Kilimanjaro Packing List

A good Kilimanjaro kit isn't about having everything — it's about having the right things.

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1. Clothing System

Base Layers

- 2–3 moisture-wicking tops (long-sleeve for warmth, short-sleeve for lower days)
- 1–2 thermal base layers (merino or synthetic)
- Thermal leggings for cold nights and summit push
- Sun shirt or sun hoody — full sleeve (very thin), keeps you cool

Mid Layers

- Fleece or grid fleece (your everyday warmth layer)
- Light synthetic insulated jacket
- Heavy insulated jacket (synthetic or down) for summit night

Outer Layers

- Waterproof jacket (proper mountain shell, not a casual raincoat)
- Waterproof trousers
- Windproof softshell (optional but useful on mid-altitude days)

Legwear

- 2 pairs trekking trousers
- 1 pair warm trousers (softshell or fleece-lined)
- Shorts (optional for Day 1 / Day 6 rainforest)

Underwear & Socks

- 3–4 pairs hiking socks (merino recommended)
- 1–2 heavy socks for summit night
- Comfortable underwear (avoid cotton)

2. Footwear

- Trail runners or lightweight hiking boots
- Mountaineering boots for summit night
- Camp shoes (sliders or lightweight trainers)
- Gaiters (rainforest mud + summit scree)

3. Head & Hand Protection

Headwear

- Warm beanie
- Sun hat / cap
- Buff or neck gaiter

Gloves

- Light liner gloves
- Insulated gloves (summit night)
- Waterproof over-mitts (optional but great insurance)

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4. Sleeping Gear

- 4-season sleeping bag (comfort rating around -10°C)
- Sleeping bag liner
- Inflatable pillow (or just use spare clothes)

5. Packs & Storage

- Daypack (25–35L) with rain cover
- Duffel bag (80–100L) for porters
- Dry bags / stuff sacks to organise gear
- Hydration system (2–3L bladder or bottles)

6. Hydration & Nutrition

- Water purification tablets or filter
- Electrolyte tablets
- Energy gels or chews (summit night fuel)
- Snacks (nuts, bars, your usual favourites)

7. Trekking Essentials

- Trekking poles
- Headtorch with spare batteries
- Sunglasses
- Personal first aid kit (blister care, pain relief, altitude meds, rehydration salts)
- Suncream (high SPF) + lip balm
- Hand sanitiser + wet wipes

8. Toiletries & Health

- Toothbrush + toothpaste
- Small biodegradable soap
- Quick-dry towel
- Nail clippers
- Personal medication
- Tissues / toilet paper

9. Electronics

- Phone + power bank (20,000mAh)
- Charging cables
- Camera gear (if filming)
- Spare batteries

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10. Documents & Money

- Passport
- Park entry documents
- Cash for tips
- Travel insurance details

11. Optional but Useful

- Lightweight down trousers (summit night luxury)
- Hand warmers
- Small notebook + pen
- Earplugs
- Small flag or item for summit photos

Plastic note

Disposable single-use plastics are banned in Tanzania as a whole, especially on Kilimanjaro — no plastic bags, doggy bags, or single-use wrappers. Use small dry bags to organise gear, plus a few reusable zip-lock bags (not too many) for the bits you need quick access to.

This list is based on extensive research on gear recommendations and requirements for climbing Kilimanjaro. Everyone's kit varies — adjust based on your own nee