



## The Ultimate Kilimanjaro Packing List

(with free printable checklist)

### Clothing (Layering is Key)

- Base Layers (thermal tops & bottoms)
- Insulated Jacket
- Waterproof Shell Jacket
- Waterproof Pants
- Fleece Jacket
- Trekking Pants
- Moisture-wicking T-shirts
- Thermal Underwear
- Sports Bra & Underwear
- Warm Hat
- Neck Gaiter or Buff
- Gloves (liner and insulated)
- Sun Hat or Cap

### Footwear

- Hiking Boots (broken-in, waterproof)
- Camp Shoes/Sandals
- Gaiters
- Wool/Synthetic Hiking Socks (45 pairs)

### Gear & Equipment

- Daypack (2030L) with rain cover
- Duffel Bag (90100L)
- Sleeping Bag (rated -10C/14F)

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- Headlamp (extra batteries)
- Trekking Poles
- Water Bottles/Hydration System (34L)
- Sunglasses (UV-protected)

### Toiletries & Health

- Sunscreen (SPF 50+)
- Lip Balm (with SPF)
- Wet Wipes
- Toilet Paper
- Hand Sanitizer
- Toothbrush & Toothpaste
- Personal Medications
- First Aid Kit
- Altitude Sickness Medication

### Documents & Money

- Passport + Visa
- Yellow Fever Certificate
- Travel Insurance Documents
- Cash (USD in small bills)
- Credit/Debit Card

### Optional Extras

- Power bank / solar charger
- Camera / GoPro

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- Snacks / energy bars
- Journal & pen
- Travel pillow
- Book or Kindle

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