

Complete Kilimanjaro Packing Checklist – Detailed Edition

This detailed Kilimanjaro packing checklist covers all essential clothing, gear, documents, personal items, toiletries, and food needed for a safe and successful climb across all five climate zones of Mount Kilimanjaro.

1. Base Layers

- Top base layers (synthetic or merino wool, 2–3 pieces)
- Bottom base layers (synthetic or merino wool, 2 pairs)
- 4–5 pairs of moisture wicking underwear
- Sports bras for women (2–3 pieces)

2. Mid Layers

- Long sleeve hiking shirts (1–2 pieces)
- Short sleeve hiking shirts (3–4 pieces)
- Light fleece jacket
- Midweight fleece jacket
- Soft shell jacket

3. Outer Layers

- Insulated winter jacket (down or synthetic)
- Hard shell waterproof jacket
- Hard shell waterproof pants
- Insulated trekking pants
- 1–2 hiking trousers

4. Head and Hand Gear

- Warm winter hat
- Sun hat with brim
- Neck gaiter or Buff

- Liner gloves
- Midweight fleece gloves
- Waterproof outer gloves

5. Footwear

- Waterproof hiking boots (broken in before the climb)
- Camp shoes or sandals
- Midweight wool socks (3–4 pairs)
- Liner socks (optional)
- Gaiters for mud and scree

6. Climbing Gear

- Daypack (25–35 liters)
- Rain cover for daypack
- Heavy duty duffel bag (95 liters)
- Sleeping bag rated to 15°F or lower
- Sleeping bag liner
- Trekking poles
- LED headlamp with extra batteries
- Hydration reservoir (2 liters)
- Water bottles (2–4 liters total capacity)

7. Travel Documents

- Passport (valid for 6 months)
- Two passport photos
- Flight tickets and itinerary
- Travel insurance documents
- Vaccination card
- Visa if required
- Emergency contact information

8. Personal Items

- Phone and charger
- Portable power bank
- Camera or action camera
- Extra batteries and memory card
- Cash and credit card
- Travel journal and pen
- Small binoculars
- Ear plugs and eye mask
- Hand and toe warmers
- Pillow for camping
- Large plastic bags for waterproofing gear

9. Toiletries and Hygiene

- Toothbrush and toothpaste
- Toilet paper
- Wet wipes
- Hand sanitizer
- Biodegradable soap
- Shampoo and conditioner
- Deodorant
- Razor and shaving cream
- Sunscreen SPF 30+
- Lip balm SPF 30+
- Women's hygiene items
- Contact lenses and solution
- Prescription medications
- Altitude sickness medication
- Diarrhea medication
- Pain relief tablets

10. Snacks and Energy Boosters

- Energy bars

- Energy gels
- Nuts and dried fruit
- Chocolate snacks
- Electrolyte drink mix
- Instant coffee or tea bags
- Rehydration salts

This detailed checklist ensures you are fully prepared for every step of your Mount Kilimanjaro climb. Pack with care, test your gear before travel, and enjoy a safe and unforgettable adventure.