

Kilimanjaro Packing Guide

~Based on a 6-7 day trek on the Rongai Route.~

Bottom Layer

- Hiking pants (2)
- Fleece pants
- Thermal leggings
- Rain pants
- Underwear (one/day)

Top Layer

- Merino wool hiking t-shirts (2)
- Midweight long sleeve shirt base layer (2)
- Fleece jacket
- Puffy down jacket
- Waterproof shell
- Silk camisole top (summit night)
- Bras (several)

Note: Keep one base layer clean (or only use when clean as PJs) for summit night.

Footwear

- Hiking boots (light weight, H2O proof)
- Warm comfy camp shoes
- SmartWool hiking socks (4)
- Liner socks (2-3)
- Warm summit night socks (SmartWool)
- Gaiters (depending on the route)

Note: Ensure your boots are thoroughly broken in and wear them on the plane.

Head & Hands

- Very warm hat
- Warm merino wool beanie
- Sunhat or baseball hat
- Merino wool Buff
- Waterproof hat (depending on route)
- Polarized sunglasses (2)
- Balaclava
- Very warm mittens
- Glove liners

Note: Summit temperatures can be extremely cold (-20F degrees and windy).

Other Must-have Gear

- Large 95L waterproof duffle bag
- Day pack (25-35L)
- 2L water bladder
- Large 32oz water bottle
- Sleeping bag liner
- Sleeping bag rated to 0F (suggest renting)
- Headlamp and spare batteries
- Hiking poles (suggest renting)
- Waterproof day pack cover (if pack doesn't have one) or large poncho

Note: Weight limit for porters is 15kg (33 lbs.).

Note: You cannot carry on hiking poles-they must be packed in checked bag.

Useful Gear

- Inflatable pillow
- Filter water bottle
- Hydration tablets
- Energy gummies
- Spare packable duffel (for hotel)
- Compression sack (for sleeping bag)
- Hot water bottle (usually can be rented)
- Extra stuff sacks
- Packing cubes
- Luggage locks
- Luggage finders
- Notebook and pen
- Extra boot laces
- Book
- Handwarmers
- Gallon zip lock bags (to store camp shoes, dirty clothes etc.)
- Eye mask, ear plugs and pillow for plane flight
- Cardboard packing tube to protect your certificate

Note: Packing cubes really helped keep the duffel bag organized.

Note: The compression pack for the sleeping bag will help free up a lot of space in your bag.

Note: A spare, lightweight, packable duffel was perfect for the items to be left at the hotel while climbing.

Electronics

- Cell phone and charger
- Cell phone waterproof case and lanyard
- Powerpack
- Garmin InReach and charger
- Headphones (corded type) and adapter to cell
- Universal adapter
- FitBit or other watch

Note: Extend cell phone and power pack battery life by keeping them in your sleeping bag at night.

Note: To prevent cell phone from freezing on summit night keep it in your jacket; protect it from moisture.

Note: Listening to an audiobook on summit night can help tremendously. Download a book before traveling. Use wired headphones that hook over your ear. Keep one ear free to listen to your guide.

Toiletries

- Moleskin
- Sunscreen (2)
- Lip balm SPF30 (2)
- Face moisturizer
- Body/hand lotion
- Panty liners/pads
- Travel mirror
- Glasses/contacts/saline/rewetting drops (if needed)
- Face, hand, and body wipes
- Anti-chaffing product (e.g., Glide)
- Toilet paper (in zip lock bag)
- Hairbrush or comb
- Nail clippers and nail brush
- Toothbrush, toothpaste, dental floss, Q-tips
- Deodorant
- Shampoo/Conditioner/Razor/Soap/make up (for use at hotel)
- Swimsuit (if your hotel has a pool)

Medications

- Diamox (need doctor Rx)
- Generic antibiotics (need doctor Rx)
- Any personal prescriptions
- Excedrin for migraines (really helps altitude headaches)
- Pain medication (Tylenol, Aleve etc.)
- Sudafed
- Benadryl (or other for allergies/allergic reaction)
- Imodium (or other anti-diarrhea medication)
- Vitamins
- Magnesium/Potassium (helps with cramps)
- Malaria prevention (check with your doctor)
- Mini First Aid Kit (band-aids, Neosporin, ace bandage, gauze etc.)

Notes: I'm not a doctor, but personally I think it is a good idea to have Diamox on hand, even if you don't use it. I suggest testing it first (before your trip) to make sure you don't have any adverse reactions.

Notes: I had my doctor give me some broad-spectrum antibiotics, just in case. I never needed them, but felt more comfortable having them on hand, just in case

Notes: I did not encounter any mosquitos while climbing. Check with your doctor, especially if you will be doing a safari or other travel. I would recommend against Larium as I feel there are safer options.

Don't forget

- Passport
- Flight information
- Tour company information
- Travelers' insurance information
- Tanzania visa (you can purchase three months ahead of time online for \$100.00)
- Covid vaccination card
- Yellow fever vaccination proof (depending on which country you are coming from)
- Some airlines are still requiring a mask

Note: Keep a second copy of your important papers either on your phone or in a separate bag.

[Click here for links to most of the packing items**](#)**



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"Every mountain top is within reach if you just keep climbing."

— Barry Finlay