

# KILIMANJARO

## 2023 Clothing + Equipment List



We've provided packing recommendations below; however, equivalent items work just fine. We also offer many items for sale via our online store. These items are marked with an "x" in the appropriate column.

[You can shop the Kilimanjaro Clothing + Equipment List on the Gear Store!](#)

Keep in mind while you pack that you will be experiencing a variety of temperatures on this adventure. Our service sections will be warm, but the mountain will be quite chilly. We ask that you are respectful to cultural sensitivities and wear pants, capris and/or long skirts during the community service projects or while traveling in public with your group. Shorts will be acceptable on your trek and safari. \*Plastic carrier bags are not allowed in Tanzania. However, small zip lock bags for toiletries are permitted.

### EQUIPMENT

Gear	Quantity	Purchase	Description
<b>Backpacks &amp; Bags</b>			
Duffel Bag	1		90 – 110 liters ( <i>Recommendation: North Face Base Camp Duffel L 95 L or Patagonia Black Hole Duffel 100 Liters</i> )
Day Pack	1	x	20 – 30 liter daypack /school backpack size works fine, <b>one with a waist strap is highly recommended</b> ( <i>Recommendation: Patagonia Refugio 28L</i> )
Small Duffel Bag	1		(Empty 40 liter) That packs down - you will use this to store unnecessary gear between trip sections
Day Pack Cover (waterproof)	1		Covers your day pack
<b>Please keep all necessary trekking gear in your carry on, including hiking boots, headlamp, warm gloves/hat, hiking socks, rain jacket, water bottles, and layers as airlines have been extremely inconsistent with lost baggage over the past year.</b>			
<b>Sleeping Gear</b>			
Sleeping Bag	1		<b>Synthetic</b> sleeping bag rated 0° – 20° Fahrenheit with a compression stuff sack
Ground Pad	1		Insulating ground pad ( <i>Recommendation: Therm-a-rest RidgeRest or Therm-a-Rest ProLite</i> )
Backpacker's Pillow	1		A luxury to have during the trip
<b>NOTE:</b> Your duffel bag needs to be able to fit all of your belongings. Your sleeping bag & ground pad will take up a lot of the room in your duffel, so we encourage you to pack light around those bulky items.			
<b>Additional Equipment</b>			
Water Bottles	3	x	Minimum 32oz water bottles ( <i>Recommendation: Nalgene 1L wide mouth</i> )
Headlamp	1		With fresh batteries + 3 sets of spare batteries ( <i>Recommendation: Black Diamond Spot or Black Diamond Storm</i> )
Sunglasses	1		With 100% UV protection ( <i>Recommendation: Goodr</i> )
Sunglasses holders	1		( <i>Recommendation: Crookies or Chums</i> )
Nylon Stuff Sack	1		Sleeping bag size

Note: For this trip, everything will go into your duffel. You will travel with this for your entire trip. All items on this list must fit into your duffel. We recommend that you also pack a small empty duffel bag inside the larger duffel. You will use this to store additional clothing not used during the trek. While packing, don't forget to keep in mind the 50-pound weight limit enforced by airlines. Moondance will provide trekking poles for the trekking section of your trip.

\*Moondance will provide down parkas for the Mt. Kilimanjaro Summit Attempt\*

**FOOTWEAR & CLOTHING**

<b>Gear</b>	<b>Quantity</b>	<b>Purchase</b>	<b>Description</b>
<b>Footwear</b>			
Hiking Boots	1		Medium - heavy weight boots with ankle support - break them in before! <i>(Recommendation: Vasque); Wear on the plane</i>
Tennis Shoes	1		A pair of comfortable, closed-toe shoes that you don't mind getting dirty
Camping Shoes	1		These can be flip flops, Crocs, Tevas, Chacos, etc - comfortable shoes to wear around campsites
Socks	7 – 8 pair		4 pairs medium-weight wool, non-cotton socks & 1-2 non-cotton lightweight hiking socks <i>(Recommendation: Smartwool or Darn Tough)</i>
Hiking Gaiters	1 Pair		High / mid-calf length
<b>Upper Body Layers</b>			
Long Underwear / Base Layer Top	2		Synthetic, non-cotton, medium-weight long sleeve top <i>(Recommendation: Patagonia Capilene Crew)</i>
T-Shirts	5	x	Minimum of 2 synthetic, non-cotton t-shirts <i>(Recommendation: Patagonia Capilene T-Shirt, Marmot Windridge)</i> , other shirts may be cotton
Long Sleeve Shirt	1		Long sleeve cotton t-shirt
Lightweight Top	1		Synthetic, non-cotton. This can be a fleece pullover, sweater or a full-zip jacket <i>(Recommendation: Patagonia R1 fleece)</i>
Fleece Jacket	1		Heavy-pile fleece pullover or full zip jacket is good <i>(Recommendation: Patagonia Synchilla or R2 Jacket)</i>
Rain Jacket w/ hood	1		Must be 100 % waterproof - not water resistant. <i>(Recommendation: Patagonia Torrentshell or Marmot Precip)</i>
Insulating Jacket	1		Synthetic or down insulation, non-cotton. This can be a synthetic or down "puffy" jacket <i>(Recommendations: Patagonia Nano Puff or Down Sweater)</i> , or an additional heavyweight fleece
Sports Bra	3 - 4		For girls
<b>Note: Moondance will provide you with an 8000 Meter Down Parka for the Kilimanjaro summit.</b>			
<b>Lower Body Layers</b>			
Long Underwear / Base Layer Bottom	2		Synthetic, non-cotton medium weight long underwear bottoms <i>(Recommendation: Patagonia Capilene Lightweight/Midweight Bottoms)</i> , one pair can be leggings for girls
Rain Pants	1		100% Waterproof pants large enough to fit over regular pants
Fleece Pants	1		One pair heavy fleece pants <i>(Recommendation: Patagonia Synchilla Fleece Pants or Patagonia R1 Pants)</i>
Hiking Pants/Shorts	2		Two pair synthetic, non-cotton hiking pants <i>(Recommendation: Exoficio)</i> ; These are worn to be respectful during community service and on the climb
Shorts	2		Two pair nylon, quick dry shorts <i>(Recommendation: Patagonia Baggies)</i>
Long Pants	1		1 pair of jeans/khakis
Underwear	7 - 10		Synthetic, non-cotton are best (but a couple cotton pairs are okay)
Bathing Suit	1		Boys: your quick-dry shorts can double as your bathing suit

**Note: Leggings are not appropriate for community service**

**Head & Hands**

Gloves	1		One pair heavy wool or fleece gloves or mittens (Ski gloves also work)
Glove Liners	1		One pair, synthetic or fleece
Work Gloves	1		One pair of inexpensive gloves for the community service section
Baseball Hat	1	x	A baseball hat or wide-brimmed hat for sun protection
Balaclava Face Protection	2		For additional warmth
Bandana / Buff	2	x	For additional sun and wind protection. Buffs are tube-like and can be worn up to 12 different ways providing versatile sun protection. Can even be worn as a headband! ( <i>Recommendation: Moondance Buff</i> )
Warm Hat	1	x	Wool or fleece, non-cotton beanie

NOTE: Please keep in mind that your upper and lower body layers are essential to a successful summit bid of Mt. Kilimanjaro. You will reach altitudes as high as 19,340 feet where temperatures can dip down below zero degrees. Layering is key to staying warm, so please pay close attention to the items listed under the Upper and Lower Body Layers sections of the Clothing + Equipment list.

#### PERSONAL ITEMS / MISCELLANEOUS

Gear	Quantity	Purchase	Description
<b>Toiletries</b>			
Dopp Kit*	1		Contains: toothbrush, toothpaste, prescription medication, travel shampoo & soap, deodorant ( <i>Recommendation: Patagonia Black Hole Cube 6L - M</i> )
First Aid Kit*	1		Contains: Insect repellent, waterproof sunscreen, Band-aids, Moleskin, Chapstick w/ SPF, Wet Ones wipes, one roll of toilet paper, personal hand sanitizer, anti-diarrhea medicine, altitude illness medicine, anti-malaria medicine ( <b>Talk with your doctor</b> )
Prescription glasses + Contacts	2 pair		If your child wears glasses and/or contacts, please bring at least one spare pair of glasses/ lenses. Contact lens wearers should bring a pair of glasses as backup in addition to contacts.

\*Please keep all toiletries in your checked luggage, with the exception of your toothbrush and any personal/prescription medication

#### Miscellaneous

Pack Towel	1	x	Absorbent & quick to dry, large or extra-large is ideal ( <i>Recommendation: Sea to Summit Drylite Towel</i> )
Wallet	1		Personal wallet with \$250 spending money and valid identification
Passport + copies	1 + 2 copies		Passport (valid for 6 months after the last day of your trip) + 2 additional photocopies of your passport
COVID-19 Vaccination Card + Copies	2		Valid COVID-19 vaccination card + 2 additional photocopies of your vaccination card
Tanzanian Visa	1		(Inside passport) Directions on how to obtain visa to follow
Protein Bars	14		Cliff bars, Luna bars, etc for Kili trek (2 per day)
Hydration System	1		i.e. Camel Bak® (with insulated cover)

#### OPTIONAL GEAR

Gear	Quantity	Purchase	Description
Hand and Foot Warmers	1		For additional warmth
Mitten Shells	1		Waterproof or water resistant
Digital Camera*	1		With charger + adapter, and a 32- 64GB memory card ( <i>Recommendation: Cannon Powershot G9 X</i> )
Go Pro	1	x	With charger and 32-64 GB memory card

Binoculars	1		Compact and lightweight for wildlife safari; <b>HIGHLY recommended</b>
A Good Book	1		Paperback books are less bulky
Personal Protective Equipment: Mask	2		Two (2) reusable, breathable masks that completely cover nose and mouth and fit snugly; Moondance will not provide masks. To be used where it is required by trip location or outfitter.
*Since we don't allow cell phones during the course of our trips, you may not use your phone as a camera.			

Questions? Please reach out to: [admissions@moondanceadventures.com](mailto:admissions@moondanceadventures.com)

### PACKING TIPS

**NOTE:** In the event that your luggage is delayed or lost in transit, we want you to be prepared. Therefore, wear tennis or hiking shoes on the plane. Plus, pack the following items from this packing list in your daypack / school backpack carry-on:

- A change of clothes (underwear + t-shirt + shorts or pants)
- Your rain jacket
- Prescription medications & toothbrush
- Passport, ID, money
- COVID-19 Vaccination Card
- Personal Protective Equipment: Mask (2)
- Any necessary Visas
- Completed International Travel Authorization form

**These items are already included in the packing list – they are not additional items!**

### LODGING / TRIP INFORMATION

**SLEEPING ARRANGEMENTS:** During your trip you will stay in a variety of accommodations: large canvas tents for Community Service and Safari; 2-person Mountain Hardwear tents for the trek, and hotels (all single gender).

**EATING ARRANGEMENTS:** Eating utensils (plates and cutlery) will be provided throughout the trip.

If you have any special dietary restrictions/ considerations, please contact the Moondance office for further information.