

## Kilimanjaro Gear List:

### **Backpack:**

<a href="#">Ospery Exos 46 medium</a>	Backpack	1,050 g (37 oz)
Homemade silnylon pack cover	Keep pack dry	69 g (2.5 oz)

### **Shelter:**

<a href="#">Black Diamond Hilight</a> with <a href="#">Fibraplex poles</a>	Tent	1,162 g (41 oz)
<a href="#">4 MSR Ground Hog Stakes</a>	Base tie-outs	57 g (2 oz)
<a href="#">4 MSR Needle Stakes</a>	For extra tie-outs	35 g (1.25 oz)

### **Sleep System:**

<a href="#">Western Mountaineering Versalite</a> medium	Sleeping bag	1,063 g (37.5oz)
<a href="#">Therm-a-Rest NeoAir</a> regular	Pad	391 g (13.8oz)
Homemade foam pillow	Pillow	55 g (1.95 oz)
Homemade down booties	Sleeping system	65 g (2.25 oz)
Earplugs and 6 Benadryl	Sleeping insurance	2 g (.07oz)

### **Cooking Gear:**

<a href="#">MSR XGK Expedition</a> with 11fl oz fuel bottle	Stove	507 g (17.9oz)
Small box of matches	Fire to start stove	7 g (.25 oz)
<a href="#">REI Ti Ware Nonstick Titanium Pot - 1.3 Liter</a>	Cookware	164 g (5.8 oz)
<a href="#">MSR Folding Spoon</a>	Cooking and eating	14 g (.5 oz)

### **Clothing:**

<a href="#">Surprise Silk Shirt</a>	Warm weather shirt	72 g (2.55 oz)
<a href="#">Montbell Alpine Light Down Parka Small</a>	Warm jacket	403 g (14.2 oz)
Homemade cashmere top	Base layer	252 g (8.9 oz)
Homemade silnylon jacket	Rain protection/vapor barrier	89 g (3.15 oz)
<a href="#">Seirus Innovation Neofleece Combo</a>	Face warmth	51 g (1.8 oz)
Homemade nylon pants	Warm weather pants	75 g (2.65 oz)
<a href="#">Terramar Woolskins Bottoms small</a>	Base layer	155 g (5.45 oz)
<a href="#">Icebreaker Boxer Brief</a>	Underwear	67 g (2.35 oz)
<a href="#">Possum Glove</a>	Warm gloves	43 g (1.5 oz)
6 XL Nitrile gloves	Waterproof gloves	38 g (1.35 oz)

### **Footwear:**

<a href="#">Vasque Aether Tech SS</a> US size 10	Shoes	640 g (22.6 oz)
Thin base-layer socks	Socks	42 g (1.5 oz) (estimate)
<a href="#">Toasty Feet</a>	Insole	88 g (3.1 oz)
<a href="#">Smartwool trekking heavy crew</a>	Warm socks	92 g (3.25 oz)
Homemade silnylon socks	Vapor barrier socks	23 g (.8 oz)
<a href="#">Integral Designs eVent Shortie Gaiter</a>	Gaiters	69 g (2.45 oz)

### **Medical/Protection:**

Acetaminophen, aspirin, caffeine	Treat headaches	14 g (.5 oz)
Diamox	Prevent AMS	3g (.1 oz) (estimate)
Homemade first aid/emergency kit	First aid	156 g (5.5 oz)

Sunglasses	Eye protection	24 g (.85 oz)
Chapstick	Chapstick	10 g (.35oz)
SPF 60 Sunscreen	Skin protection	43 g (1.5 oz)

**Toiletries:**

<a href="#">Aurette TOOB Brush</a>	Tooth brush	43 g (1.5 oz)
Toilet paper	Toilet paper	78 g (2.75 oz)
<a href="#">Dr Bronner's bar soap</a> piece of bar	Dishes and hands	30 g (1.05 oz)
Small sponge	Cleaning and drying	7 g (.2 oz)
Disposable water bottle	Pee bottle	11 g (.4 oz)

**Electric:**

<a href="#">Black Diamond Cosmo headlamp</a>	Lighting	71 g (2.50z)
<a href="#">Kestrel 4000 Pocket Wind Meter</a>	Weather recorder	105 g (3.7 oz)
<a href="#">Panasonic DMC-ZR1K</a>	Camera	231 g (8.15 oz)
<a href="#">Gorillapod</a>	Camera stand	44 g (1.55 oz)
Spare camera battery	Extra camera battery	23 g (.8 oz)
Ziplock bag for camera	Camera protection	6 g (.2 Oz)
ipod shuffle and headphones	Music	20 g (.7 oz)

**Miscellaneous:**

Passport and Wallet	Basics	56 g (2 oz)
<a href="#">Gerber Ultralight L.S.T.</a>	Knife	16 g (.55 oz)
<a href="#">Outdoor Products Dry Sack</a> 488 cu. Inches	Food bag	40 g (1.4 oz)
<a href="#">Outdoor Products Dry Sack</a> 488 cu. Inches	Fetch water	40 g (1.4 oz)
2 1 Liter <a href="#">Platy Bottle</a>	Water containers	57 g (2 oz)
20 <a href="#">Katadyn Micropur Purification Tablets</a>	Treats 10 L water	13 g (.45 oz)

**Weight varies during trip:**

Food	7 days	4,000 g (141oz) (estimated)
Water	2 liters	2,000 g (70.5oz) (estimated)
Fuel	10 fl oz	220 g (7.8 oz) (estimated)

Total base gear weight: 5,780 g (12 pounds 12oz)

Total gear, food, water, and fuel weight: 12,000 g (26 pounds 7 oz)

Total gear and clothing weight: 7,980 g (17 pounds 9 oz)

Total everything weight: 14,197 g (31 pounds 5 oz)

**Actual bag weight** at start (total weight minus clothing worn at start): 13,209 g (**29 pounds 2 oz**)

Estimated weight of bag at end of trek: 8,672 g (19 pounds 2 oz)

**Items I'm probably not going to take, but still considering:**

<a href="#">Gossamer Gear Lightrek 4 Trekking Poles</a>	Trekking poles	211 g (7.5 oz)
<a href="#">Garmin Oregon 400t</a>	GPS	197 g (7 oz)
<a href="#">Black Diamond Absolute Mitt</a>	Very warm hands	350 g (12.35 oz)
<a href="#">Montane Super-Fly XT Jacket</a>	Breathable waterproof	465 g (16.4 oz)
<a href="#">Therm-A-Rest Z lite Size Regular</a>	Extra pad insulation	447 g (15.75)
4 <a href="#">SMC T-Anchor</a> With cord and mini carabiners	Snow stakes	115 g (4.05 oz)

(All weights are measured unless otherwise specified)