

KILIMANJARO PACKING LIST 2026

WHAT TO BRING, WHAT TO RENT, WHAT TO LEAVE AT HOME

GUIDE-VERIFIED GEAR CHECKLIST FROM 22+ YEARS ON THE MOUNTAIN



**SLEEPING BAG:
-15°C COMFORT
RATING MINIMUM**



PORTER WEIGHT
LIMIT: 20KG
MAXIMUM (KPAP)



WATER:
3-4
LITRES DAILY



**LAYERING
SYSTEM:
BASE + MID + SHELL**



**SUMMIT NIGHT:
HEADLAMP +
SPARE BATTERIES**



**NO SINGLE-USE
PLASTIC
BOTTLES**



KILIMANIA

ADVENTURE

— WE WALK WITH YOU —

TOP 6 NON-NEGOTIABLE GEAR ITEMS

- 

SLEEPING BAG
(-15°C)
- 

**WATERPROOF
SHELL**
- 

WARM GLOVES
- 

HEADTORCH
- 

TREKKING POLES
- 

**BROKEN-IN
BOOTS**

**PREPARE WELL.
CLIMB CONFIDENTLY.
REACH UHURU PEAK!**



**22+ YEARS
EXPERIENCE**

LOCAL
EXPERT GUIDES

HIGH SUCCESS RATE



**SAFETY IS OUR
PRIORITY**



FAIR TREATMENT OF PORTERS

CONTENTS

Before You Pack	How This Checklist Works · KPAP Ethics · Contact
Core Safety	Sleep System · Footwear · Lighting · Hydration · Hand Warmers · Poles
Layering System	Base · Mid · Outer · Summit Layers · Glove System
Bag Logistics	Daypack vs Duffel · Dry Bags · Contingency Planning
Wellbeing & Medical	Altitude Sickness · AMS/HACE/HAPE · First Aid · Evacuation
Power & Electronics	Battery Management · Cash & Tipping
Decision Guide	Rent vs Buy · 2026 Moshi Pricing
Smart Planning	Route Differences · Machame · Lemosho · Rongai · Marangu
Fitness & Training	8–12 Week Regimen · Benchmarks · Pre-Climb Test
Nutrition & Hydration	Daily Schedule · Snacks · Meal Guidance
Weather & Summit Night	Timeline · Weather Zones · Summit Packing List
National Park Regulations	KINAPA Rules · Fees · Leave No Trace
Final Pre-Departure	Gear Check · Documents · Mental Prep · Sabinus's Final Word

Use this checklist by ticking ☐ boxes as you pack. Every item marked *ESSENTIAL* has been verified by guides with 22+ years on the mountain.

BEFORE YOU PACK

How This Checklist Works

This is not a generic travel packing list assembled from blog research. Every item here comes from real operational experience on Mount Kilimanjaro — gear inspections conducted at Machame, Lemosho, and Marangu gates before every departure; KPAP 15 kg duffel limit compliance built into every recommendation; summit-night survival requirements at -12°C to -15°C recorded at Barafu Camp (4,673 m); and equipment failures observed across 300+ guided ascents.

■ GUIDE INSIGHT: IMPORTANT

Items marked **essential** are safety-critical above 4,000 m — not comfort preferences. Use this document as a working checklist. Tick items as you pack.

What This Checklist Is Based On

- Real gear inspections at Machame, Lemosho & Marangu gates before every departure
- KPAP 15 kg duffel limit compliance (20 kg total porter load including porter's own gear)
- Summit-night survival at -12°C to -15°C , recorded at Barafu Camp (4,673 m)
- Equipment failures across 300+ guided ascents — what breaks, what freezes, what turns climbers back

Need Your Gear Verified Before You Travel?

Tell us your route and departure date — we'll confirm exactly what to rent versus bring, with current Moshi pricing and availability.

■ WhatsApp Kilimania: +255 756 449 990

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CORE SAFETY

Essential Mountain Safety Items

These six categories are what our guides physically check before any climber takes the first step from the gate. A missing or inadequate item here is the most common reason climbers struggle on summit night — not fitness, not altitude.

A. Sleep System

- Sleeping bag (–15°C **comfort rating**, not limit rating) — ESSENTIAL
- Sleeping bag liner (silk or thermal — adds +5°C warmth, keeps bag clean)
- Compression sack for sleeping bag (waterproof)

B. Footwear

- Broken-in hiking boots (minimum 8+ hours of real trail use) — ESSENTIAL
- Camp shoes or sandals (Crocs or similar — let feet breathe at camp)
- Gaiters (keeps scree, dust, and snow out of boots)
- Hiking boot waterproofing treatment (re-apply before travel)

C. Lighting

- Headtorch with fresh batteries — ESSENTIAL
- Full spare set of batteries (test headtorch the night before departure)
- Small backup torch or headlamp (in case primary fails on summit night)

D. Hydration

- 2 × 1L wide-mouth water bottles (Nalgene-style) — ESSENTIAL
- Insulated bottle sleeve(s) (neoprene or foam — prevents freezing)
- 0.5L–1L insulated thermos / hot water flask (for summit night)
- Pee bottle (wide-mouth 1L bottle — avoid leaving tent at –15°C)

■ HYDRATION BLADDERS FREEZE

Hydration bladders freeze solid above 5,000 m on summit night. The hose freezes first, then the reservoir. Use wide-mouth bottles in insulated sleeves for the summit push. A thermos with hot water is critical for Uhuru Peak.

E. Hand & Extremity Warmth

- Chemical hand warmers (6–8 pairs — impossible to find in Moshi, bring from home)
- Chemical toe warmers (4–6 pairs — essential for summit night)

F. Trekking Poles

- Trekking poles (collapsible, with snow baskets) — ESSENTIAL
- Spare rubber tips (2 pairs — tips wear out on rocky terrain)
- Carbide tip replacements (for ice/rock sections above 4,500 m)

THE KILIMANJARO LAYERING SYSTEM

Four Layers, One System — Each Layer Has One Job

Layer	Job	Temp Zone	Material
Base	Moves sweat away from skin	18–25°C	Synthetic or merino wool — NEVER cotton
Mid	Traps warm air	0 to 10°C	Fleece or lightweight down
Outer	Blocks wind and rain	0 to –5°C	Waterproof hardshell (20,000mm+)
Summit	Insulates together	–5 to –15°C	Down puffer + balaclava

■ GUIDE INSIGHT: COTTON KILLS AT ALTITUDE

Cotton clothing increases hypothermia risk at altitude due to moisture retention. Use synthetic or merino wool only — **never cotton** — in base and mid layers. This is a survival rule above 4,000 m.

Base Layer Checklist

- Moisture-wicking tops (2–3) — short or long sleeve
- Thermal underwear / wicking layers (5–6 sets) — rotate daily
- Wool or synthetic hiking socks (5–6 pairs) — merino wool preferred, no cotton
- Synthetic underwear (4–5 pairs) — quick-dry only
- Sports bra(s) (2–3) — women, synthetic material

Mid Layer Checklist

- Fleece jacket or warm midlayer (200-weight fleece minimum)
- Thermal leggings (2 pairs) — synthetic or merino wool
- Warm hat (beanie) — wool or synthetic, covers ears
- Neck gaiter or buff (2) — multifunctional coverage

Outer Layer Checklist

- Waterproof hardshell jacket (20,000mm+ hydrostatic head, taped seams) — ESSENTIAL
- Waterproof over-trousers (full side-zips for easy on/off over boots)
- Waterproof vs Water-Resistant: Waterproof = 20,000mm+ rating with sealed seams. Water-resistant = light DWR coating, fails in heavy rain. Kilimanjaro demands waterproof.

Summit Layer — CRITICAL

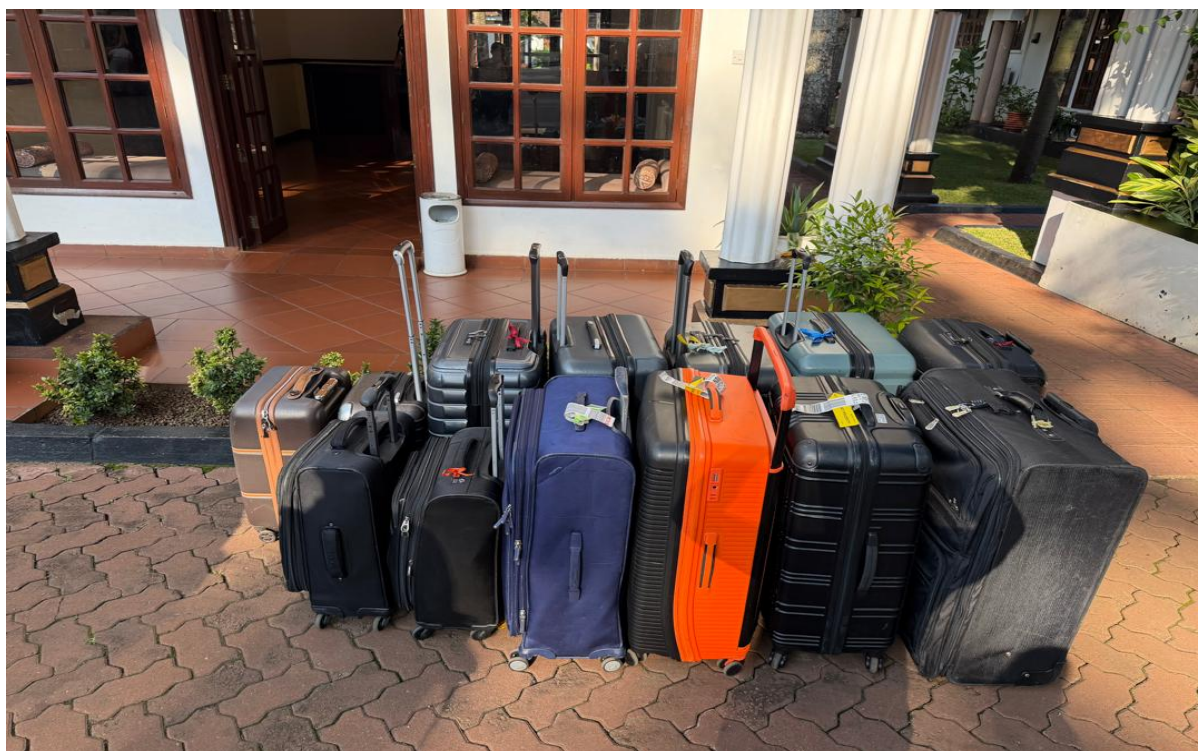
- Insulated down/synthetic jacket (–15°C rated, hooded) — ESSENTIAL
- Insulated, waterproof gloves (NOT touch-screen gloves — they fail at –15°C) — ESSENTIAL
- Glove liner system: thin liner gloves + insulated mid-gloves + waterproof outer mitts
- Balaclava or full face mask (wind protection for face and neck)
- Warm trousers or down pants (optional but recommended for summit night)

■ GUIDE INSIGHT: THE GLOVE SYSTEM

On summit night, you need three glove levels: (1) Thin liner gloves for dexterity; (2) Insulated mid-weight gloves for the approach; (3) Waterproof outer mitts for the final push to Uhuru Peak. Touch-screen compatible gloves fail in extreme cold. Bring a spare set of mid-gloves in case one gets wet.

BAG LOGISTICS

How Your Bag System Works on Kilimanjaro



YOU CARRY Daypack · 20–35L	PORTER CARRIES Duffel · 80–100L Max 15 kg net
• Water (2–3L daily)	• Sleeping system
• Snacks & energy food	• Spare clothing
• Jacket layers (rain/wind)	• Extra gear
• Camera & phone	• Toiletries & hygiene
• Rain protection	• Camp shoes
• Personal medications	• Summit layer (packed)
• Headtorch & batteries	• Spare batteries & power bank

■ ETHICS BOX — KPAP STANDARD

Maximum load: **20 kg per porter**, including the bag itself. **Your duffel bag limit is 15 kg net** (excluding bag weight). Every kilogram over the KPAP limit either forces a porter to carry an illegal load or requires hiring a second porter. This is one of the clearest ways your packing choices affect someone else's working conditions on the mountain.

Dry Bags & Organization

- 3–4 dry bags (various sizes: 5L, 10L, 20L) — keeps critical items dry inside duffel
- 1 small dry bag for electronics (phone, batteries, power bank)

- 1 medium dry bag for spare clothing and sleeping bag backup
- Compression straps or packing cubes (organizes duffel, reduces volume)

Missing Gear Contingency

- Photograph all gear before packing (insurance claim evidence if airline loses bag)
- Pack critical items (boots, base layers, medications) in carry-on luggage
- Bring a basic sewing/repair kit: needle, strong thread, duct tape, safety pins, cable ties
- Boot failure backup: duct tape wraps + spare laces + blister kit can get you down
- Cash reserve (\$200–300 USD in small bills) for emergency gear purchase or tips in Moshi

WELLBEING ON THE MOUNTAIN

Altitude Safety & Health Kit

Personal Prescription Medications

- Bring a full supply plus 3–4 days spare — pharmacies on the mountain do not exist
- Keep medications in original packaging with prescription labels

Altitude Sickness Prevention & Treatment

- Diamox (acetazolamide) — 125mg twice daily, starting 24 hours before ascent. Prescription required.
- Discuss Diamox with your doctor 6–8 weeks before travel. Contraindications: sulfa allergy, kidney disease, severe COPD.
- Side effects: tingling fingers/toes, increased urination, metallic taste (normal — do not panic).

Condition	Symptoms	Action
AMS	Headache, nausea, fatigue, dizziness, loss of appetite	Stop ascent. Rest day. Hydrate. Ibuprofen. Usually resolves in 24–48 hours.
HACE	Severe headache, confusion, ataxia, inability to descend	IMMEDIATE DESCENT. Dexamethasone if available. Life-threatening.
HAPE	Shortness of breath at rest, persistent cough, blue lips	IMMEDIATE DESCENT. Nifedipine if available. Oxygen. Life-threatening.

■ EMERGENCY EVACUATION

Kilimanjaro National Park operates rescue teams from Kibo Hut and Barafu Camp. Serious cases are evacuated by stretcher to the nearest gate, then by vehicle to KCMC Hospital in Moshi. Helicopter evacuation is available through AMREF Flying Doctors. Your guide carries a radio and will coordinate rescue. Do not attempt to self-evacuate if HACE/HAPE is suspected.

First Aid & Personal Care

- Ibuprofen or paracetamol — the most commonly used medication on the mountain
- Sunscreen SPF 50+ (UV rises ~10% per 1,000 m — at 5,895 m, UV is nearly double sea level)
- Lip balm with SPF (2–3 tubes — lips crack severely at altitude)
- UV400 sunglasses or glacier glasses (wraparound protection mandatory for summit)
- Blister kit: Compeed or moleskin, sterile needle, antiseptic wipes, athletic tape
- Bug repellent (DEET 20–30% — lower elevations have mosquitoes)
- Earplugs (camp noise: snoring, wind, early departures — sleep is recovery)
- Wet wipes (2–3 packs, biodegradable — functional substitute for showering)
- Hand sanitizer (essential near camp toilets)
- Personal toilet paper + small trowel (pack out all paper — Leave No Trace)
- Small mirror (useful for checking face for frostbite/sunburn)
- Thermometer (digital — helps guide layering decisions)

■ GUIDE INSIGHT: ALTITUDE HEADACHES ARE NORMAL

Altitude headaches are normal and usually manageable with hydration and ibuprofen. Ignoring hydration is the most common avoidable issue we see — drink consistently throughout the day, not only when you feel thirsty. Aim for 3–4 litres daily minimum.

POWER ON THE MOUNTAIN

What Actually Works on the Mountain

Essential Electronics

- Headtorch with fresh batteries — critical
- Power bank, minimum 20,000 mAh (no electrical power at any camp)
- Phone — offline use only above ~4,000 m on most routes
- Camera + spare battery — keep spare warm, close to your body, during summit push
- Charging cables (bring a spare — cables fail in cold)
- Watch with altimeter (GPS watch or barometric altimeter — useful for pacing)

Cold-Weather Battery Management

- Keep power bank inside sleeping bag overnight (cold reduces efficiency up to 40% above 4,000 m)
- Alkaline batteries hold up better than rechargeables in extreme cold — use lithium for headtorches
- Store spare camera/phone batteries in an inner pocket close to body heat during summit night
- Bring a small soft case for electronics (insulates from cold, protects from moisture)

■ COLD WEATHER WARNING

Cold reduces battery efficiency by up to 40% above 4,000 m. Keep your power bank and spare batteries inside your sleeping bag overnight. Alkaline batteries hold up better than rechargeables in extreme cold. Test all electronics at home in a freezer bag to simulate summit conditions.

Communication & Documentation

- Emergency contact details shared with Kiliman before departure
- Travel insurance documents (printed + digital) — must cover altitude up to 5,895 m
- Copy of passport (digital backup on phone + printed copy in separate bag)
- Kilimanjaro National Park permit (provided by Kiliman, keep accessible)

Cash & Tipping

- Cash: \$300–500 USD in small bills (\$1, \$5, \$10, \$20) — ATMs are unreliable in Moshi
- Tipping envelope or waterproof pouch for guide/porter gratuities
- Tipping guideline: \$250–350 per climber for a 7-day climb (distributed by lead guide at gate)

DECISION GUIDE

What to Rent in Moshi vs Bring From Home

Item	Recommendation	Why
Sleeping bag (−15°C)	Rent if first climb	Bulky, expensive. Verify comfort rating, not limit rating.
Down/summit jacket	Rent	Cheaper than buying for one trip. Ask: Has this been seam-sealed?
Trekking poles	Rent or bring familiar set	Rent if you don't own. Check locking mechanisms before travel.
Duffel bag (80–100L)	Rent	Kilimania provides KPAP-compliant duffels. Saves checked-baggage fees.
Gaiters	Rent	Simple item, cheap rental. Bring if you already own waterproof pair.
Hiking boots	ALWAYS bring your own	Fit and break-in matter most. Never climb in rental boots.
Balaclava	Buy — cheap enough to own	Personal hygiene item. Available in Moshi but quality varies.
Base layers	Bring from home	Fit matters. Synthetic or merino only. You will wear these daily.
Water bottles/thermos	Buy in Moshi or bring	Wide-mouth Nalgene-style bottles available. Thermos recommended.
Hand/toe warmers	Bring from home	Nearly impossible to find in Moshi. Order online before travel.

■ GUIDE INSIGHT: BEST STRATEGY

- **Bring footwear and base layers from home** — fit and break-in matter most.
- **Rent bulky insulation** (sleeping bag, summit jacket) in Moshi — cheaper, no checked-baggage fees.
- **Ask rental shops:** What is the comfort rating — not the limit rating? When was it last tested? Has this jacket been seam-sealed?
- **Contact Kilimania directly** for current confirmed rental prices.

Rental Pricing Guide (Moshi, 2026 Estimates)

Note: Prices fluctuate. Contact Kilimania for current confirmed rates before travel.

Sleeping bag (−15°C comfort)	\$25–40 USD for climb duration
Down/summit jacket	\$15–25 USD for climb duration
Trekking poles (pair)	\$10–15 USD for climb duration
Duffel bag (80–100L)	\$5–10 USD for climb duration
Gaiters (pair)	\$5–8 USD for climb duration
Complete rental package	\$60–90 USD (sleeping bag + jacket + poles + duffel)

SMART PLANNING

Does Your Route Change What You Pack?

The core checklist applies to every route. A few specific differences are worth knowing before you pack:

Route	Duration	Packing Note
Machame	6–7 days	Heavy rainforest start — waterproofs used from day one. Most popular route.
Lemosho	7–8 days	Longer route — pack extra base layers and more layering flexibility. Best acclimatization.
Rongai	5–6 days	Drier northern start — less early rain gear use. Only route approaching from north.
Northern Circuit	9 days	Longest route — extra socks and hygiene items recommended. Highest success rate.
Marangu	5–6 days	Hut accommodation — sleeping mat not required; camp shoes matter more. Only route with huts.
Umbwe	5–6 days	Steep, direct route — not recommended for first-time trekkers. Same gear as Machame.

Route Map Reference

All routes converge at Barafu Camp (4,600 m) or Kibo Hut (4,700 m) before the final summit push to Uhuru Peak (5,895 m). The descent is via Mweka Gate for Machame/Lemosho/Umbwe, or Horombo Hut/Marangu Gate for Marangu/Rongai.



■ GUIDE INSIGHT: ROUTE SELECTION TIP

Unsure which route fits your timeline and fitness? Message us your dates on WhatsApp and we will walk you through the options — no obligation. Longer routes (Lemosho 8 days, Northern Circuit 9 days) have significantly higher summit success rates due to better acclimatization.

FITNESS & TRAINING

Prepare Your Body for the Mountain

Fitness is not the most common reason climbers fail to summit — gear and altitude are. But poor fitness amplifies every other challenge. Start training 8–12 weeks before departure.

Recommended Training Regimen

- Cardio: 4–5 sessions per week (running, cycling, swimming, or stair climbing)
- Hiking: 1 long hike per week (4–6 hours) with a weighted daypack (5–8 kg)
- Stair climbing: 30–45 minutes, 2–3 times per week (Kilimanjaro is a long uphill walk)
- Leg strength: squats, lunges, step-ups (2 sessions per week)
- Core stability: planks, dead bugs (prevents back strain from carrying daypack)
- Flexibility: stretching and yoga (reduces injury risk on uneven terrain)

Fitness Benchmarks (Minimum Targets)

Cardio endurance	45 min continuous jogging or 60 min brisk walking without stopping
Hiking endurance	6+ hours walking on uneven terrain with 5 kg pack, no soreness next day
Stair test	30 minutes continuous stair climbing without excessive breathlessness
Recovery	Heart rate returns to resting within 10 minutes of stopping exercise

Pre-Climb Fitness Test (2 Weeks Before Departure)

- Complete a 6-hour hike with your actual daypack and boots — test the full system
- Walk 10 km on consecutive days — simulates multi-day trekking load
- Test all gear in rain/cold conditions — identify failures before you fly
- Practice using your headtorch, water bottles, and layering system in the dark

■ GUIDE INSIGHT: POLE POLE

On the mountain, guides say 'Pole pole' (slowly, slowly). Fitness helps, but the ability to walk slowly for 10+ hours matters more than speed. Train for duration, not intensity. The summit push is a 14–16 hour day.

NUTRITION & HYDRATION

Fuel for Altitude

Daily Hydration Requirements

- Minimum 3–4 litres of water per day (increase to 4–5L above 4,000 m)
- Hydration schedule: 500 ml before breakfast, 1L by 10:00, 1L by 14:00, 1L by 18:00, 500 ml before bed
- Add electrolyte tablets to 1–2 bottles daily (prevents cramping and hyponatremia)
- Monitor urine colour: pale yellow = hydrated; dark yellow = drink immediately
- Avoid excessive caffeine and alcohol (both dehydrate)

Personal Snacks & Energy

- Energy gels or chews (1–2 per day for summit push — quick glucose when appetite drops)
- Protein bars or nut bars (3–4 for the climb — appetite suppresses at altitude)
- Trail mix / nuts / dried fruit (high calorie, easy to eat while walking)
- Chocolate or candy (moral boost, quick energy — keep in daypack)
- Electrolyte drink powder or tablets (2 tubes for climb duration)

Meal Guidance at Altitude

Kiliman Adventure provides three meals daily on the mountain. However, altitude suppresses appetite — your body needs 3,000–4,000 calories per day but may only want 1,500. Force yourself to eat at every meal, even if you don't feel hungry. Carbohydrates are easiest to digest at altitude.

- Eat breakfast even if nauseous — porridge, toast, eggs (carbs + protein)
- Lunch: packed lunch on the trail — sandwiches, fruit, boiled eggs, juice box
- Dinner: soup + main + dessert — eat the soup first (hydration + warmth)
- Bring personal snacks for between meals — altitude kills appetite, but you must fuel

■ DEHYDRATION AT ALTITUDE

Dehydration mimics altitude sickness. Before taking Diamox or descending for a headache, drink 1 litre of water and wait 30 minutes. Most 'altitude headaches' are actually dehydration headaches. Your guide will enforce this rule.

WEATHER & SUMMIT NIGHT

What to Expect & When

Summit Night Timeline

Summit night is the most demanding part of the climb. Understanding the timeline helps you prepare mentally and physically.

22:00–23:00	Wake at Barafu Camp or Kibo Hut. Light snack. Final layer check. Headtorch
23:00–23:30	Depart camp. Walk slowly (pole pole) in complete darkness. Temperature: -10°C to -15°C .
02:00–03:00	Stella Point (5,756 m) — first milestone. Short rest. Sunrise begins.
05:00–06:00	Uhuru Peak (5,895 m) — summit! Photos 15–20 minutes maximum (cold exposure risk).
06:00–09:00	Descend to camp. Glare from snow requires sunglasses. Knees take impact — use poles.
09:00–11:00	Rest at camp. Pack. Begin descent to lower camp (Mweka or Horombo).

Weather by Zone

Zone	Elevation	Conditions	Gear Priority
Cultivation	1,800–2,000 m	Warm, humid, possible rain	Light layers, rain jacket
Rainforest	2,000–2,800 m	Wet, muddy, humid, $15\text{--}25^{\circ}\text{C}$	Waterproofs essential from Day 1
Heath/Moorland	2,800–4,000 m	Cool, windy, clear nights, $5\text{--}15^{\circ}\text{C}$	Layering system, warm hat
Alpine Desert	4,000–5,000 m	Dry, intense UV, -5 to 10°C	Sun protection, wind shell, thermos
Arctic/Summit	5,000–5,895 m	Extreme cold, wind, ice, -15°C	Full summit layer, hand/toe warmers

Summit Night Packing List (Daypack Only)

- Headtorch + spare batteries (tested the night before)
- 2 × 1L wide-mouth bottles (one with hot water from camp, one with electrolyte drink)
- 0.5L thermos with hot water (for refilling above 5,000 m)
- Energy gels/chews (2–3 for the push)
- Camera (spare battery in inner pocket)
- Sunglasses (glacier-style, UV400)
- Balaclava + warm hat + hood from summit jacket
- Glove system: liners + mid-gloves + outer mitts
- Hand warmers (2 pairs — activate at camp, insert at Stella Point)
- Toe warmers (1 pair — insert in boots before departure)
- Pee bottle (avoid leaving tent at -15°C during rest stops)
- Small first aid kit (blister plasters, ibuprofen)

■ GUIDE INSIGHT: THE 15-MINUTE RULE

At Uhuru Peak, you have 15–20 minutes maximum for photos and celebration. Every minute beyond that increases frostbite and hypothermia risk. Your guide will enforce this. Get your photo, savour the moment, then descend. The summit is only halfway — you must get down safely.

NATIONAL PARK REGULATIONS

Know Before You Go

Kilimanjaro National Park Rules

- Single-use plastics are BANNED inside the national park — bring reusable bottles and containers
- All climbers must be accompanied by a licensed guide — no independent trekking permitted
- Park entry fees are included in your Kilimania package — no additional payment required at the gate
- Conservation fee: \$70 USD per person per day (included in package)
- Camping/hut fee: \$50–60 USD per person per night (included in package)
- Rescue fee: \$20 USD per person per trip (included in package)
- Leave No Trace: pack out all rubbish including toilet paper and wet wipes
- Do not pick plants, disturb wildlife, or remove rocks/souvenirs from the mountain
- Camp only in designated campsites — no wild camping permitted

Environmental Responsibility

- Use biodegradable soap and wet wipes only
- Dispose of human waste in designated toilet facilities or bury 15cm deep, 70m from water
- Do not feed animals or leave food scraps — attracts wildlife to campsites
- Stay on marked trails — protects fragile alpine vegetation
- Support KPAP-compliant operators (Kilimania is registered) — ensures fair porter treatment

■ PLASTIC BAN ENFORCEMENT

Park rangers inspect bags at the gate. Single-use plastic bottles, bags, and food wrappers will be confiscated. Bring reusable containers and ziplock-style bags (these are permitted for organization). Kilimania provides drinking water at all camps — you do not need to carry plastic water bottles.

FINAL PRE-DEPARTURE CHECKLIST

The Last 48 Hours Before You Fly

Gear Verification

- All essential gear packed and verified against this checklist
- Porter duffel weighed and under 15 kg net (use bathroom scale)
- Daypack weighed and comfortable at 5–8 kg for day one
- Boots broken in for a minimum of 8 hours of real trail use
- All electronics tested and charged (headtorch, power bank, camera, phone)
- Spare batteries stored in warm, dry place (not checked luggage)

Documents & Insurance

- Travel insurance confirmed to cover altitude up to 5,895 m (get this in writing)
- Passport valid for 6+ months beyond travel date
- Tanzania visa obtained (e-visa or visa on arrival — check current requirements)
- Yellow fever certificate (required if arriving from endemic country)
- Rental gear confirmed and booked in Moshi (if renting)
- Diamox prescription obtained (if using) — bring original packaging

Final Checks

- Power bank fully charged (test capacity — old power banks lose efficiency)
- Headtorch tested with spare batteries in a dark room
- All waterproof gear seam-sealed and reproofed (jacket, trousers, gaiters)
- Photographed all gear for insurance (in case airline loses bag)
- Emergency contact details shared with Kilimanjaro (family member + your doctor)
- WhatsApp Kilimanjaro with flight details and arrival time at JRO

Mental Preparation

- Read this checklist cover-to-cover at least twice
- Practiced packing and unpacking your duffel and daypack
- Tested your layering system in cold/wet conditions at home
- Set realistic expectations: summit success is not guaranteed, safety always comes first
- Prepared to follow your guide's instructions without question — they have 22+ years of experience

■ GUIDE INSIGHT: FINAL WORD FROM SABINUS

I have guided over 300 climbers to Uhuru Peak. The ones who summit are not always the fittest — they are the best prepared. They have the right gear, they listen to their guides, they hydrate, and they walk slowly. Kilimanjaro is not a race. It is a test of preparation and patience. We will walk with you every step. Pole pole. — Sabinus Msimba, Senior Guide



■ Ready to Confirm Your Gear?

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Base: Moshi, Kilimanjaro Region, Tanzania

Daily departures from JRO & ARK

Prepare Well. Climb Confidently. Reach Uhuru Peak!

TATO-Registered Operator · Ethical Porter Standards · High Success Rate · We Walk With You
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