

Kilimanjaro Kit List

This exhaustive list does not have to be followed word for word. We appreciate that trekkers have their own preferences regarding clothing and equipment. Our recommendations are intended to ensure nothing essential is overlooked and to provide guidance on what works best on Kilimanjaro. You are not required to purchase the exact examples listed.

Clothing & Layering System

- Shorts – lightweight, synthetic or nylon (1 pair).
- T-Shirts – Merino wool or synthetic (2 short sleeve, 2 long sleeve). NO cotton.
- Base Layers – Merino or synthetic tops and warm bottoms for summit night.
- Mid Layers – insulating fleece or light down/synthetic jacket (1–2 layers).
- Vest/Gillet – down or synthetic for versatility.
- Heavy Down Jacket – 700–800 fill, essential for cold mornings, evenings, and summit night.
- Trekking Pants – quick-drying synthetic; zip-off pants are useful.
- Fleece Pants or Joggers – for evenings at camp.
- Waterproof Jacket – Gore-Tex or equivalent with hood.
- Waterproof Pants – to wear over trekking pants.

Footwear & Accessories

- Socks – 3–4 pairs Merino or synthetic, plus liner socks and thick summit socks.
- Hiking Boots – waterproof with good ankle support; must be broken in.
- Lightweight Shoes – trainers or trail shoes for camp.
- Gaiters – optional, for mud, scree, or snow.
- Winter Traction Device – required for May or June climbs.

Head, Hands & Sun Protection

- Warm Waterproof Gloves or Mitts plus liner gloves.
- Sun Hat with full brim.
- Warm Winter Hat.
- Buff or Neck Gaiter.
- Sunglasses – Category 3 or 4 UV protection.
- Lip Balm or Zinc Cream with SPF.

Bags & Sleeping Equipment

- Daypack – approximately 35L with hip belt and internal frame.

- Backpack Rain Cover – optional but recommended.
- Duffel Bag – approx. 100L, max 15kg/33lbs for porters.
- Sleeping Bag – rated to -15°C / 0°F.
- Thermarest or Sleeping Mat – essential for comfort.

Hydration, Food & Essentials

- Water Bottles – two wide-mouth bottles.
- Camelbak or Hydration Bladder – 2–3 liters.
- Water Purification Tablets or SteriPen.
- Trail Snacks – chocolates, nuts, sweets.
- Vitamins or Electrolyte Powders.
- Sunscreen – SPF 50+.

Personal Items & Electronics

- Head Torch with spare batteries.
- Power Bank – minimum 20,000 mAh.
- Camera with spare batteries and memory cards.
- Book, diary, or cards for evenings.
- Small mirror (optional).

Hygiene & Toiletries

- Personal toiletries.
- Small quick-dry towel.
- Baby wipes.
- Hand sanitizer.
- Toilet paper and small waste baggies.

First Aid & Medications

- Personal medications including Diamox if prescribed.
- Painkillers, antibiotics (as prescribed), anti-diarrhea medication.
- Blister care, dressings, antiseptic cream.
- Insect repellent (50% DEET).
- Multivitamins and rehydration tablets.

Money & Documents

- Cash in USD for tips (approx. \$300).
- Additional spending money for Arusha, safari, or souvenirs.
- Passport, visa funds, and travel documents.

Rental Gear Available in Arusha

- Sleeping Bags (0°F / -17°C) – \$50
- Thermarest Mattresses – \$45
- Duffel Bags – \$25
- Trekking Poles – \$35

We are your best resource for selecting the correct gear for your Kilimanjaro climb. Our team is available five days a week to assist you. Please contact us at info@iantaylortrekking.com to discuss your kit, or watch our packing video to see how Ian Taylor prepares for his own climbs.