

## Personal Mountain Equipment Required for Mt. Kilimanjaro/Mt. Meru

ITEM	QUANTITY
Nelgen Camel Bag or 1.5L Water Bottle	x2/1-Each
Warm Jacket	x1
Down Jacket	x1
Warm Pants	x1
Waterproof Trouser	x1
Water Resistant Jacket	x1
Wind Breaker	x1
Long Underwear	x2-3
Thermal Top Short/Long Sleeved	x2-3
Loose Plain Pants	x2
Hiking Boots	x1
Sneakers & Sandals	x1
Warm Thick Socks	x3
Normal Socks	x3
Head Lamp	x1

ITEM	QUANTITY
Beanie	x1
Sun Hat with sun visor	x1
Fleece/Sweater	x2
Sunglasses Polaroid	x1
Sunscreen Factor 50	x1
Afterburn Cream	x1
Lip Balm	x1
Balaclava	x1
Poncho	x1
Warm Sleeping Bag (-10°C to -25°C)	x1
Gaiters	x1-Pair
Walking Sticks	x1-Pair
Large Duffle Bag/Backpack/Denk/Holdall (70L - 90L)	x1
Daypack (25L – 35L)	x1
Gloves Thin & Thick	x1-Each

### Additional Items (Not Mandatory):

First Aid Kit & Some essential medicines	Mosquito Repellant/Spray
Camera	Cheeks
Large Neck Towel (Buff)	Books
Water Purification Tablets	Altimeter
Hand Wash	GPS
Lotions	Playing Cards

\*In case you didn't pack something you can rent the equipment from equipment rental store.

