



Kilimanjaro Trek Packing List

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Print this itinerary and bring it with you on your trip. You will need it to pack the day before your trek. The pack that the porters carry on Kilimanjaro is limited to 15 kg (35 pounds).

Clothing

- 2 - Long pants, zip-off pants
- 1 - Shorts (optional)
- 2 - Short-sleeved shirts
- 2 - Long-sleeved shirts
- 4 - Undergarments
- 2 - Sports bra (women)
- 1 - Belt (optional)
- 1 - Sun hat
- 1 - Bandana

Cold Weather Clothing

- 1 - Down jacket or parka
- 1 - Waterproof shell
- 1 - Waterproof pants
- 1 - Fleece jacket or wool sweater
- 1 - Long underwear
- 1 - Fleece pants
- 2 - Mittens and/or gloves
- 1 - Warm hat
- 1 - Balaclava or neck gaiter

Footwear

- 1 - Hiking boots, warm, waterproof
- 1 - Tennis shoes or sandals for evenings
- 3 - Hiking socks
- 2 - Sock liners
- 1 - Gaiters
- 1 - Hand and foot warmers (optional)

Other

- 2 - Water bottles and Camelback
- Trekking poles
- Sunglasses
- Book, cards
- Snacks
- Notebook, pencil and pen

Sleeping

- Sleeping bag (Rated -10 F/-25 C recommended)
- Sleeping bag liner (optional)
- Sleeping pad

Baggage

- Large duffel bag or backpack for porters
- Day pack and rain cover, for you to carry
- Waterproof plastic bags for storing gear

Electronics

- Headlamp or flashlight
- Camera, lenses, memory disks, batteries

Toiletries

- Soap
- Toothbrush and toothpaste
- Deoderant
- Moist Towelettes
- Hand sanitizer
- Lotion
- Sunscreen
- Lip balm with sunscreen
- Hairbrush, comb
- Toilet paper
- Sewing kit
- Feminine products
- Small towel or washcloth

First Aid Kit

- Pain reliever, antihistamines
- Band-aids, disinfectant
- Throat lozenges
- Prescription drugs