

PEAK PLANET

PEAK PLANET GEAR LIST

Kilimanjaro treks have a wide range of temperatures so the best clothing is a lot of thin layers. Such clothing is easier to adjust as the temperature fluctuates and is more effective than a few thick items of clothing. Special attention should be made to the fabric of base and middle layers; these garments should be constructed of moisture wicking material that effectively pull sweat away from the body to keep you dry. Cotton is a very poor fabric for trekking and should not be worn.

Sleeping and carrying equipment

- medium sized daypack (30L)
- duffel bag (75-90L)
- plastic bags to protect equipment from rain
- warm, four-season sleeping bag
- sleeping pad

Drinking

- two one-liter water bottles or equivalent hydration pack (camelbak)

Base layers

- long sleeve tee shirt
- long underwear
- underwear

Middle layers

- fleece or down jacket
- mid-weight long sleeve tee shirt

Outer layers

- waterproof hard shell jacket
- hiking pants
- waterproof pants
- gloves or mittens
- waterproof pants
- knit hat or balaclava
- sun hat

Footwear

- warm hiking boots (broken in)
- gym shoes for camp (optional)
- waterproof gaiters (optional)
- 2 pairs hiking socks
- 2 pairs sock liners

Personal usage

- trekking poles (optional)
- quick drying towel (optional)
- toiletries
- camera and film (optional)
- sun screen
- bug spray
- toilet paper
- headlamp and batteries
- sunglasses
- lip balm
- ear plugs (optional)
- snacks (optional)

Personal first aid kit

- painkillers (optional)
- blister kit (optional)
- anti-diarrhea tablets (optional)
- malaria tablets (optional)
- Diamox (optional)

Porter loads are limited by our standards of porter treatment as well as by Kilimanjaro National Park authorities. Each client should bring a maximum of 15kg (33lbs) of luggage for porters to carry onto Kilimanjaro, so please choose your gear sparingly.