



## Kilimanjaro Climbing Packing List

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### Clothing

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- ☐ Moisture-wicking base layers (top and bottom, 2-3 pairs)
- ☐ Insulating layers (fleece or down jacket for warmth)
- ☐ Waterproof and windproof jacket (Gore-Tex or similar)
- ☐ Waterproof and windproof pants (Gore-Tex or similar)
- ☐ Hiking pants (convertible to shorts, 2 pairs)
- ☐ Long-sleeve shirts (moisture-wicking, 2-3)
- ☐ Warm hat (wool or fleece)
- ☐ Sun hat with wide brim or cap
- ☐ Neck gaiter or buff (for dust and warmth)
- ☐ Gloves (liner gloves and insulated waterproof gloves)
- ☐ Hiking socks (wool or synthetic, 4-5 pairs)
- ☐ Sock liners (to prevent blisters, 2-3 pairs)
- ☐ Gaiters (to keep debris out of boots)
- ☐ Hiking boots (waterproof, broken-in, with ankle support)
- ☐ Camp shoes (lightweight sneakers or sandals)
- ☐ Sleepwear (lightweight, warm)



## Kilimanjaro Climbing Packing List (Continued)

### Personal Items & Toiletries

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- ☐ Passport (valid for 6+ months) and copies
- ☐ Visa (if required) and copies
- ☐ Travel insurance documents (with high-altitude coverage)
- ☐ Credit cards and some cash (USD or Tanzanian Shilling)
- ☐ Toothbrush, toothpaste, and dental floss
- ☐ Biodegradable soap and shampoo
- ☐ Deodorant
- ☐ Sunscreen (SPF 50+, high-altitude protection)
- ☐ Lip balm with SPF
- ☐ Hand sanitizer (small bottle)
- ☐ Wet wipes (biodegradable)
- ☐ Tissues or toilet paper (small pack)
- ☐ Personal medications (with prescription copies)
- ☐ Diamox (for altitude sickness, consult doctor)
- ☐ Pain relievers (e.g., ibuprofen, acetaminophen)
- ☐ Anti-diarrheal medication
- ☐ Blister treatment (moleskin, blister pads)
- ☐ Rehydration salts (electrolyte packets)

### Gear & Accessories (Part 1)

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- ☐ Duffel bag (waterproof, 90L, for porters to carry)
- ☐ Daypack (30-40L, for personal items during hikes)
- ☐ Sleeping bag (rated to -10°C/14°F or lower)



## Kilimanjaro Climbing Packing List (Continued)

### Gear & Accessories (Part 2)

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- ☐ Sleeping pad or inflatable mattress
- ☐ Trekking poles (collapsible, 1 or 2)
- ☐ Headlamp (with extra batteries)
- ☐ Sunglasses (polarized, UV protection, glacier glasses)
- ☐ Water bottles (2-3L capacity total) or hydration bladder
- ☐ Water purification tablets or filter
- ☐ Camera with extra batteries (cold drains batteries faster)
- ☐ Portable charger/power bank
- ☐ Universal power adapter
- ☐ First aid kit (bandages, antiseptic, tweezers)
- ☐ Duct tape (small roll for repairs)
- ☐ Multi-tool or Swiss Army knife
- ☐ Lightweight travel towel
- ☐ Notebook and pen (for journaling)
- ☐ Guidebook or Kilimanjaro route map

### Miscellaneous

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- ☐ High-energy snacks (nuts, energy bars, chocolate)
- ☐ Reusable ziplock bags (for organizing or trash)
- ☐ Earplugs (for noisy campsites)
- ☐ Small travel pillow (for sleeping in tents)
- ☐ Book or e-reader (for downtime)
- ☐ Deck of cards or small travel game
- ☐ Lightweight plastic bags (for wet/dirty clothes)