



KILIMANJARO CENTRE FOR TREKKING & ECOTOURISM (KCTE)

# Kilimanjaro Climbing Packing List



## Essential Documents

- Passport (valid for at least six months)
- Tanzanian visa
- Travel insurance (must cover high-altitude trekking)
- Yellow fever vaccination certificate (if required)
- Copies of important documents (stored in a waterproof bag)

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## Clothing

### Base Layers:

- Moisture-wicking thermal tops (2–3)
- Moisture-wicking thermal leggings (2–3)

### Insulating Layers:

- Fleece or down jacket (1)
- Insulated trekking pants (1–2)

### Outer Layers (Shell Clothing):

- Waterproof and windproof jacket (Gore-Tex recommended)
- Waterproof trekking pants

### Trekking Clothes:

- Lightweight trekking shirts (3–4)
- Convertible trekking pants (2–3)
- Fleece or softshell jacket (1)

### Cold Weather Gear:

- Insulated down jacket (for summit night)
- Thermal gloves (1 pair)
- Waterproof gloves (1 pair)
- Warm hat/beanie
- Balaclava or buff (for wind protection)

### Footwear:

- High-quality, waterproof hiking boots (well broken-in)
- Comfortable trekking shoes or sandals (for camp)
- Wool or synthetic trekking socks (4–5 pairs)
- Thermal socks (2 pairs)
- Gaiters (to prevent dirt and snow from entering boots)

## Sleeping Gear

- Sleeping bag (rated for -10°C to -20°C)
  - Inflatable or foam sleeping pad (optional, KCTE provides mats)
  - Travel pillow
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## Bags & Backpacks

- Large duffel bag (for porters to carry, 80–100L)
  - Daypack (30–40L for personal items)
  - Waterproof pack cover or dry bags
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## Trekking Gear

- Trekking poles (adjustable, lightweight)
  - Headlamp (with extra batteries)
  - Sunglasses (UV protection, category 3 or 4)
  - Water bottles (2–3 liters capacity) or hydration bladder
  - Insulated flask (for hot drinks)
  - Trekking towel (quick-dry)
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## Health & First Aid Kit

- Personal medications (with prescriptions)
- Diamox (for altitude sickness, consult your doctor)
- Pain relievers (ibuprofen or paracetamol)
- Band-aids & blister plasters
- Antiseptic cream or wipes
- Lip balm with SPF
- Sunscreen (SPF 50+)
- Insect repellent (DEET-based)
- Hand sanitizer
- Electrolyte tablets or ORS (oral rehydration salts)
- Anti-diarrhea medication
- Water purification tablets or filter

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## Food & Snacks

- High-energy snacks (protein bars, nuts, dried fruit)
- Electrolyte powder
- Instant coffee/tea (optional)

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## Personal Hygiene & Toiletries

- Toothbrush & toothpaste
- Biodegradable wet wipes
- Toilet paper (in a ziplock bag)
- Travel-size shampoo & soap
- Deodorant
- Razor (if needed)
- Feminine hygiene products

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## Electronics & Accessories

- Power bank (for charging devices)
- Camera (extra memory cards & batteries)
- GPS watch or altimeter (optional)
- Small notebook & pen (for journaling)

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## Miscellaneous

- Lightweight book or Kindle
- Playing cards (for downtime in camp)
- Small padlock (for securing bags)
- Extra ziplock bags (for waterproofing essentials)

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## Rental Gear Available from KCTE

If you don't have all the gear, **Kilimanjaro Centre for Trekking and Ecotourism (KCTE)** provides high-quality rental equipment, including:

- Sleeping bags
- Trekking poles
- Duffel bags
- Gaiters
- Down jackets

Visit [www.mt-kilimanjaro.com](http://www.mt-kilimanjaro.com) to book your climb and get expert guidance on gear preparation!