



KILIMANJARO PACKING CHECKLIST

A practical, print-friendly checklist for your Kilimanjaro climb. Tick each item as you pack and use the notes on page 2 for your final pre-departure check.

Three essentials before you pack

15 kg duffel limit: Keep your porter-carried mountain duffel at or below 15 kg (33 lb). **Daypack:** A 30-35 L pack is suitable for items you need while walking. **Layering:** Pack a moisture-managing base layer, warm insulation and a protective outer layer.

BAGS & ORGANISATION

- ☐ Duffel bag +/- 80 L - waterproof liner recommended
- ☐ Daypack 30-35 L - rain cover recommended
- ☐ Dry bags / waterproof inner bags
- ☐ Small luggage locks
- ☐ Travel bag for luggage left at hotel

FOOTWEAR

- ☐ Waterproof hiking boots - broken in, good grip and ankle support
- ☐ Lightweight camp / walking shoes
- ☐ Warm / thermal socks
- ☐ Trekking socks
- ☐ Liner socks
- ☐ Waterproof gaiters

BASE & MID LAYERS

- ☐ Thermal base-layer top
- ☐ Thermal base-layer bottoms
- ☐ Wicking underwear
- ☐ Fleece / insulating jacket
- ☐ Fleece / insulating trousers
- ☐ Quick-drying hiking trousers
- ☐ T-shirts / hiking shirts

OUTER & SUMMIT LAYERS

- ☐ Warm insulated jacket - hood recommended
- ☐ Waterproof / windproof shell jacket
- ☐ Waterproof / windproof outer trousers
- ☐ Lightweight raincoat or poncho
- ☐ Warm beanie / balaclava
- ☐ Neck gaiter / scarf
- ☐ Liner gloves
- ☐ Insulated waterproof outer gloves

CLIMBING ACCESSORIES

- ☐ Adjustable trekking poles
- ☐ UV-protective sunglasses
- ☐ Wide-brim sun hat
- ☐ Headlamp
- ☐ Spare headlamp batteries
- ☐ Reusable water bottles / hydration system
- ☐ Insulated bottle for high altitude
- ☐ Power bank + charging cable
- ☐ Hand warmers (optional)

SLEEPING

- ☐ Cold-weather sleeping bag - suitable for freezing mountain conditions
- ☐ Sleeping bag liner
- ☐ Waterproof bag / liner for sleeping gear



FINAL PACKING CHECK

Keep these items accessible and do one final check before your mountain briefing.

DAYPACK - CARRY YOURSELF	DOCUMENTS & TRAVEL ESSENTIALS
☐ Water / hydration	☐ Valid passport
☐ Snacks / energy food	☐ Tanzania visa / entry documents as applicable
☐ Rain gear	☐ Insurance covering trekking to at least 5,895 m
☐ Warm layer	☐ Vaccination / health documents if required
☐ Sun hat, sunglasses & sunscreen	☐ Emergency contact details
☐ Lip balm with SPF	☐ Cash / payment method
☐ Personal medication	☐ Copies of important documents
☐ Phone / camera	
☐ Passport / valuables when required	
☐ Headlamp on summit day	
PERSONAL & HYGIENE	PERSONAL FIRST AID
☐ Compact quick-dry towel	☐ Regular prescription medication
☐ Toothbrush & toiletries	☐ Basic personal first-aid supplies
☐ Wet wipes / hand sanitiser	☐ Blister treatment
☐ Toilet paper + waste bags	☐ Pain relief you normally use
☐ Sunscreen SPF 30+	☐ Rehydration / electrolyte sachets
☐ Lip balm with SPF	☐ Throat lozenges
☐ Blister prevention / foot care	☐ Insect repellent for lower elevations
☐ Small repair tape / duct tape	☐ Any altitude medication prescribed for you
☐ Notebook & pen (optional)	

WHAT KHT PROVIDES / WHAT YOU BRING / WHAT YOU CAN RENT

KHT PROVIDES	YOU BRING	RENT IF NEEDED
Mountain tents Standard sleeping mats Camping chairs & tables Dining / mess tent Meal cutlery	Personal clothing Hiking boots Daypack & duffel Personal toiletries Personal medication	Selected personal mountain gear may be available to KHT clients. Reserve rental gear in advance because availability can be limited.

Summit-night check

Before leaving camp for the summit, make sure your headlamp works and your spare batteries are accessible. Carry water, energy snacks and your warmest layers. Start with enough layers to stay comfortable, but avoid sweating heavily - you can add insulation as the temperature drops.

Keep everything dry

Even if your duffel and daypack are water-resistant, protect critical clothing, electronics and sleeping gear inside waterproof liners or dry bags. Do not pack anything you may urgently need during the day's trek in the porter-carried duffel.

Gear rental: kilimanjarahikingtours.com/kilimanjaro-gear-rental/ **Full packing guide:** kilimanjarahikingtours.com/mount-kilimanjaro-packing-list/

Important: Entry, vaccination and medical requirements can change. Confirm current requirements before travel and discuss personal medication with an appropriate healthcare professional.