

Mt Kilimanjaro Packing List

All items can be rented locally of good quality. There will be an equipment check before your trek starts to ensure you are properly prepared.

The most important item to bring yourself is hiking boots that have been well "broken in" so there is a lesser chance of developing blisters.

Clothing

- 4-5 Pairs of underwear
- Top and bottom base layer
- 3-4 Short sleeve and 1-2 long sleeve trekking shirts
- 1-2 Pairs of hiking trousers
- 1 Fleece jacket
- 1 Insulated winter jacket
- 1 Insulated trekking trousers
- 1 Hard shell jacket
- Lightweight rain gear

Headgear

- Sun hat, ideally with a neck cover
- Warm beanie or fleece headband
- Bandana or neck gaiter
- Headlamp
- Sunglasses - Polarized (Glacier glasses are ideal)

Hands and Walking

- Lightweight inner gloves
- Warm outer gloves/mitts
- Adjustable trekking poles

Footwear

- Mid-weight hiking boots
- Sandals/Trainers (for use at the camps)
- 4-5 Pairs of trekking socks
- 1 Pair of warm, thick trekking socks
- Gaiters

Bags/Packs

- 80-90L Waterproof Duffel Bag
- 20-30L Daypack
- Daypack Rain Cover

Sleeping Accessories

- 4-Season Sleeping Bag - temperature rating of 0°C (32°F) or lower
- Sleeping Bag Liner

General Accessories

- Water Bottles (enough for 3L)
- Water Purification Tablets
- Baby Wipes
- Sweat-Resistant Sunblock
- Blister Plasters (Band-aids)
- Insect Repellent
- General medications (Paracetamol, Imodium)
- Diamox (optional - available in Moshi at a good price)
- Pee bottle (optional)

Technology

- Camera (optional - Note: Drones are not allowed)
- Solar Backpack Charger (optional)
- Power Bank (optional)
- Spare Memory Card (optional)

Misc.

- Energy Bars
- Energy Drink Supplement
- Zip-lock Bags (note: single use plastic bags are not allowed in Tanzania)
- Trekking towel
- Toiletries, including one roll of toilet paper
- Small lock for your duffel bag (optional)