MT. KILIMANJARO
PACKING LIST

Kiliwarrior Expeditions

Please read the entire document.

This is a list we have carefully put together of all the items you'll need for your trek up Mt Kilimanjaro with us. Tick each box as you pack.

Questions? Email info@kiliwarriorexpeditions.com

BAGGAGE WEIGHT LIMIT — 33 lbs / 15 kg per person.

Items marked ✓ All-Inclusive are provided by us if you chose the All-Inclusive Package — you don't need to bring them.

TREKKING EQUIPMENT

☐	**Daypack**	Used to carry your daily items during the trek — water, snacks, sunscreen, camera, poncho, etc.
☐	**Hiking Boots**	Medium weight and waterproof. Must fit 2 pairs of socks.
☐	**Gaiters**	High or low. Used to keep dirt and snow out of your boots.
☐	**Yak Trax**	Used if we encounter snow and ice. Must be fitted to your hiking boots. (See notes.)
☐	**Sleeping Bag Liner**	An extra layer between you and the sleeping bag. (See notes.)
☐	**Camp Shoes**	Running or walking shoes with grippy soles, to wear around camp.
☐	**Headlamp**	With an extra set of batteries.
☐	**Water Bottles**	4 × 1L Nalgene bottles, or a 3L Camelbak-type hydration pack. One Nalgene can serve as a night-time emergency toilet.
☐	**Sunglasses**	To protect your eyes from the strong high-altitude sun.
☐	**Whistle**	In case of emergencies in your tent at night.
☐	**Trekking Poles** ✓ All-Inclusive	Adjustable.
☐	**Duffle Bag** ✓ All-Inclusive	To carry all your non-daypack items.
☐	**Sleeping Bag** ✓ All-Inclusive	4-season mummy style with a hood.
☐	**Helmet** ✓ All-Inclusive	Required on the Western Breach Route.

CLOTHING

☐	**Hiking Socks**	4 pairs.
☐	**Liner Socks**	4 pairs.
☐	**Convertible Pants**	Shorts can be zipped off for use at lower elevations.
☐	**Long Thermal Underpants**	3 pairs.
☐	**Long-Sleeve Thermal Undershirts**	3 tops.
☐	**Fleece Pants**	To be used as an insulating layer.
☐	**Fleece Jacket**	To be used as an insulating layer.

☐	**Outer-Layer Ski Pants**	Water- and windproof.
☐	**Hooded Ski Jacket**	Water- and windproof.
☐	**Poncho**	Large enough to cover both you and your daypack.
☐	**Underwear**	8 sets — quick-drying (avoid cotton). Before, during and after your climb.
☐	**T-Shirts**	5, to wear around camp at lower elevations.
☐	**Baseball Cap or Hat**	For sun protection.
☐	**Beanie or Ski Hat**	For warmth.
☐	**Balaclava**	For the last 3 days of the climb. (See notes.)
☐	**Bandana or Buff**	Worn over your nose and mouth to keep dust out — especially on the descent.
☐	**Gloves**	2 pairs — thermal gloves for warmth + climbing gloves for grip. (See notes.)
☐	**Sports Bra**	As needed.

PERSONAL ITEMS

☐	**Camera Equipment**	With extra batteries.
☐	**Battery Pack / Power Bank**	To charge your devices. Once depleted, top up from our larger power banks.
☐	**Universal Electrical Adapters**	Type G. (See notes.)
☐	**Personal First Aid Kit**	Be sure to include blister care.
☐	**Regular Medicine**	Headache, muscle ache and cold medicine — e.g. Tylenol, Advil.
☐	**Diarrhea Relief Medicine**	Both non-prescription and prescription.
☐	**Antacids**	For heartburn and indigestion, which can flare up at altitude.
☐	**Pepto-Bismol**	For an upset stomach, nausea or mild diarrhea.
☐	**Altitude Medicine**	Consult your physician — e.g. Diamox + Dexamethasone.
☐	**Shaving Kit**	
☐	**Deodorant**	
☐	**Inflatable Pillow**	Adjust the air inside for comfort.
☐	**Toothbrush & Paste**	
☐	**Female Hygiene Products**	
☐	**Panty Liners**	Recommended by past climbers — handy for the ladies throughout the trek.
☐	**Shampoo and Soap**	If you plan to shower during the climb.
☐	**Dry Shampoo**	No showers until the warmer zones — dry shampoo keeps your hair fresh.
☐	**Hairbrush**	
☐	**Wet Wipes**	Alcohol-free if possible. Great for a "camp shower" before the warmer zones.
☐	**Hand Sanitizer**	For clean hands before every meal and after the toilet.

☐	**Face Towel**	
☐	**Shower Towel**	
☐	**Sunscreen**	SPF 40 or greater.
☐	**Lip Balm**	SPF 20 or greater.
☐	**Insect Repellent**	Containing DEET.
☐	**Kleenex Tissues**	Travel size.
☐	**Heat Packs**	Great to slip into gloves and boots when it gets cold.
☐	**Pencil and Paper**	
☐	**Nail Clippers**	Important for managing nail length.
☐	**Snacks**	Energy bars and powders, trail mixes, throat candy, chewing gum.
☐	**Ziploc Bags**	Various sizes, for dirty/wet clothes and as a garbage bag. (See notes.)
☐	**Packing Cubes**	You'll be living out of your duffel — cubes keep everything organized and easy to find.

TIPS FROM A PAST CLIMBER

A few extra recommendations from a guest who summited with us — especially helpful for the ladies.

- Ladies: your period can arrive unexpectedly and last longer at altitude — come prepared even if you're not due.
- Wear quick-drying underwear — never cotton.
- There are no showers until the warmer zones, so lean on body wipes and dry shampoo to stay fresh.
- Drink plenty at camp — aim for around 48 oz (1.5 L) a day.
- Plan on getting up to pee a couple of times a night — it's completely normal at altitude.
- Ask your guide for a hot water bottle to sleep with — it's a game-changer.
- Bring a stash of candy or energy bars for the porters — a small gesture they really appreciate.
- Prepare your fitness seriously — treat this like real mountaineering.
- Use packing cubes — you'll be living out of your duffel.
- Listen to your guide and tell them everything — especially how you're feeling, every single day.

A NOTE ON PLASTIC BAGS

Single-use plastic grocery bags are banned in Tanzania — you will be fined at the airport if you bring any. Resealable Ziploc-style bags are fine.

HELPFUL NOTES & REFERENCES



Yak Trax

A brand name — you don't need that exact brand. We mean crampons for your boots with miniature spikes underneath. Do NOT buy the type with coils underneath.



Balaclava

A face mask (the kind you'd picture in a bank-robbery scene) that keeps you warm at higher elevations. Mostly used on days 6, 7 and 8.



Gaiters

Secured around the base of your boot, along the ankle and lower leg. They stop branches from scratching you and keep fine dust and small rocks out of your boots. Very useful on the descent and in the rainforest zones (days 1–2).



Headlamp

Used at night on any night of the trek — to move around camp or go to the bathroom — and on Day 7 of our 9-Day Lemosho Western-Breach route. Bring extra batteries and keep them warm.



Electrical Adapter

Type G. Used at the hotel before and after your climb.



Sleeping Bag Liner

An extra layer between you and the sleeping bag; most are one-size-fits-all. If you chose the All-Inclusive Package, we provide Marmot Trestle Elite 0 mummy sleeping bags — so choose a mummy-style liner.



Ziploc Bags

Great for keeping dirty clothes separate from your clean clothing. Bring large sizes, not small ones.



Gloves

Bring 2 pairs — one for gripping and climbing, one for warmth at higher elevations. We don't recommend mittens; each finger should be able to move on its own.

Still have questions about anything on this list? Email info@kiliwarriorexpeditions.com — we're always happy to schedule a call and go over everything together.