

KILI CLIMB SUGGESTED PACKING LIST

There really is not trick to this clothing list but a number of things need to be considered.

- a) NO cotton jeans and shirts. They will just suck the heat out of you when you get wet or sweaty.
- b) Try and go light, for everyone's sake.
- c) No laundry will be done during the 6 days on the mountain.
- d) Layers are the key.
- e) Synthetics are ideal.

So here is what I bring every time, and its never failed yet.

- 1) One pair of wool or synthetic pants, medium weight.
- 2) Synthetic sweat pants and tops for the tent and evenings in camp.
- 3) One pair of regular old shorts, cotton is acceptable here.
- 4) Two synthetic shirts, long -sleeved.
- 5) Five or six undershirts, also synthetic.
- 6) Two pairs, possibly three pairs, of heavy outer socks.
- 7) Six pairs of inner socks; I use silk or synthetic silk. These I personally like clean every day.
- 8) Long underwear tops and bottoms.
- 9) Booties for in camp, and in the tent.
- 10) Polartec fleece jacket.
- 11) Down jacket.
- 12) Quality raingear, tops and bottoms.
- 13) Damn good boots and extra pair of laces.
- 14) Wool or similar cap/hat that also can cover the ears.
- 15) Head lamp with spare bulb and spare batteries.
- 16) Mittens or gloves AND gortex shells for them.
- 17) Two water bottles.
- 18) Deck of cards, paperback book, backgammon, whatever.
- 19) Snack bars and energy drinks, nuts, fruit, whatever.
- 20) Optional - walking sticks, which I hate but others swear by.
- 21) **Mandatory**= good quality, high altitude sunglasses.
- 22) 30 to 45spf sunscreen.
- 23) A bandana or two.

Camera gear.

