

Kilimanjaro Packing List

Being properly equipped is one of the most important prerequisites of a successful summit attempt, to your aid we have prepared a Kilimanjaro packing list you can use as a guideline to be equipped for the trek

please remember to limit the weight of your duffel bag and its content to 20 kg (44 lbs.) as it's the maximum a porter is required to carry, your sleeping bag will count towards the 15kg, however sleeping mats, tents will not count.

Note: for those who want to travel light equipment can be available for rental service or you can purchase them at stores once in Tanzania

Make sure you have everything you need to help you successfully summit the Kilimanjaro, see the Kilimanjaro packing list below.

Travel Documents

- Valid passport and visa
- Airline ticket
- International health card with immunizations
- Travel insurance
- Medical insurance
- US\$ cash / Travelers Checks / Credit Card

Essential Items

- Duffel bag – large enough for all climbing gear and clothing. To be carried by the porters. An extra bag to be left at the hotel with extra gear
- Small luggage lock – to lock zippers
- Day backpack –20 – 35 L capacity. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
- Sleeping bag
- Ski-pole / walking stick
- Water bottle / containers
- Water Bladder (Camel bag type, 3 liters)
- Kilimanjaro map (Can be bought at park gate)

Tip: duffel bag is preferred as porters bundle the bag with other items and carry the load on their heads

High Altitude Gear

- Waterproof, breathable & windproof jacket (outer wear like Ventex or Gore-Tex)
- Waterproof, breathable & windproof pants (outer wear)
- Polar fleece (middle layer)
- Thermal underwear (under layers)
- Mittens or warm gloves

- Glove liners (if necessary)
- One pair thermal socks
- Balaclava
- Gaiters
- Thermal water flask

Hiking Gear

- Shorts
- Hiking pants
- Regular underwear
- T-shirts
- Raincoat or Poncho

Tip: for the base layer clothing with moisture wicking fabric (merino wool or Capilene) are recommended, staying dry is essential. Avoid cotton as they absorb moisture, important to avoid hyperthermia (see all Kilimanjaro health issues).

Footwear

- Water resistant semi-stiff hiking boots – mid weight boots work great
- Shoes for overnight camps – i.e. sneakers, running shoes, etc.
- Socks – several pairs for the climb
- Liner socks – to keep your feet dry and limit the risk of blisters

Equipment

- Sun hat or similar (with a brim)
- Knit hat (for warmth)
- Collapsible ski sticks (optional but highly recommended)
- Water bottles – two or three (total capacity at least 4 litres)
- Head lamp, good strong one with spare batteries and an extra light bulb
- Water purification tablets
- Sunglasses, good quality dark lenses for the climb, with a securing strap
- Flashlight (torch) with spare batteries
- Backpack cover (optional)
- Camp pillow

Personal Items

- Toilet kit (soap, tooth brush, toilet articles, wet wipes, etc.)
- Towel, lightweight, quick-dry (optional)
- Sun screen and lip protection, SPF 30+
- Ziploc bags, to protect camera, binoculars, etc. from dust
- Toilet paper
- Wet wipes (recommended)
- Pee Bottle, to avoid leaving tent at night (recommended)
- Money belt for passport and valuables

Medical and First Aid Supplies

- Headache tablets
- Altitude Sickness-Diamox (if not allergic to sulpha)
- Diarrhea – Imodium
- Nausea – Valoid
- Malaria – Prophylaxis
- Water purification tablets
- Painkillers
- Muscular sprains
- Abrasions blisters and cuts – Plaster, bandages
- Antiseptic cream – Betadine
- Flu and colds
- Eye drops
- Insect repellent containing deet

Optional Items

- Camera, extra lenses, memory cards and spare batteries
- Binoculars
- Powdered sports drinks for the climb (ex. Game or Isotonic drinks)
- Pocket knife
- Notebook & pencil
- Plastic bags to keep clothing dry (masking tape)
- Energy snacks and sweets
- Video camera, tapes / memory cards, battery packs and tri-pod

Tip: Checked luggage on airplanes can get lost or delayed on the way to Tanzania. You should prepare for this possibility by wearing or carrying on the items that are essential to your Kilimanjaro climb.

While most clothing, gear and equipment can be replaced in Tanzania prior to your climb, there are some things that you should not replace.