MyTrip2Tanzania
Holidays

PRINTABLE CHECKLIST

Kilimanjaro Packing List

Come and Be A Friend!

Local Kilimanjaro team in Arusha

15 kg
Max weight of the duffel bag your porter carries

25–35 L
Daypack you carry yourself each day

−10 to −20 °C
Possible temperature on summit night, with wind

BAGS

- [ ] Soft waterproof duffel bag, 80–100 L (no hard suitcase)
- [ ] Daypack 25–35 L with rain cover
- [ ] Dry bags or stuff sacks to keep clothes dry (no plastic bags)

UPPER BODY layers

- [ ] 2–3 moisture-wicking base layer tops
- [ ] 1 thermal base layer for summit night
- [ ] 1–2 fleece or soft-shell mid layers
- [ ] Warm down or synthetic insulated jacket
- [ ] Waterproof, breathable rain jacket with hood
- [ ] 1–2 T-shirts for the lower slopes

LOWER BODY

- [ ] 2 pairs of hiking trousers (zip-off is handy)
- [ ] 1 pair thermal leggings
- [ ] 1 pair fleece or insulated trousers for summit night
- [ ] Waterproof rain trousers
- [ ] Underwear for each day

HEAD AND HANDS

- [ ] Sun hat or cap with neck cover
- [ ] Warm beanie
- [ ] Buff or neck gaiter
- [ ] Thin liner gloves
- [ ] Warm insulated gloves or mittens
- [ ] Sunglasses, UV 400 / category 3–4

FEET

- [ ] Waterproof hiking boots, well broken-in
- [ ] Light shoes or sandals for camp
- [ ] 4–5 pairs hiking socks (wool or synthetic)
- [ ] 1 pair thick warm socks for summit night
- [ ] Gaiters

SLEEPING

- [ ] Sleeping bag, comfort rating −10 °C or lower
- [ ] Sleeping bag liner (adds warmth)
- [ ] Inflatable pillow (optional)

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GEAR

- [ ] Head torch with spare batteries
- [ ] Trekking poles (1 pair)
- [ ] Water bottles or hydration bladder, 3 L in total
- [ ] Insulated cover for your bottle on summit night
- [ ] Water purification tablets
- [ ] Power bank and charging cables
- [ ] Small padlock for your duffel

HEALTH AND HYGIENE

- [ ] Sunscreen SPF 50 and SPF lip balm
- [ ] Personal medication (and a copy of prescriptions)
- [ ] Altitude medication, only after advice from your doctor
- [ ] Painkillers, plasters and blister pads
- [ ] Rehydration salts
- [ ] Toilet paper and a small bag to carry it out
- [ ] Wet wipes and hand sanitiser
- [ ] Quick-dry towel and toothbrush kit

SNACKS

- [ ] Energy bars, nuts or dried fruit
- [ ] Electrolyte powder for your water
- [ ] Something you love for summit night

DOCUMENTS AND MONEY

- [ ] Passport, valid 6 months, and visa
- [ ] Tanzania government travel insurance (required since 1 Oct 2026)
- [ ] Own travel insurance that covers trekking to 6,000 m
- [ ] Yellow fever certificate, if required for your route
- [ ] US dollars in cash for tips (notes from 2009 or newer)
- [ ] Copies of documents, kept separately

OPTIONAL

- [ ] Camera with spare batteries (cold drains them)
- [ ] Earplugs and eye mask
- [ ] Book or downloaded music for camp
- [ ] Small summit flag or sign

Your daypack every day: rain jacket, warm layer, water, snacks, sunscreen, sunglasses, hat, gloves, toilet paper, head torch and personal medication.

Rent instead of buy: sleeping bags, down jackets, poles and gaiters can be rented in Arusha and Moshi. Ask us before you travel.

Leave behind: plastic bags (banned in Tanzania), camouflage clothing, heavy cotton clothes and anything you do not need on the mountain. We can store it in Arusha while you climb.