

EYES OF KILIMANJARO

BY EYES OF TANZANIA / MOUNTAIN PREPARATION

Pack for the mountain.

Your Kilimanjaro expedition checklist

Cold summit light. Warm volcanic earth. One considered kit.

A practical checklist to save, print or tick digitally. Use it alongside your confirmed itinerary and the team's pre-climb gear check. Items marked optional are choices, not missing essentials.

ROUTE / MOUNTAIN DAYS

CLIMB START / GROUP

MY RENTAL ITEMS TO CONFIRM

Before the first walking day

Keep essential medication and your well-fitting boots accessible while travelling. Confirm duffel weight, rental specifications and the time for your hotel briefing. Arrival and departure are additional to the mountain-day count.

01 / Clothing & layering

Keep warmth adjustable, rain protection accessible and a complete dry set for sleep.

Layers for walking

Build from the skin outwards.

- [ ] **Moisture-wicking base-layer tops**
  Lightweight walking layers plus a warmer long-sleeved layer; avoid cotton next to the skin.
- [ ] **Thermal base-layer bottoms**
  For the summit and cold nights; check they fit comfortably beneath trousers.
- [ ] **Fleece or insulated midlayer**
  A layer you can add or remove without changing your whole outfit.
- [ ] **Warm insulated jacket**
  A substantial down or synthetic jacket for high camps, breaks and the summit.
- [ ] **Waterproof, breathable shell jacket**
  With a hood that works over your warm hat. Test it before travelling.
- [ ] **Waterproof overtrousers**
  Check they can be put on over boots; rain is possible in every season.
- [ ] **Quick-drying trekking trousers**
  Choose comfortable movement and wind protection; include a spare pair.

Warmth & protection

For camp, wind and the summit.

- [ ] **Warm summit leg layers**
  Combine thermals, trekking trousers and suitable outer insulation for the agreed conditions.
- [ ] **Quick-drying underwear**
  Bring enough for your itinerary; laundry is not a mountain service.
- [ ] **Sun hat or cap**
  Choose useful face and neck coverage on the open slopes.
- [ ] **Warm hat**
  It should cover your ears and work with the jacket hood.
- [ ] **Neck gaiter or balaclava**
  For wind, dust and warmth; test breathing comfortably through it.
- [ ] **Lightweight liner gloves**
  Useful for milder conditions and as a layer beneath warm gloves.
- [ ] **Insulated waterproof gloves or mittens**
  Bring reliable summit hand protection; allow room for liners without restricting circulation.

Try the whole summit system

Put on your thick socks, boots, thermal layers, outer trousers, insulated jacket, hat and gloves together. Check movement and fit. Waterproofs are useful in every season; a sunny departure from camp is not a forecast for the whole day.

02 / Sleep, carry & walk

A roof on Marangu does not remove the need for a warm sleeping bag.

Sleeping & carrying equipment

Huts are unheated mountain accommodation, so a warm sleeping system is still essential on Marangu.

- [ ] **Four-season sleeping bag**
  Discuss a bag suitable for about -18°C / 0°F conditions. Compare the manufacturer's comfort and limit ratings; confirm the team's requirement.
- [ ] **Sleeping mat allocation confirmed**
  For camping routes, confirm what is supplied and whether an additional mat is useful.
- [ ] **Sleeping-bag liner**
  Optional for comfort and cleanliness; it is not a replacement for an adequately warm bag.
- [ ] **Comfortable daypack, about 30–35 litres**
  Must carry water, spare layers, rainwear, snacks and personal essentials comfortably.
- [ ] **Soft expedition duffel, about 70–90 litres**
  For porter-carried kit. Confirm the actual weight allowance and include rented kit in that weight.
- [ ] **Reusable waterproof packing bags**
  Keep sleeping gear and spare clothes dry inside both bags; rain covers alone are not enough.
- [ ] **Daypack rain cover**
  Combine with internal waterproof protection.
- [ ] **Adjustable trekking poles**
  Helpful on long descents. Practise with them and stow them on scrambling sections when advised.
- [ ] **Headlamp and spare power**
  Essential for the night ascent; test operation with gloves and protect spare batteries from cold.

Footwear

Comfort on long descents matters as much as warmth on the way up. Break in footwear before the trip.

- [ ] **Broken-in trekking boots**
  Supportive, weather-resistant boots with a reliable tread; test on long uphill and downhill walks.
- [ ] **Trekking socks and warm summit socks**
  Pack several pairs and reserve a dry pair for sleep; test the thick pair inside your boots.
- [ ] **Light camp shoes**
  Optional comfort after walking; choose something practical around cold, uneven camps.
- [ ] **Gaiters**
  Useful for mud, dust and wet conditions; check fit over your boots and trousers.

Choose the temperature rating deliberately

Compare comfort and limit ratings rather than an extreme survival figure. Discuss a four-season bag suitable for approximately -18°C / 0°F conditions with the team, and confirm the supplied sleeping mat. A liner is additional comfort, not replacement insulation.

03 / With you on the trail

Your daypack travels with you. Your duffel usually does not remain accessible between camps.

Daypack & summit essentials

Porter-carried bags are not usually accessible between camps. Keep these items with you while walking.

- [ ] **Water-carrying capacity of about 3–4 litres**
  Confirm stage-specific needs with the guide. Include a wide-mouth bottle; protect bottles and hydration tubing from freezing.
- [ ] **UV-protective sunglasses**
  For strong high-altitude sun and bright snow conditions.
- [ ] **High-protection sunscreen and SPF lip balm**
  Keep accessible and reapply as directed on the product.
- [ ] **Familiar walking snacks**
  Choose foods you enjoy and can manage with gloves; supplement, rather than replace, mountain meals.
- [ ] **Today's warm layer and waterproofs**
  Pack for changing conditions, not only the weather when leaving camp.
- [ ] **Personal medication and small first-aid pouch**
  Keep essential medicines with you, in original packaging where possible.
- [ ] **Phone, camera or navigation device**
  Optional photography equipment; do not rely on mobile signal for emergency communication.
- [ ] **Power bank and appropriate cables**
  Expect limited charging access; cold reduces battery performance.

Personal items

Pack compact, practical items and bring all personal waste back to the agreed collection point.

- [ ] **Compact toiletries and toothbrush**
  Choose small quantities and secure lids against leaks.
- [ ] **Hand sanitiser**
  Keep within reach for breaks and meals; use the team's handwashing arrangements too.
- [ ] **Toilet paper / tissues and waste bags**
  Confirm disposal with the crew; leave nothing beside the trail.
- [ ] **Small quick-drying towel**
  For basic washing; do not expect a mountain shower.
- [ ] **Blister care and personal first-aid items**
  Use products you know; tell the guide about foot problems early.
- [ ] **Prescription medicines and clinician's advice**
  Arrange individual advice before travel; do not copy another climber's altitude medication plan.
- [ ] **Menstrual products and disposal supplies, if needed**
  Carry enough for the trip and a discreet waterproof pouch.
- [ ] **Earplugs and eye mask**
  Optional, especially useful in shared Marangu dormitories.
- [ ] **Insect repellent**
  Useful at lower elevations; follow the product instructions.
- [ ] **Clearly labelled night-time bottle, if useful**
  Optional personal convenience; practise the setup and keep it separate from drinking bottles.

04 / Documents & final checks

Verify current requirements for your nationality, itinerary and insurance policy.

Before you travel

Keep the important details available offline.

- [ ] **Passport and required entry documents**
  Check official Tanzanian entry requirements and passport validity for your own journey.
- [ ] **Insurance wording checked for Kilimanjaro**
  Ask the insurer to confirm trekking to 5,895 m and medical evacuation / repatriation cover for your itinerary.
- [ ] **Written itinerary, inclusions and booking terms**
  Separate mountain days, hotel nights, transfers, rental items and cancellation conditions.
- [ ] **Emergency and arrival contact details**
  Keep a copy offline, together with flight and transfer information.
- [ ] **Any required health documentation**
  Confirm with official entry advice and your travel-health clinician; requirements can depend on transit countries.
- [ ] **Tipping budget and agreed payment arrangements**
  Request crew numbers, recommended amounts, currency and transparent distribution before departure.
- [ ] **Rental reservations and sizes confirmed**
  Request item condition, specification, availability, price and collection / return details.
- [ ] **Hotel briefing and gear check scheduled**
  Leave enough arrival time to check kit and resolve missing or unsuitable items.

My expedition notes

Missing items, rental confirmations, sizes, dietary requirements and questions for the briefing:

Your next preparation steps

Review your route's daily stages and sleeping stops. Build walking practice gradually. Discuss altitude travel with a qualified clinician. Confirm support, inclusions and booking terms before treating a plan as a booking.

Preparation sources: Ultimate Kilimanjaro's published gear and sleeping-bag guides; individual requirements remain subject to your confirmed operating arrangements. No rental availability, company price or booking is confirmed by this checklist.