

KILIMANJARO PACK LIST

CAMPING EQUIPMENT

1	Duffel bag - large enough to pack all items on list	1	Small backpack / day pack
1	0° sleeping bag - with compression sack	3	Water bottle - 1 liter
1	Sleeping pad	1	Synthetic camp towel - bath towel size
1	Sleeping bag liner or travel sheet	1	Headlamp - with extra batteries

CLOTHING

5	Synthetic underwear	1	Fleece pullover - midweight
3	Sports bras	1	Packable synthetic down jacket - heavy weight
1	Synthetic long underwear - top + bottom - medium weight	1	Rain jacket
3	Synthetic t-shirt	1	Rain pants
1	Synthetic long sleeve shirt / Sun hoody	1	Service work outfit
1	Long shorts - must cover knees	1	Comfortable outfit - for travel and rest days
1	Hiking pants	1	Swimsuit
1	Lightweight pants	1	Gaiters
1	Fleece pants		

FOOTWEAR + ACCESSORIES

1	Athletic shoes (sneakers)	1	Sun hat or baseball hat
1	Water / camp shoes - with heel strap (no Crocs)	1	Fleece (winter) hat
1	Hiking boots	3	Socks - synthetic hiking socks
1	Ski gloves		

TOILETRIES

1	Sunscreen - 12oz	1	Soap
2	Hand sanitizer - 4oz	1	Deodorant
1	Toothbrush + toothpaste	1	Lip balm
1	Shampoo	1	Insect repellent - 12oz
1	Toiletry bag or Dopp kit	1	Moleskin - 2-3 pads

MISCELLANEOUS

1	Sunglasses - with retainer strap (i.e. Croakies or Chums)	1	Spending money - \$50/week
1	Laundry bag	1	Watch
1	Passport	3	Cloth face mask
1	Hand and feet warmers	1	Buff
1	Trekking poles	2	Bandana
3	Nylon stuff sacks - 20L		

Optional Items: Camera, journal, book, gift for local schools

***Note:** Gift for local schools: New school supplies to donate to the schools where we will be doing service is always appreciated. Any gift is a wonderful gesture!

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