# KILIMANJARO PACKING CHECKLIST

A practical two-page checklist for your climb. Tick items as you pack; use the final checks on page 2 before travelling.

**BEFORE YOU PACK**

Porter duffel: maximum 15 kg (about 33 lb) | Daypack: 30-35 L | Dress in layers and protect gear from rain.

## BAGS & ORGANISATION

- [ ] Mountain duffel bag (around 80 L)
- [ ] Comfortable 30-35 L hiking daypack
- [ ] Daypack rain cover
- [ ] Waterproof duffel liner or dry bags
- [ ] Pouches for electronics and documents
- [ ] Small luggage lock (optional)
- [ ] Separate travel bag for hotel storage (if needed)

## FOOTWEAR

- [ ] Waterproof hiking boots - tested on training hikes
- [ ] Moisture-wicking trekking socks
- [ ] Warm socks for summit night
- [ ] Comfortable camp shoes
- [ ] Liner socks (optional)
- [ ] Gaiters (recommended)

## BASE & MID LAYERS

- [ ] Moisture-wicking thermal top and bottoms
- [ ] Fleece or insulating mid-layer
- [ ] Quick-drying hiking trousers
- [ ] Hiking shirts / T-shirts
- [ ] Underwear and spare dry clothing
- [ ] Warm sleeping clothes

## OUTER & SUMMIT CLOTHING

- [ ] Warm insulated summit jacket
- [ ] Waterproof and windproof shell jacket
- [ ] Waterproof outer trousers
- [ ] Warm beanie and neck gaiter / balaclava
- [ ] Lightweight liner gloves
- [ ] Insulated waterproof gloves / mittens
- [ ] Sun hat and UV-protective sunglasses

## TREKKING & HYDRATION

- [ ] Adjustable trekking poles (recommended)
- [ ] Headlamp and spare batteries / charging backup
- [ ] Reusable water bottles
- [ ] Insulated bottle for summit night
- [ ] Hydration bladder (optional)
- [ ] SPF sunscreen and SPF lip balm
- [ ] Power bank and charging cable

## SLEEPING

- [ ] Cold-weather sleeping bag for freezing conditions
- [ ] Sleeping-bag liner (optional)
- [ ] Waterproof storage for sleeping bag
- [ ] Standard sleeping mat provided by KHT on tented climbs

# FINAL PACKING CHECK

Keep your daily essentials accessible, check your documents and confirm any rental equipment before your mountain briefing.

## DAYPACK - CARRY YOURSELF

- [ ] Drinking water and familiar snacks
- [ ] Waterproof jacket / rain protection
- [ ] Warm insulating layer
- [ ] Sun hat, sunglasses, sunscreen and lip balm
- [ ] Personal medication and valuables
- [ ] Phone / camera and waterproof protection
- [ ] Headlamp and extra warmth on summit night

## DOCUMENTS & TRAVEL

- [ ] Valid passport
- [ ] Tanzania visa / entry documents (if applicable)
- [ ] Travel insurance covering trekking to 5,895 m, altitude-related medical care, rescue and evacuation
- [ ] Vaccination / health documents (if required)
- [ ] Emergency contacts and copies of key documents
- [ ] Cash / cards and essential travel information

## PERSONAL & HYGIENE

- [ ] Toothbrush, toothpaste and basic toiletries
- [ ] Toilet paper and hand sanitiser
- [ ] Wet wipes and bags for carrying out waste
- [ ] Small quick-dry towel
- [ ] Blister plasters / foot care
- [ ] Electrolyte mix (if preferred)
- [ ] Favourite sweet and savoury snacks

## PERSONAL HEALTH & ELECTRONICS

- [ ] Prescription medication for the trip (+ spare supply)
- [ ] Personal first-aid items and blister treatment
- [ ] Any altitude medication prescribed by your doctor
- [ ] Phone and fully charged power bank
- [ ] Charging cables and travel adapter
- [ ] Spare batteries protected from extreme cold

## WHAT KHT PROVIDES / WHAT YOU BRING / RENT IF NEEDED

### KHT PROVIDES

Mountain tents on tented climbs
Standard sleeping mat
Dining / mess tent
Camp tables, chairs and utensils

### YOU BRING

Clothing, boots and daypack
Porter duffel
Personal toiletries and medication
Suitable sleeping bag

### RENT IF NEEDED

Sleeping bags and selected gear
Optional inflatable mat upgrade
For booked KHT hikers only
Book in advance; subject to availability

### FINAL MOUNTAIN CHECK

At high camp, prepare summit layers, headlamp, warm gloves, water and snacks. Use waterproof liners, and keep daily medication and essentials in your daypack.

**FULL PACKING GUIDE:** kilimanjarohikingtours.com/kilimanjaro-packing-list/
**GEAR RENTAL:** kilimanjarohikingtours.com/kilimanjaro-gear-rental/

Entry and medical requirements may change; check the latest advice before travelling.