
SINENDET SAFARI

Kilimanjaro trekking packing checklist | Plan carefully, climb responsibly.

This printable checklist covers core personal gear for Kilimanjaro trekking. Ask Sinendet Safari what your confirmed itinerary includes before purchasing or renting camping equipment, sleeping gear or other supplies.

Documents & travel essentials

Keep these items with you during the journey, not in checked luggage.

- [☐ Passport and applicable Tanzania visa or entry approval [Essential]
- [☐ Travel insurance covering high-altitude trekking and emergency evacuation [Essential]
- [☐ Flight details and arrival/transfer information [Essential]
- [☐ Tour booking confirmation and emergency contact numbers [Essential]
- [☐ Copies or offline photographs of important documents [Essential]
- [☐ Personal cash/card for travel needs and gratuities [Optional]

Bags & waterproof organization

Separate your personal daypack from your main luggage.

- [☐ Comfortable 25–40 L daypack, fitted and tested [Essential]
- [☐ Rain cover or waterproof liner for your daypack [Essential]
- [☐ Durable 70–90 L duffel bag (confirm porter weight limits) [Essential]
- [☐ Waterproof dry bags or packing cubes [Essential]
- [☐ Luggage labels and small lock [Optional]

Base layers & daytime clothing

Pack breathable quick-drying layers rather than heavy cotton.

- [☐ 3–4 moisture-wicking trekking T-shirts [Essential]
- [☐ 1–2 long-sleeved breathable trekking shirts [Essential]
- [☐ 2 thermal base-layer tops (one dry for summit/sleep) [Essential]
- [☐ 1–2 thermal base-layer bottoms [Essential]
- [☐ 1–2 pairs lightweight hiking trousers [Essential]
- [☐ Comfortable underwear for the itinerary [Essential]
- [☐ Dry clothing set for camp or sleeping [Essential]
- [☐ Shorts for warm lower elevations [Optional]

Insulation & weather protection

Cold, wind and rain can occur even in a generally dry season.

- [] Warm fleece or soft-shell mid-layer [Essential]
- [] Insulated down or synthetic jacket suitable for summit temperatures [Essential]
- [] Waterproof windproof hooded shell jacket [Essential]
- [] Waterproof overtrousers [Essential]
- [] Warm insulated trekking trousers for summit night [Essential]
- [] Compact gaiters for mud, dust or scree [Optional]

Footwear, head & hands

Test boots and layers before traveling.

- [] Waterproof hiking boots already broken in [Essential]
- [] 4–6 pairs of warm hiking socks, including summit pair [Essential]
- [] Lightweight camp shoes or sandals [Essential]
- [] Warm knitted/fleece hat or beanie [Essential]
- [] Wide-brim sun hat or cap with sun protection [Essential]
- [] UV-protective sunglasses [Essential]
- [] Light liner gloves [Essential]
- [] Water-resistant insulated gloves or mittens [Essential]
- [] Buff/neck gaiter or balaclava [Essential]
- [] Sock liners if helpful for blisters [Optional]

Sleep, mountain & navigation gear

Confirm exactly what the trekking package supplies before buying or renting.

- [] Four-season sleeping bag with appropriate comfort rating for expected conditions [Essential]
- [] Sleeping mat or pad if not supplied by the operator [Essential]
- [] Headlamp with spare batteries for summit night [Essential]
- [] Adjustable trekking poles [Essential]
- [] Water-resistant stuff sack for sleeping gear [Essential]
- [] Small travel pillow or pillowcase [Optional]

Hydration & trail food

Plan your daily water capacity with the guide and camp team.

- [] Reusable water bottles or reservoir, total capacity about 2–3 L [Essential]
- [] Insulated or wide-mouth bottle for cold conditions [Essential]
- [] Personal energy snacks such as bars, nuts or dried fruit [Essential]
- [] Electrolyte drink mix if you use it [Optional]
- [] Water purification backup only if advised by your operator [Optional]

Personal health & hygiene

Ask your medical professional about altitude, vaccines and prescription medication.

- [] Any prescribed personal medications in original packaging [Essential]
- [] Blister plasters, dressings and personal first-aid basics [Essential]
- [] Broad-spectrum sunscreen SPF 30+ and SPF lip balm [Essential]
- [] Toothbrush, toothpaste and compact toiletries [Essential]
- [] Hand sanitizer and travel tissues/toilet paper [Essential]
- [] Reusable waste bag for personal rubbish [Essential]
- [] Spare glasses or contact lens supplies as needed [Optional]
- [] Menstrual care products as needed [Optional]
- [] Wet wipes / quick-dry towel [Optional]
- [] Insect repellent for lower elevations [Optional]

Electronics & useful extras

Keep devices protected from moisture and cold.

- [] Phone and charging cable [Essential]
- [] Power bank and spare charged battery [Essential]
- [] Travel adapter compatible with Tanzania power sockets [Optional]
- [] Camera, memory cards and spare battery [Optional]
- [] Binoculars or small journal [Optional]
- [] Earplugs for camp rest [Optional]

Important: Altitude sickness is possible on all Kilimanjaro routes. This list is not medical advice. Confirm weather gear, guide arrangements, park requirements, permitted porter loads and sleeping equipment with your operator.