trip to the mountain will involve a day or 2 hotel accommodations, prior and post the actual hike. This means there are more items you may need to pack apart from the hiking essentials. You can consider hiring all the gears you require in order to reduce the luggage weight as you travel. You can always leave that extra suitcase or duffel at the hotel you will be staying until you return. Below is your complete Kilimanjaro packing list.

### CLOTHING

- Qty. Item
- 1-Water proof insulated Jacket
- 1 -warm Fleece /Jacket
- 1 -Rain Jacket
- 2 -Convertible walking Pants
  
- 3-Short Sleeved T-shirts cotton material (Absorbent)
- 2- Long Sleeved T-Shirts cotton material (Absorbent)
- Hiking Shorts for day one
- Fleece Pants
- Rain trousers.
- long johns thick and absorbent material

### HEAD WEAR

- Qty. Item
- 1- Sun hat/cap or Wide Brimmed Hat
- 1 -Warm Hat

- 1 -Balaclava /Buff

### HAND WEAR

- Qty.Item
- 1-Thick Warm Gloves
- 1-Thin Gloves warm & waterproof

### FOOT WEAR

- Qty Item
- 1- Pair waterproof Hiking Boots
- 1- Pair Sneakers
- Gaiters
- 5-Thick Hiking Socks
- 4- Socks Liners.

### EQUIPMENT

- Qty Item
- 1-Sleeping Bag, 0°F or 3 seasons.
- 1-Sleeping Bag Liner
- 1-Duffel Bag, 70-90L, waterproof, for porters to carry

your stuff. Qty. Item

- 1-Day pack and waterproof cover, 30-35L,

### EQUIPMENT

- Qty Item
- 1-Head torch, and extra batteries
- 1-Camera, with spare batteries
- 1-pair of Collapsible Trekking Poles

### ACCESSORIES

- Sunglasses, full coverage
- 1 Liter Water Bottle,
- 2-3 liters
- 2-3 Liters water Bladder,
- Quick drying camp towel,
- Pee bottle, to avoid leaving tent at night

### **OTHER**

- Sunscreen
- Insect Repellent
- Lip Balm
- First Aid Kit, basic
- Blister Kit
- Ear Plugs
- Toilet Paper, full rolls
- Hand Sanitizer
- Wet Wipes

### **Toiletries**

- Medications:  
Diamox (after consulting your doctor)
- Anti-malaria, anti-diarrhea pills
- Snacks, energy bars, beans and/or shots

- Energy Drink Mix, powder or tablets, 2 servings per day

### **PAPERWORK**

- Tanzania entry Visa
- Passport, valid for 6+ months after travel
- Medical Insurance
- Travel Insurance