



KILIMANJARO CENTRE FOR TREKKING AND ECO-TOURISM

www.mt-kilimanjaro.com

Kilimanjaro Checklist

Here is the full checklist of equipment you will need to trek Mount Kilimanjaro. Things to note:

- This list excludes the clothes that you wear pre and post your climb. You can leave this checklist at your hotel before your climb commences
- We have included an asterisk (*) next to items that we believe are optional.

Clothes

Item	Quantity	Comments	Checklist (✓)
Underwear	5-6		
Thermal underwear pants	1	Used on summit night. Must be wickable and breathable fabric	
Thermal underwear top	1	Used on summit night. Must be wickable and breathable fabric	
Hiking trousers	1	Ones that convert into shorts are good	
T-shirts	5-6	Wickable and breathable fabric is best	
Fleece jumper	1	A warm fleece material	
Rain coat or poncho	1		
Outer trousers	1	Used on summit night. Must be waterproof, breathable and windproof	
Outer jacket	1	Used on summit night. Must be waterproof, breathable and windproof	

Documents

Item	Quantity	Comments	Checklist (✓)
Valid passport	1		
Visa	1	Check with the Tanzanian Consulate to see whether you require a Visa	
Yellow fever card	1		
Travel and medical insurance	1	Highly recommended	
Money including tip money		Take US dollars	

Bags

Item	Quantity	Comments	Checklist (✓)
Duffel bag	1	Approx. 80L bag for gear. Soft pack. Waterproof. Make sure bag weighs no more than 20kg when loaded	
Daypack	1	Light weight. 20-30L. Size sufficient for your daily gear (camera etc.)	
Waterproof bag covers	1	To protect your daypack from rain	

Footwear

Item	Quantity	Comments	Checklist (✓)
Hiking boots	1	Make sure they are waterproof, worn in and ankle high	
Trainers	1	Useful to put on after a day's climb	
Thermal sock	2	Used on summit night	
Sock liners (inners)	1	Used on summit night	
Trekking socks	5	Breathable material important	
Gaiters*	1	To protect against mud and sand	

Hands and Walking

Item	Quantity	Comments	Checklist (✓)
Outer gloves	1	Make sure these are super well insulated. Used on summit night	
Inner gloves	1	Use on summit night. Your hands are the first to start freezing	
Set of trekking poles	1	Make sure they are adjustable	

Headwear

Item	Quantity	Comments	Checklist (✓)
Scarf or balaclava	1		
Hat with neck cover	1		
Sunglasses	1		
Thermal Beanie	1	For summit night	
Clear goggles*	1	Can be useful if it is snowing on summit night but not necessary	
Headlamp	1	Bright and focusable light	

Medication

Item	Quantity	Comments	Checklist (√)
Paracetamol			
Valoid			
Imodium			
Plasters			
Eye drops			
Insect repellent		Make sure it contains Deet	
Diamox			
Lip balm			

Other accessories

Item	Quantity	Comments	Checklist (√)
Water bottle / hydration pack	2	Make sure bottles carry at least 500L and are insulated to avoid water freezing on summit night	
Water purification tablets	40-50	Iodine based	
Toilet roll	1		
Baby wipes	1-2	Pack of 40 wipes	
Sack liners	2-3	To make sure all gear in your duffle bag stays dry	
Sunscreen	1	Oil based (high SPF)	
Toilet accessories	1	Soap, toothbrush, contact lenses and solution, tooth paste etc.	
Zip lock bags	2		
Small lock	1	For locking duffle bag	
Energy bars	15-25	At least 3 a day. Cereal based	
Energy drink		Isotonic or hypotonic powder	
Spare batteries*		For headlamp and camera	
Ear plugs*		For peaceful sleep	

Other optional accessories

Item	Quantity	Comments	Checklist (√)
Camera			
Binoculars			
Video Camera			
Sweets and nuts			
Mobile phone		They work on most parts of the mountain	

Sleeping

Item	Quantity	Comments	Checklist (✓)
Sleeping bag	1	At least a -10 degree rating	
Inflatable pillow*	1		
Thermal sleeping mat*	1	Basic mat will be provided by your guide but additional thermal layer is useful on cold ground	

At Kilimanjaro Centre for Trekking and Eco-tourism- KCTE, we provide you an easy, secure and effortless online booking facility through our committed 24x7 customer support. Our services are fully customized as per your requirement, budget and facility.

If you would like to speak with one of our Kilimanjaro Trekking Experts please feel free to call us on +255 753 700 700. Alternatively if you would like us to phone you to discuss your travel plans, just let us know of your phone number, country, and a suitable time to call. We are based in Kilimanjaro Region, Moshi Town, Tanzania - which is GMT + 3 hours.

CONTACT INFORMATION

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