

Packing List for Mount Kilimanjaro & Mount Meru

Everything you need for a safe and comfortable climb

Must-haves (Essential Items)

Clothing & Protection

- ✓ Layer your clothing:
 - 2 sets of thermal base layers (long-sleeve top and leggings, breathable and moisture-wicking)
 - 1 lightweight fleece jacket & 1 heavyweight fleece jacket
 - 1 lightweight insulated down or synthetic jacket
 - 1 waterproof and windproof jacket
 - 1 pair of waterproof and windproof pants
- ✓ Sturdy, waterproof hiking boots with good ankle support
- ✓ 6 pairs of warm hiking socks + 6 pairs of thin liner socks
- ✓ Warm beanie, buff, and insulated gloves (preferably waterproof)
- ✓ Sunglasses with UV protection and sun hat or cap
- ✓ T-shirts and moisture-wicking underwear

Sleeping Gear

- ✓ Sleeping bag with a comfort rating of at least 14°F (-10°C)
- ✓ Sleeping pad (optional: self-inflating)
- ✓ Small travel pillow

Bags

- ✓ Daypack (35-45L) with rain cover
- ✓ Soft-sided duffel bag (70-100L) for the porters (no hard-shell suitcases)

Hygiene & Personal Care

- ✓ Quick-drying towel
- ✓ Wet wipes and toilet paper
- ✓ SPF 50 sunscreen
- ✓ Lip balm with UV protection
- ✓ Personal first-aid kit
- ✓ Toothbrush and toothpaste

Health

- ✓ Personal medication
- ✓ Altitude sickness medication (if recommended by your doctor)
- ✓ Oral rehydration salts or electrolyte tablets
- ✓ Thermometer

Miscellaneous

- ✓ Water bottles (e.g. two Nalgene bottles) or a hydration bladder with a minimum capacity of 3 liters
- ✓ Headlamp with spare batteries
- ✓ Passport, visa, travel insurance documents (including high-altitude coverage up to 6,000 meters)
- ✓ Digital and printed copies of important documents
- ✓ Credit card for emergencies
- ✓ High-energy snacks (nuts, energy bars, chocolate)
- ✓ Luggage tags and small luggage locks
- ✓ Ziploc® bags or dry bags to keep your gear organized and dry

Optional Items

- ✓ Trekking poles
- ✓ Gaiters (to keep rocks and dirt out of your boots)
- ✓ Extra buff or face covering
- ✓ Lightweight camp shoes or flip-flops
- ✓ Pee bottle (women may also consider bringing a Shewee)
- ✓ Notebook and pen
- ✓ Playing cards or a small book
- ✓ Earplugs
- ✓ Water purification tablets or a portable water filter
- ✓ Power bank or solar charger
- ✓ Outdoor or GPS watch
- ✓ Crampons (only if icy conditions are expected)

Did You Know?

Most climbing gear can be rented through Paradise & Wilderness, including sleeping bags, trekking poles, insulated jackets, daypacks, and even private portable toilets. Ask us about the available rental options when booking.

