



Golden Kit Tour & Safari
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Below is a Kilimanjaro gear list of required, recommended and optional items to bring on your climb.

Upper and lower body Clothing

- 1 – **Waterproof Jacket**, breathable with hood
- 1 – **Insulated Jacket**, synthetic or down,
- 2 – **Soft Jacket, fleece or soft-shell**
- 3 – **Long Sleeve Shirt**, light-weight, moisture-wicking.
- 1 – **Short Sleeve Shirt**, light-weight, moisture-wicking.
- 1 – **Waterproof Pants**, breathable.
- 2 – **Hiking Pants**
- 1 – **Fleece Pants**, warm
- 1 – **Shorts**
- 1 – **Long Underwear**, moisture-wicking
- 4 – **Underwear**, moisture-wicking
- 3 – Sport Bra (women)

Headwear

- 1 – **Brimmed Hat**, for sun protection
- 1 – Beanie, for warmth
- 1 – **Neck Gaiter**, for dust, wind and warmth

Handwear

- 1 – **Gloves**, warm (waterproof recommended)
- 1 – **Gloves**, liner light

Footwear

- 1 – **Hiking Boots**, warm, waterproof
- 4 – **Socks**, wool or synthetic
- 1 – **Gaiters**, waterproof
- 1 – sandals or sports shoes for lounging in the evening

Accessories

- 1 – **Sunglasses**
- 1 – **Water Bottle** (Nalgene, 32 oz.)
- 1 – **Water Bladder**
- 1 – Towel, lightweight, quick-dry
- 1 – **Pee Bottle**, to avoid leaving tent at night (recommended)

Stuff Sacks, Dry Bags or “Ziploc”-Type Plastic Bags, to keep gear dry and separate. Note that there is a general ban on plastic bags in Tanzania, however Ziploc-type bags for toiletries are permitted for tourists.

Equipment

- 1 – **Sleeping Bag**, warm, four seasons
- 1 – **Camp Pillow**, inflatable
- 1 – **Trekking Poles**,
- 1 – **Head Lamp**, with extra batteries
- 1 – **Duffel Bag**, 70L-90L capacity, for porters to carry your equipment
- 1 – **Daypack**, 30-35L capacity, for you to carry your personal gear