Lango Expeditions

KILIMANJARO
PACKING LIST



Kilimanjaro's Five Climate Zones

Mount Kilimanjaro is the only place on earth where you can experience five completely different climate zones on one trek. As you climb higher, the landscape changes dramatically - the lush vegetation becomes sparse, the temperature drops, and the air gets thinner.

Your adventure starts in the warm, lush Rainforest Zone, moves up into the Heather and Moorland Zone, crosses the dramatic Alpine Desert, and finally reaches the Arctic Summit Zone of rock, snow, and glaciers at the top.

In just a few days, you will experience a journey from the tropical equator to an arctic winter. Because the weather changes so quickly, you need the right clothing and equipment for each zone. This guide from Lango Expeditions will show you exactly what to pack and what to wear each day of your Kilimanjaro climb for maximum safety and comfort.

Best Time & Climate on Kilimanjaro

Tanzania sits right on the equator, so temperatures at the base of the mountain stay fairly stable all year round. There are small seasonal changes - June to August is the cooler winter season, while December to February is warmer summer, with only about a 7°C (45°F) difference between them.

You can climb Kilimanjaro in any month, but we at Lango Expeditions do not recommend climbing in April, which is the peak of the long rainy season. For more details, check our blog on the best time to climb Kilimanjaro.

Kilimanjaro's Altitude & Temperature Guide:

- 5,895m / 19,340 ft - Arctic Summit Zone (Uhuru Peak): Day: -10°C / 14°F, Night: -17°C / 1°F

- 5,000m / 16,500 ft - Alpine Desert Zone: Day: 0°C / 32°F, Night: -7°C / 19°F

- 4,000m / 13,000 ft - Moorland zone.

Your Kilimanjaro Packing List

At Lango Expeditions, we have been leading Kilimanjaro climbs for many years, with thousands of clients reaching the summit with us each year. This packing list is based on our real mountain experience, and we strongly advise you to follow it carefully.

Even during the dry season, you must have a hard-shell waterproof jacket and pants, plus a rain poncho - they are absolutely essential on Kilimanjaro. Weather can change quickly.

If you are missing any gear, you can rent quality equipment from us. Rental prices are listed at the end of this guide. If you don't plan to do other high mountain climbs after Kilimanjaro, renting can be much more cost-effective than buying expensive gear.

You can use this page as your personal checklist while packing for your adventure.

KILIMANJARO ESSENTIAL PACKING LIST

Use this as your final checklist before your climb.

Footwear

1. Gaiters - for leg protection
2. Light hiking shoes (for lower slopes)
3. Waterproof trekking boots with ankle support (broken-in)
4. Hiking socks - one pair for each day
5. Thick, warm summit socks for summit night
6. Microspikes / Crampons for icy sections

Clothing

1. Thermal base layers - 2 to 3 sets
2. Trekking pants - quick-dry
3. Trekking t-shirts - 3x
4. Long-sleeve shirts - 2x
5. Fleece jackets - 2x (mid-layer)
6. Hard-shell waterproof jacket
7. Hard-shell waterproof pants

Hand Gear

1. Fleece gloves
2. Warm mittens (waterproof for summit)

Headgear

1. Sunglasses - UV protection Category 3-4
2. Sun hat or cap
3. Headlamp with extra batteries
4. Fleece beanie / warm hat
5. Balaclava for summit night

Bags

1. Daypack - 30 to 40 liters (you carry)
2. Duffle bag - 100 to 150 liters (carried by porter)

Other Items

Clothing

Insulated summit jacket (down jacket)

Insulated summit pants

Waterproof rain poncho

Sleeping

1. Sleeping bag - comfort rating 10°F / -12°C

Other Essential Gear

1. Hydration bladder - 2 to 2.5 liters
2. Water bottle / flask - 1 Liter
3. Power bank for charging
4. Trekking poles (foldable)
5. Sunscreen SPF 30+

Important: Weight Limit for Your Duffle Bag is 15 KG

One of our Lango Expeditions porters will carry your duffle bag. To ensure safety and fair working conditions for our crew, your duffle must not exceed 15kg.

If you need to carry more luggage, you can hire an extra personal porter for an additional fee, which raises your total allowance to 30kg.

Lango Expeditions is a proud partner of the Kilimanjaro Porters Assistance Project (KPAP) - an NGO that advocates for porter rights and welfare. Our welfare commitment includes above-market wages, proper mountain equipment for all crew, free nutritious meals on the mountain, and full medical coverage for our entire team.

What to Wear During Your Climb

DAY 1: Rainforest Zone

Altitude: 3,000m / 10,000 ft

Expected Temperature:

- Daytime: 20°C / 68°F

- Nighttime: 13°C / 55°F

Recommended Gear for This Day:

- Sun hat or a cap

- Mountain sunglasses with UV protection (Category 3-4)

- Flask or Hydration System

- T-Shirt or long-sleeve shirt

DAY 1: Rainforest Zone

- Small backpack (30-40 liters) - Your daypack for daily essentials

- Trekking pants - Lightweight, quick-dry and comfortable

- Trekking sneakers - For the lower, warmer trails

- Trekking poles - For stability and reducing knee strain

What to Wear During Your Climb

DAY 2-5: Heath and Moorland Zone

Altitude: 4,000m / 13,000 ft

Expected Temperature:

- Daytime: 7°C / 45°F

- Nighttime: 0°C / 32°F

DAY 5: Alpine Desert Zone

Altitude: 5,000m / 16,500 ft

Expected Temperature:

- Daytime: 0°C / 32°F

- Nighttime: -7°C / 19°F

Recommended Gear for This Stage:

- Mountain sunglasses with UV protection (Category 3-4)

- Fleece Hat / Warm Beanie

- Warm fleece jacket

- Thermal underwear set (Pants and a long-sleeve shirt)

What to Wear During Your Climb - High Altitude Gear

Recommended Gear for Alpine Desert / High Altitude Section:

- Flask or Hydration System - To stay hydrated in dry air

- Small backpack (30-40 liters) - Your daily essentials pack

- Hardshell pants - Waterproof and windproof protection

- Fleece gloves - For warmth and dexterity

- Hardshell Jacket- Waterproof outer layer for wind and rain

- Trekking poles - For stability on rocky terrain:

What to Wear During Your Climb

DAY 6: Arctic Summit Zone

Altitude: 5,895m / 19,340 ft - Uhuru Peak

Expected Temperature:

- Daytime: -10°C / 14°F

- Nighttime: -17°C / 1°F

Recommended Gear for Summit Day:

- Headlamp (including 1 extra set of batteries)

- Fleece Hat (+ balaclava is recommended for summit)

- Mountain sunglasses with UV protection (Category 3-4)

- Warm fleece jacket

- Thermal underwear set (Pants and a long-sleeve)

- Flask or Hydration System + Thermos (1L) in the backpack

What to Wear During Your Climb - Summit Gear

Recommended Gear for Arctic Summit / Summit Push:

- Small backpack (30-40 liters) - Your daypack for summit essentials

- Insulated summit jacket (Comfort 5°F / -15°C)* - Heavy insulation for extreme cold

-Insulated summit pants (Comfort 5°F / -15°C)* - Thermal protection for summit night

- Trekking poles - Essential for balance on snow and ice

-hicking boots

Stay Warm and Safe

Day 2-6: Thermal Underwear Set (Pants and a long-sleeve shirt)

We recommend bringing two sets of thermal base layers: one dedicated for sleeping and one for hiking.

Avoid wearing your thermals on warm, sunny days in the lower zones, as daytime temperatures can reach up to +15°C and you may overheat

However, make sure to wear them for the summit night - they are essential for staying warm and safe on your final push to Uhuru Peak.

Summit Day

Fleece Gloves + Mittens

(Comfort 5°F / -15°C)

For the summit night, we recommend layering your handwear: first put on your fleece gloves, then wear your warm insulated mittens over them.

Make sure they are not too tight - you should still be able to comfortably grip your trekking poles on the way to Uhuru Peak.

Day 2-7

Hiking Boots (with ankle support)

Proper hiking boots with good ankle support are a critical part of your Kilimanjaro gear. Ensure they have enough room for your toes and are snug but not too tight.

It is very important to break them in well before your trip to avoid blisters on the mountain.

Lango Expeditions Rental Shop

The gear you choose for Kilimanjaro significantly influences the comfort of your climb and your chances of reaching the summit. We strongly recommend choosing quality equipment from reputable brands.

If you don't have all the necessary items or prefer to travel light, you can rent everything you need on-site from Lango Expeditions' Rental Shop. Our rental service is available exclusively for Lango Expeditions clients.

We provide top-quality gear from leading USA and EU manufacturers. We regularly renew and service our stock to ensure all equipment is in excellent condition for your expedition.

Available for rent from Lango Expedition

The prices below are for the entire expedition period.

Available for rent from Lango Expeditions:

The prices below are for the entire expedition period

Footwear

1. Leg gaiters - $10
2. Hiking shoes - $35
3. Trekking boots (with ankle support) - $45
4. Microspikes - $10

Clothing

1. Thermal underwear - $30
2. Trekking pants - $15
3. Trekking t-shirt - $10
4. Long-sleeve shirt - $10

5. Fleece jacket - $10

6. Hardshell jacket (water-resistant) - $30

7. Hardshell pants (water-resistant) - $25

8. Insulated summit jacket - $40

9. Insulated summit pants - $30

Hand gear

1. Fleece gloves - $10

2. Mittens - $20

Headgear

1. Sunglasses (Category 3-4) - $30

2. Sun hat or a cap - Out of Stock

3. Headlamp - $15

4. Fleece hat - $10

Other items

1. Powerbank - $10

2. Trekking poles - $15

Available for purchase at our store:

1. Sunscreen SPF 30+ - $25
2. Water bottle (flask) - 1 L - $15
3. Thermos - 1 L - Out of Stock
4. Neck gaiter - Out of Stock
5. Wet wipes - $4
6. Paper napkins - $2
7. Hiking socks - Out of Stock
8. Warm summit socks - $15
9. Lip balm - $5
10. Camp towel - $12
11. Toothpaste - $5
12. Toothbrush - $4
13. Hand warmers - $4
14. Spare batteries for a headlamp - $1
15. Hydration bag (2-2.5 liters) - $35

Optional Extras

Since 2014, we have organized thousands of Kilimanjaro expeditions. There are some items that appear non-essential but can greatly improve your experience on Kilimanjaro. Consider packing them for your trip in addition to the items from the main packing list.

For air travel to Tanzania

1. Travel bag lock
2. Name tag on your travel bag
3. Travel luggage strap

For more comfort at the camp

1. Light down jacket
2. Extra fleece jacket
3. Camp slippers (like Crocs)
4. Tabletop games

For better sleep

1. Sleeping bag liner
2. Earplugs
3. Inflatable pillow
4. Fleece clothing set

To maintain energy

1. Snacks - protein bars, dried fruits
2. Thermos
3. Electrolytes for hydration

To keep everything dry and organized

1. Dry bags
2. Zip-lock bags

Gadgets

1. Power bank, E-book
2. Spare batteries for a headlamp

For comfort on the trail

1. Hand moisturizer
2. Athletic tape
3. Neck gaiter
4. Hand warmers

Personal hygiene

1. Deodorant
2. Personal hygiene items
3. Dry shampoo
4. Camp towel and disposable towels
5. Nail scissors, clippers, and a nail file
6. Wet wipes and paper napkins
7. Lip balm
8. Toothpaste and toothbrush

WE CAN'T WAIT TO WELCOME YOU IN TANZANIA

Climbing Kilimanjaro is more than just a journey to another continent — it's a rare opportunity to witness what our planet looked like before civilization forever changed it. As you ascend the trails to the summit, you'll take in the same breathtaking landscapes that Portuguese explorers, English missionaries, and Maasai warriors gazed upon centuries ago. This timeless beauty is what inspired the Lango Expeditions team to come here. Join us on this incredible adventure!