SHAHTOURS
www.shah-tours.com
Kilimanjaro | Safari | Tanzania | Since 1984

Packing guide for Mount Kilimanjaro (and Mount Meru)

Hiking Mount Kilimanjaro is an experience of a lifetime, but it is also a challenging one. At an elevation of 5,895 meters (19,341 feet), it is the highest peak in Africa and requires physical fitness, mental toughness, and the right gear! This guide is designed to suggest what to wear for a hike on Mount Kilimanjaro to help you stay comfortable and safe during your climb.

Layered Clothing
The temperature on Mount Kilimanjaro can vary drastically depending on the altitude, time of day, and weather conditions. Therefore, it is essential to dress in layers to regulate your body temperature. Your base layer should be made of moisture-wicking material that keeps sweat away from your skin. The mid-layer should provide insulation, and the outer layer should be waterproof and wind resistant.

Waterproof and Wind-resistant Jacket
A good quality waterproof and wind-resistant jacket is a must-have when hiking Mount Kilimanjaro. It will protect you from the cold wind and rain, which can be especially harsh at higher elevations.

Hiking Pants
Choose comfortable, lightweight, and breathable hiking pants that allow for free movement. Convertible pants that can be converted into shorts are a good option as they provide versatility.

Hiking Boots
Hiking boots are the most critical gear when hiking Mount Kilimanjaro. Choose sturdy, waterproof, and comfortable boots with ankle support. Break-in your boots before your trip to avoid blisters and discomfort on the mountain.

Thermal Underwear
Thermal underwear is another essential item to keep you warm and comfortable during your hike. Choose a thermal base layer made of moisture-wicking material to keep sweat away from your skin.

Hats and Gloves
Hats and gloves are essential for keeping your head, hands, and ears warm. Choose insulated, waterproof gloves and a warm, comfortable hat that covers your ears.

Sunglasses
The sun is intense on Mount Kilimanjaro, and sunglasses are crucial to protect your eyes from the sun's glare and harmful UV rays. Choose sunglasses with UV protection and polarized lenses to reduce glare.

Portable Camping Toilet
On camping routes, the only bathrooms available are public toilets that are shared by everyone on the campsite. Their hygienic standard is not suitable for most of our guests. The hygienic alternative is a private portable camping toilet that is cleaned daily and can be booked in advance.

In summary, dressing in layers and choosing appropriate clothing, footwear, and accessories is crucial when hiking Mount Kilimanjaro. It is essential to invest in quality gear and break it in before your trip (especially your hiking boots!).

Kilimanjaro full equipment list with example images

Images are only examples. Generally, we do not have a brand preference. It is best to contact us or the outdoor retailer of your choice for further questions if unsure about any of the equipment you will need.

Stay away from any cotton fabric or jeans as this material will not dry and leave you wet and cold.

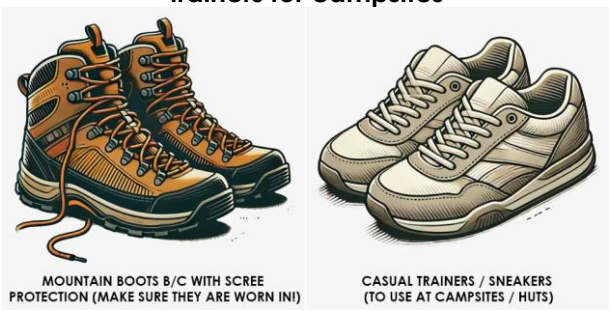
<table>
<tr>
<td>Base layer (2 pairs top & trouser)

BASE LAYER (THERMAL UNDERWEAR)</td>
<td>Middle layer (1 x light fleece, 1 x heavy fleece)

HIKING LIGHT FLEECE TOP
HIKING HEAVY FLEECE TOP</td>
</tr>
<tr>
<td>Light to medium puff jacket (1 x down/synthetic)

LIGHT TO MEDIUM PUFF JACKET</td>
<td>Outer layer (1 x waterproof jacket & 1 x trouser)

OUTER LATER (WATER / WIND PROOF JACKET AND TROUSERS)</td>
</tr>
<tr>
<td>Heavy summit jacket (1 x down/synthetic - Can be replaced with two <u>thick</u> warm layers under outer layer)

HEAVY SUMMIT JACKET (DOWN OR SYNTHETIC FILLED)</td>
<td>Mountain Boots B/C (with Scree-protection) + Casual trainers for campsites
 
MOUNTAIN BOOTS B/C WITH SCREE PROTECTION (MAKE SURE THEY ARE WORN IN!)
CASUAL TRAINERS / SNEAKERS (TO USE AT CAMPSITES / HUTS)</td>
</tr>
<tr>
<td>Calf Gaiters

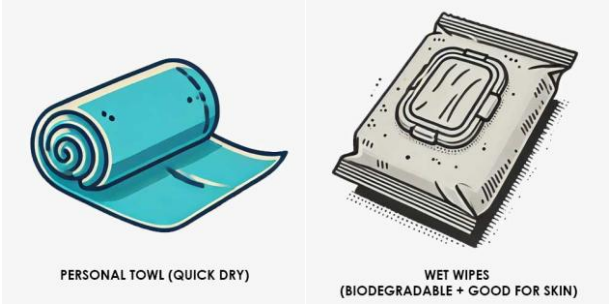
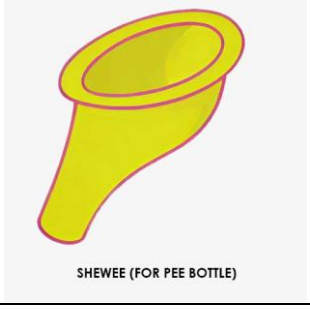
CALF GAITERS</td>
<td>Hiking Shorts/trousers/pants

HIKING TROUSERS / PANTS + OPTIONAL SHORTS</td>
</tr>
</table>

SHAHTOURS

Warm Beanie WARM BEANIE HAT	**Buff (Covering neck and mouth)** BUFF (COVERING NECK AND MOUTH)
Hiking Socks warm (6 pairs) THIN LINER SOCKS	**Thin Liner Socks (6 pairs)** THIN LINER SOCKS
Warm mittens (Down or Synthetic) WARM MITTENS (DOWN OR SYNTHETIC FILLED)	**Light Gloves / glove liners** THIN LINER GLOVES
Charging Device (Power bank) CHARGING DEVICE / POWER BANKS	**Sleeping Bag (Four seasons, Down/synthetic – minimal Comfort value: -11C/12,2F)** FOUR SEASON SLEEPING BAG
Trekking Poles TREKKING / HIKING POLES	**Waterproof Duffle Bag for Porters (70 – 100l)** WATERPROOF DUFFEL BAG (70-100LTS)

SHAHTOURS

Daypack with Rain Cover (35-45l) DAY PACK (35-45LTS) + DAY PACK RAIN COVER	**Sunglasses with UV protection** SUNGLASSES WITH UV PROTECTION
Sun Hat SUN HAT	**TWater Bottles (x 3 incl. 1 x pee bottle) + optional water bladder.** WATER BOTTLES OPTIONAL WATER BLADDER (2-3LTS)
Head torch / head lamp + extra batteries HEAD LAMP / HEAD TORCH	**Personal 1st Aid Kit** PERSONAL FIRST AID KIT
Sunscreen and Lip Balm (Strong sun protection, 50+) SUNSCREEN + LIP BALM (BOTH WITH 50+SPF)	**Quick Dry Towel & Wet Wipes**  PERSONAL TOWL (QUICK DRY) WET WIPES (BIODEGRADABLE + GOOD FOR SKIN)
Women: Shewee (for pee bottle)  SHEWEE (FOR PEE BOTTLE)	

SHAHTOURS

Printable check-list (page 1)

Any items marked with * are available at most Moshi equipment rental stores or from our office pre-booked in advance. All quantities (indicated in grey under the √) are given as suggestion and please note this list is a guideline and may be **too much for some people** and **limited for others**.

Documents	√		√		√
Passport (with 6 months validity after your proposed return date)	X 1	Cash in USD $ (Bank notes printed after 2006, notes printed before this year are not accepted anywhere in Tanzania)	X ?	Yellow fever certificate (If transiting/travelling from a endemic country/region)	X 1
Copy of passport	X 1	Airline travel documents	X 1	High altitude trekking insurance must cover hiking to 5895m/19341ft and any evacuation costs	X 1
Latest booking summary	X 1	Tanzanian tourist visa	X 1	VISA / MASTERCARD card for emergency (surcharges applicable)	X 1
Notes:					
Clothing	√		√		√
Balaclava*	X 2	Fleece or hoodies*	X 2	Anorak / Down jacket / Summit jacket / Water & wind proof jacket*	X 1-2
Glasses (recommended instead of contact lenses)	X 1	Raincoat or Poncho*	X 1	Waterproof / wind-proof trousers*	X 2
Hiking trousers / pants*	X 2	Shorts	X 2	Regular underwear	X 5+
Scarf* / Neck warmer*	X 1	T-Shirts (short + long sleeve) *	X 4	Sports bra / underwear	X 3
Sunglasses (UV filtered) *	X 1	Watch	X 1	Sun hat, warm hat*	X 1
Thermal trousers and top	X 2	Waterproof gloves*	X 1	Glove liners	X 1
Notes:					
Footwear	√		√		√
Light shoes (Trainers / sneakers, running shoes etc. for walking around the camp)	X 1	Water-proof hiking boots (Well worn-in)	X 1	Woolen socks / Thermal socks	X 3
Hiking socks	X 4+	Thin liner socks	X 4+	Calf Gaiters*	X 1
Crampons (especially in wet / rainy seasons)*	X 1				
Notes:					
Personal hygiene	√		√		√
Deodorant / Hairbrush / comb	X 1	Towels	X 1	Sanitary products Women: SheWee	X 2 x 1
Soap / Body wash (no rinse)	X 1	Toothbrush + toothpaste	X 1	Wet wipes & tissue packets	X 1
Vaseline	X 1	Sanitizer / Masks	X 1	Toilet paper	X 1
Notes:					

SHAHTOURS

Printable check-list (page 2)

Personal First aid / Medical kit	√	**Please consult your doctor regarding any medication listed below**	√		√
Acetazolamide (Diamox) if required	X ?	Pain killers (e.g. Aspirin, Ibuprofen, Paracetamol)	X ?	Plasters / bandages / plaster tape	X ?
Own prescribed medication	X ?	Sun protection cream (spf 30+)	X ?	Lip salve/balm (With UV protection)	X ?
Malaria tablets	X ?	Anti-diarrhea tablets	X ?	Antiseptic cream	X ?
Anti-nausea tablets	X ?	Blister pads	X ?	Small scissors	X ?
Anti-acid	X ?	Water purification tablets	X ?	Other medicine / first aid contents	X ?
Throat lozenges	X ?	Rehydration packets	X ?	Medical gloves	X ?
Notes:					
Food and drink	√		√		√
High energy snacks (e.g. Cereal bars, dried fruits, nuts, chocolates, and sweets)	X 12	Powdered sports drinks / energy drinks	X 5	Water purification tablets (for 1-5 lts) / Water purification system	X 12
Personal food products (e.g. for special dietary requirements, allergies etc)	X ?	Water bottle (hard plastic, metal etc. – no soft plastic bottles permitted on the mountain by National Park)	X 2-3 (3lts)	Optional Water bladder (up to 3lts)	X 1
Notes:					
Baggage and sleeping	√		√		√
Waterproof day pack (33-35 Lts capacity, for personal use on the mountain / daytime hike pack) *	X 1	Duffel bag* / large rucksack/ hold all – 109 L capacity to be carried by porters (not hard material)	X 1	Roll-able sleeping mattress*	X 1
Ziploc bags (for cameras, binoculars etc.)	X 1	Sleeping bag (with at least a -12 rating or colder) *	X 1	Travel pillow	X 1
Waterproof rucksack cover	X 1	Sleeping bag liner	X 1		
Notes:					
Other items	√		√		√
Binoculars	X 1	Head torch (with batteries)	X 1	Power bank for electronics (for your entire hike)	X 2
Video / picture camera or Mobile phone (there is some signal reception available on most parts of the mountain)	X 1	Torch / flashlight (with extra batteries)	X 1	Playing cards, books etc. (for evening entertainment)	X ?
Notebook and pencil / pen	X 1	Luggage locks	X 1	Ear Plugs	X 1
Walking poles (a pair) *	X 1	Purse / Wallet / Money belt	X 1		
Notes:					
Personal extras	√		√		√
Knee brace (especially when you already have knee problems)	1				
Ankle brace (especially when you already have ankle problems)	1				

SHAHTOURS

Buying equipment working out to be expensive?

Why not rent some of the items for your trek, we can arrange for some essential equipment for you. Any items marked with a * on the checklist can easily be hired. Please contact us for more details and pre-bookings.

ITEM	BRAND / MODEL	PRICE (USD $)*
Anorak (Summit jacket)	Mixed brands	$20
Balaclava	Mixed brands	$5
Boots – walking / trekking / hiking	Mixed brands	$20
Crampons	Mixed brands	$20
Duffel Bag	Mixed brands	$20
Fleece Trouser	Mixed brands	$10
Four season sleeping bag (Down)	Marmot Never Summer (-12C comfort rating)	$50
Four season sleeping bag (Synthetic)	Snugpak Softie 15 Discovery (-12C comfort rating)	$30
Gaiters	Mixed brands	$10
Glove liners	Mixed brands	$5
Gloves / warm mitts	Mixed brands	$8
Hat	Mixed brands	$5
Head Torch (not including batteries)	Mixed brands	$10
Mattress (non-inflatable)	Mixed brands	$10
Mattress (self-inflatable)	Mixed brands	$50
Neck warmer	Mixed brands	$7
Personal pulse oximeter	Mixed brands	$10
Rain / wind / waterproof trousers	Mixed brands	$20
Raincoat / poncho	Mixed brands	$20
Ruck Sack / Day pack	Mixed brands	$20
Ruck Sack cover	Mixed brands	$5
Scarf	Mixed brands	$5
Socks	Mixed brands	$5
Sunglasses	Mixed brands	$10
Sweater / fleece / jumper	Mixed brands	$10
Thermal bottoms	Mixed brands	$10
Thermal top	Mixed brands	$10
Travel pillow	Mixed brands	$10
Walking poles	Mixed brands	$10
Water bladder / Water hydration system	Mixed brands	$15
Single tent supplement	Mixed brands	$20 per extra tent, per day
Folding travel bed	Mixed brands	$15 per bed, per day
Extra emergency oxygen cylinder	Mixed brands	$125
Private camping portable toilet	Mixed brands	$45 per toilet, per day
Tourist Map (Kilimanjaro, Meru, Northern Tanzania)	Mixed brands	$5

***All items above are per item, per trek unless otherwise indicated**

Hiring extra crew:

From time to time, you may need to hire additional crew to those listed in the ratio table. This could be additional porters for extra personal luggage, mountain guides for added safety and comfort or additional cooks to cater for allergies and severe dietary requirements. **You can hire the following extra crew members. Remember that your overall crew size for the tip will be larger.**

Personal assistant / extra / dedicated mountain guide: If clients would like an extra guide to personally accompany them on tour, it will cost an additional $30.00 per day of trek, per extra guide. Note that the guide will not carry client's luggage.

Additional personal luggage porter: If clients would like an extra porter in case the luggage exceeds their allowance, it will cost an additional $15.00 per day of trek, per extra porter. Please note that this porter will not trek from the last hut / camp to the summit and will only carry up to 15kg of personal luggage up to the base camps of Barafu, Kibo, School hut.

Additional personal assistant porter: If clients would like an extra porter to accompany them whilst on trek e.g. to hold the client's day pack and for additional support to the summit, it will cost an additional $20.00 per day of trek, per extra porter. This porter will carry up to 1 bag (max 10 kg) and accompany you during each days hike.

Please note: Assistance porters may not speak fluent or any English and are only designated to carry luggage and not replace guides.

SHAHTOURS

Emergency oxygen explained

Emergency Oxygen is used to treat a whole list of medical emergencies as well as altitude related illnesses while on Kilimanjaro / Mt. Meru. Its uses are usually as a last resort, and in most cases descending to a lower altitude where the oxygen is richer is the best way to cure oxygen related altitude sickness.

Once receiving oxygen via the emergency system, you would need to descend immediately and would not be able to ascend further, or re-attempt ascension for your own safety.

One emergency oxygen system per group will be carried by one of the guides who accompanies you on your trek, and the decision to use the system will be either guides as they are trained to detect symptoms of acute mountain sickness and are trained in using these systems or you can be on request from yourself / the hiker. There may be some instances where altitude symptoms have arisen however the emergency oxygen is not necessary and the guides will recommend you descend to a lower altitude instead, usually curing any problems faced over taking treatment from the cylinder.

1-cylinder package

Consists of a 2-litre lightweight carbon composite oxygen cylinder, supplied with a medical oxygen regulator, medical facemask and backpack.

2-litre cylinder endurance:

@ 2-lpm - 2hrs 30mins

@4-lpm - 1hr 15mins

Important Information:

- All items are **subject to availability**. Prices are valid between 01.01.2025 – 31.12.2026 subject to change and charged per item / per tour unless otherwise stated.
- Note that the **Emergency oxygen package** (in the event of an emergency) can only be used by a maximum of 1 passenger, as they would descend with the system and it cannot be sent back up the mountain.
- **Additional equipment other than above may be available,** please request anything that is not listed, and we shall advise whether it is possible to decide accordingly.
- Once reservations are made for equipment, they cannot be cancelled upon arrival unless the quality is unsuitable.
- All equipment hired is non-refundable and items should be checked before departure and handed back in full working order to the equipment store, they are taken from. **Clients can be charged for damages to our equipment** on management's discretion.
- **Some items may require an extra porter** to carry the item generally included in the price of the item (e.g. private toilet). All extra porters are provided on management discretion according to the final weight of all items combined.
- **Brands for rental equipment** can change from time to time as equipment is upgraded and suitable alternatives may be offered where applicable.
- **Drones** are not allowed in Kilimanjaro National Park without special permission. There may be screenings for your day pack and duffel bag at the gates to check for prohibited items.