

# Kilimanjaro Packing Checklist



## MOUNT KILIMANJARO CLIMBING PACKING LIST

**Our comprehensive checklist for climbing Mount Kilimanjaro includes gear tips specific to climbing the mountain and a list of equipment essentials, clothing, personal items and food for climbing and travel.**

### TRAVEL DOCUMENTS

- Airline tickets (confirmation and itinerary)
- International health card
- Passport photos (2)
- Valid passport

### TRAVEL EQUIPMENT

- Luggage
- Luggage locks belt
- Luggage tags
- Travel wallet
- Passport/money
- Sleeping bag liner

### TRAVEL CLOTHING

- Wicking, quick-dry boxers or briefs
- Wicking, quick-dry sports bra
- Synthetic or wool T-shirt
- Casual shoes
- Long-sleeve, travel- Friendly shirt
- Lightweight, travel friendly pants
- Bathing suit (optional)
- Midweight wool or synthetic socks

### CLIMBING EQUIPMENT

- Sleeping bag comfortable to
- Pack cover
- Trekking poles
- Heavy-duty duffel bag (95 liters)
- 15°F Pack cover
- LED headlamp with extra batteries
- Waterproof hiking boots

## CLIMBING CLOTHING

- Wicking, quick-dry boxers or briefs (3)
- Wicking, quick-dry sports bra
- Heavyweight long underwear bottoms
- Heavyweight long underwear top
- Midweight long underwear bottoms
- Midweight long underwear top
- Midweight down or synthetic parka
- Convertible hiking pants
- Light waterproof/breathable rain jacket
- Light waterproof/breathable rain pants
- Midweight fleece gloves or wool gloves
- Fleece pants
- Synthetic T-shirt
- Liner gloves
- Midweight waterproof gloves or mittens
- Neck gaiter, balaclava, Buff or bandana
- Glacier sunglasses
- Sun-shielding hat or cap

## PERSONAL ITEMS

Many of the following items are optional or specific to travel; tailor the list to suit your personal needs.

- Water bottles (four 1-liter)
- Camping pillow
- Hand and toe warmers
- Hydration reservoir (2-liter; optional)
- Camp towel
- Journal, pen, book
- Water bottle insulating sleeves (optional)
- Insect repellent
- Small binoculars
- Watch with alarm
- Ear plugs
- Spare camera memory card
- Large garbage bags (5; optional)
- Eye shade
- Spare camera battery
- Cell phone in waterproof case
- Pocket knife or multi-tool
- Personal first-aid kit
- Helmet camera (or regular camera)
- Cash / credit card

## TOILETRIES

Many of the following items are optional or specific to travel; tailor the list to suit your personal needs.

- Toothbrush and toothpaste (travel size)
- Medications

- Toilet paper
- Personal wipes
- Women's hygiene items
- Pee bottle
- Hand sanitizer
- Sunscreen (SPF 30 or higher)
- Lip balm (SPF 30 or higher)
- Shampoo and conditioner

- Spare eyeglasses or contact lenses
- Skin lotion
- Razor and shaving cream
- Dental floss
- Deodorant
- Biodegradable soap
- Shampoo and conditioner

## FOOD

- Energy bars
- Energy gels

- Electrolyte replacement drink mix
- Snacks (cookies, GORP, Snickers, etc.)