

Tanzania VISA, Health & Travel Insurance

GET YOUR TANZANIA VISA

The assessment form to your Tanzania Visa Application is quick and easy to complete, just answer a few simple questions and one of the immigration consultants will respond to your inquiry

Travelers' passports should be valid for a minimum of 6 months after the issuance of their visa. Upon arrival at the airport, travelers need to present proof of their round trip tickets and sufficient funds for their stay. A valid Visa for Tanzania, a residence permit or pass is also required when visiting Tanzania.

Visa To Tanzania can be applied online at the [Tanzania Electronic Visa Application System \(https://eservices.immigration.go.tz/visa/\)](https://eservices.immigration.go.tz/visa/). Visit the Tanzania Visa Online assessment form to get started on your Tanzania Visa Application. The assessment form is quick and easy to complete, just answer a few simple questions and one of the immigration consultants will respond to your inquiry.

Most travelers get their Visa for Tanzania upon arrival. This is a very common way to obtain the Visa. The only disadvantage that this brings is that you might need to line up at the airport upon arrival to fill in the forms and get the Visa. It is not an exhausting wait and we consider it a safe way to obtain your visa without domestic bureaucracy.

Tanzania Visa Applications for minors under 18 years traveling alone or with only one parent/legal guardian should be accompanied by a notarized letter, jointly signed by parents or legal guardians approving the minor to travel, as well as a copy of their ID.

Those who travel from Yellow Fever endemic countries need to provide proof of vaccination upon arrival in Tanzania.

Applying for Tanzania E-Visa

- Visit Tanzania Immigration Website: www.immigration.go.tz
- Point to the "e-services" button;
- Then Click "Online Visa Application Form";
- Then, click VISA GUIDELINE to read Types and Requirements of Visa;
- Fill the required information correctly and upload relevant attachments;
- Lastly, make Payment for the Visa
- This is how you can easily get Tanzania Visa Online.

Proof of vaccinations is not required in order to apply for a Tanzania Visa

The countries whose nationals require a Visa for Tanzania are

Afghanistan	Comoros	Guinea-Bissau	Moldova	Suriname
Albania	Congo	Guyana	Monaco	Sweden

Algeria	Congo (the Democratic Republic of)	Haiti	Mongolia	Switzerland
Angola	Costa Rica	Holland	Morocco	Syria
Argentina	Cote D'Ivoire	Holy See	Myanmar	Taiwan
Armenia	Croatia	Honduras	Nepal	Tajikistan
Austria	Cuba	Hungary	Netherlands	Thailand
Azerbaijan	Czech Republic	Iceland	Niger	Togo
Bahrain	Denmark	Independent State of Samoa;	Norway	Tunisia
Belarus	Djibouti	India	Oman	Turkey
Belgium	Dominican Republic	Israel	Panama	Turkmenistan
Benin	Ecuador	Italy	Papua New Guinea	Ukraine
Bhutan	Egypt	Japan	Paraguay	United Arab Emirates
Bolivia	El-Salvador	Jordan	Peru	United Kingdom
Bosnia	Equatorial Guinea	Kazakhstan	Philippines	United States of America
Brazil	Equatorial Guinea	Korea (North & South)	Poland	Uruguay
Bulgaria	Eritrea	Kuwait	Republic of Ireland	Uzbekistan
Burkina Faso	Estonia	Kurdistan	Portugal	Venezuela
Burma	Fiji	Laos	Qatar	Vietnam
Burundi	Finland	Latvia	Romania	Yemen
Cambodia	France	Liberia	Russia	Yugoslavia (all travelling documents issued by former SFR of Yugoslavia or by present Yugoslav Authorities)
Canada	Gabon	Libya	Sao Tome & Principe	Colombia
Cape Verde	Georgia	Luxembourg	Saudi Arabia	Guinea
Central African Republic	Germany	Macedonia	Senegal	Mexico
Chad	Gibraltar	Malagasy	Slovak Republic	Spain
Chile	Greece	Maldives	Slovenia	
China (Peoples Republic of)	Guatemala	Mauritania	South Africa	

Citizens of the following countries do not need a Visa for stay up to 90 days

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Botswana	Hong Kong	Malawi Republic	Namibia Republic	Uganda Republic
Gambia	Kenya Republic	Malaysia Federal State	Rwanda Republic	Zambia Republic
Ghana Republic	Lesotho Kingdom	Mozambique Republic	Swaziland Kingdom	Zimbabwe Republic

Nationals of any Country not listed above please consult the Mission for further information. Tanzania High Commissions / Embassies and Consulates (<https://www.embassypages.com/tanzania>) abroad.

We invite you to take a look at our Tanzania Safari Packages. We will provide you an all-around Tanzanian wildlife experience. You'll visit the finest Tanzania National Parks and Reserves and see the best they have to offer. You'll choose between the lodges and campsites options we have.

If you want to enjoy Tanzania in a great way, with the focus on good sightings and wonderful areas, safely, accompanied by arrival to departure, relaxed, FIF Tours and Travel team is the choice for you. You can select a tour from our hand-picked most popular Tanzania safari itineraries that matches your interests, or create your own itinerary with our expertise and years of experience.

Get in touch with us on info@fiftours.com and we will plan together your Tanzania Safari accordingly to your expectations!

HEALTH & TRAVEL INSURANCE

Visitors originating from or transiting through countries endemic with yellow fever are required to produce valid yellow fever vaccination certificates at entry points. Visitors are advised to take anti-malaria tablets and make use of mosquito nets and insect sprays where provided. Visitors are also advised to obtain travel insurance that would cover medical expenses among many other things.

Yellow Fever Vaccination Highlights:

1. Yellow Fever vaccination is not compulsory for visitors arriving directly into Tanzania from NON-endemic countries like Europe, the USA and Japan. Tanzania is mapped by the World Health Organization (WHO) as a low risk country for Yellow fever (WHO 2015 update). However, the presence of Yellow fever vector (mosquitoes) poses potential risk for Yellow fever if the virus is introduced into the country.

All visitors from Non-Endemic countries, whom on their way to Tanzania have passed through Endemic Yellow Fever zone(s) but they did not get out of that country's airport, will not require Yellow Fever vaccination certificate provided the transit time at the airport is less than 12 hours.

2. In order to conform to International Health Regulations requirement and safeguard public health security in Tanzania, Yellow fever vaccination is mandatory to travellers arriving from Yellow fever endemic countries. This condition also applies to travellers subjected to long flight connection (transit) in an airport of a Yellow fever endemic country for twelve hours (12hrs) or more.

3. All visitor from Endemic Yellow Fever zone(s), and those visitors whom on their way to Tanzania have passed through Endemic Yellow Fever zone(s) and get out of that country's airport, will be



required to show their yellow fever certificates on their arrival into Tanzania or receive vaccination at the entry point on their arrival (vaccination fee is US \$ 50).

4. All visitors from Tanzania mainland to Zanzibar will not be required to show their yellow fever vaccination certificate because Zanzibar is inside the United Republic of Tanzania

Safari Packing List & Cost

Tanzania Safari Packing List

FIF Tours and Travel has brought you an ultimate guide for Tanzania Packing List which help you find clothes, gear, and more that you need to take. Follow the list and you won't worry about leaving something behind or taking something that you won't need on your Tanzania safari.

What to pack for your Tanzania safari

BACKPACK. It's always handy to have a more manageable bag (small backpack or duffle bag) that you can have with you in the vehicle.

WARM SWEATER OR LIGHT FLEECE. It's always good to have something a little warmer to throw on until the sun warms the plains up.

WINDBREAKER OR WATERPROOF JACKET. You never know when there's going to be a sudden squall or downpour, so packing a lightweight rain jacket is a good idea.

WALKING SHOES OR BOOTS. You'll need a comfortable pair of shoes or hiking boots for walking tours on villages, to walk comfortably to your accommodations, snapping photos from the picnic spot, or if you've added any walking safaris to your itinerary.

LONG SLEEVE DRESS SHIRT, LIGHT AND WARM TROUSERS. Perfect for both sun protection and to ward off hungry mosquitoes, a long sleeve shirt and trousers are also a good option for a cold morning or evening.

SUNGLASSES. A must for sunny safari tours.

HAT. A good hat is a great way to avoid nasty burns or heatstroke.

SUNSCREEN AND LIP BALM. To protect from the sometimes-strong sun, especially in elevated areas but also on game safaris.

INSECT REPELLENT. To chill during sunsets and especially at night, you must pack insect repellents.

BINOCULARS. In some occasions you want to have a closer look and if you have your own binoculars you can see more details. Usually we also have at least two binoculars by vehicle but to be on the safe side you can bring your own.

PLUG ADAPTATORS. Africa is generally 3-prong round or square, like the UK.

MEDICATIONS. Please don't forget to carry any prescribed or eventually any other medicine in need. Allergy remedy, pain reliever, rehydration salts like Liquid I.V., antiseptic cream, motion sickness tablets (dramamine), heartburn remedy, anti-diarrhea medicine, cold/flu tablets.

What to wear on Tanzania safari

- T-shirts and tank tops;
- Long-sleeved shirts;Shorts;
- Light long pants or convertible long-short pants;
- Warm fleece pullover or jacket;
- One swimsuit;
- Cotton socks and underwear;
- Pajamas (also warm ones);
- One pair of comfortable walking shoes;
- One pair of sandals or flip-flops;
- Wide-brimmed hat;Bandana (for dust);
- Heavy sweater, gloves, and toque if travelling in the cold season.

We invite you to take a look at our Tanzania Safari Packages. We will provide you an all-around Tanzanian wildlife experience. You'll visit the finest Tanzania National Parks and Reserves and see the best they have to offer. You'll choose between the lodges and campsites options we have.

If you want to enjoy Tanzania in a great way, with the focus on good sightings and wonderful areas, safely, accompanied by arrival to departure, relaxed, our FIF Tours and Travel team is the choice for you. You can select a tour from our hand-picked most popular Tanzania safari itineraries that matches your interests, or create your own itinerary with our expertise and years of experience.

Tanzania Safari Cost

Tanzania Safari cost varies depending on the type of safari (budget, standard, and luxury) and also on other factors as number of travellers per groups or the length of your stay

Our well-planned travel itineraries will not only help you generate the right Tanzania safari budget but also let you enjoy the most amazing safari activities in relatively affordable costs.

Factors influencing the cost of your safari

DURATION. The length of your stay will have a big impact on your cost estimate.

ACCOMMODATION TYPE. The type of accommodation or stay that you choose will greatly impact the cost of your safari in Tanzania. Luxury or premium safaris are more expensive compared to Tanzania budget safari campings. In any case we assure you a comfortable and authentic experience, each its own way.



NUMBER OF TRAVELLERS. Travelling in group can be fruitful as it greatly impacts the cost of a safari in Tanzania as it gets equally distributed in the per head costs. For our experience, groups are a wonderful way to make new friends from different cultures, but remember, we are also ready for a solo travel especially designed for you.

TRANSFERS AND EXTRA CARS. The essential transfers from arrival to departure are included on all our safari packages. But if you choose to opt for extra transfers and extra cars for travelling within the town or to places not previously scheduled this will impact your Tanzania safari cost.

TANZANIA NATIONAL PARKS. When planning to traverse the flora and fauna of the Serengeti or any other National Park in Tanzania, it is important to realize that these safaris cost different depending on the park.

SEASON & TIME OF THE YEAR. Another important factor influencing the Tanzania safari tours costs is the season or time of the year as travelling in the low season will help you avail various discounts that the peak seasons do not offer.

OPTIONAL & EXTRA ACTIVITIES. Other activities include walking safari, honeymoon safari, photographic safari, especial solo safari, and visiting attractions can be added to your Tanzania safari.

Extra, not included costs on your Tanzania safari

The Tanzania safari price does not include the following costs:

- **International flights.** International flight costs are not included in the Tanzania Safari Tours prices.
- **Visa costs.** Some countries are not exempted from the visa exception rules of Tanzania so may require a Tanzania Visa for entering into this country. This is also excluded from the package costs.
- **Vaccinations.** Some vaccinations are required before you enter Tanzania. These vaccination costs are not included in the Tanzania safari prices.
- **Travel insurance.** Before your travel you must include a Tanzania travel insurance as this is not included on the Tanzania safari prices. Take your time and choose a travel insurance that fits your adventure, specially if you are climbing the Great Kilimanjaro Mountain.

What is included in your Tanzania safari price

The Tanzania safari price does include the following costs:

- **Airport transfers.** in a private car both on arrival and on departure.
- The cost of your clean, safe, well maintained **safari 4x4 vehicles**
- **National Parks, Crater, entry fees** as per safari package itinerary.
- **Accommodation** in and around the Tanzania National Parks in various campsites, hotels or lodges as per safari package itinerary.
- **Bottled mineral water** to drink during safari.
- **All delicious local meals**, made by our professional English-speaking cooks.
- **Professional English-speaking driver guide.**
- **Game viewing** activities.



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Mount Kilimanjaro Climb Guide

Best Time To Climb Mount Kilimanjaro

It is possible to climb Kilimanjaro year round, however it is best to climb when there is a lower possibility of precipitation, so the warmest and driest months tend to be the best time to climb Mount Kilimanjaro

Tanzania is located in the southern hemisphere, and the weather in Kilimanjaro is not always as wet as you may expect. Also the mountain is very quiet during the monsoon. The best time to climb Mount Kilimanjaro is usually the during the dry season.

Best months to climb Kilimanjaro

BEST TIME

The first half of **March** and also in **January - February** the climate is warmest. With magnificent clear skies in the mornings and evenings make these the best time to climb Kilimanjaro.

The "winter" months in Tanzania are from June to August. Nights are cold although it's still warm during the day.

The peak season on Kili is August and September. For those wanting to avoid busy trails consider a different time of year.

NOT THE BEST TIME

April, May and November are not recommended to climb Kilimanjaro as these are usually colder, cloudy and rainy months.

Best season to visit Kilimanjaro

HOT AND DRY SEASON (best time)

January and February are two of the best months to climb Mount Kilimanjaro and therefore also the most popular. They are the warmest months, so you can expect clear, sunny skies in the mornings and evenings, however clouds may appear in the afternoons and you may experience some rain.



THE LONG RAINY SEASON (not the best time)

The long rainy season runs from March to May. It rains often and it is a bit less warm, Climbing in the rain is likely to be less enjoyable and means you'll miss out on the spectacular views and photo opportunities. On the other hand, if you do choose to trek at this time of year, you'll avoid the crowds on the trails (even the most popular routes can offer solitude, peace and tranquillity) and at the campsites.

DRY SEASON (best time)

From June to October when it's winter in Tanzania, we call it the dry season. It hardly ever rains and the temperatures are pleasant. The weather is warm but you don't suffer from the heat. These are the best time of to climb Kilimanjaro.

WET SEASON (not the best time)

Starting from November to early December is often the wet season. It's summer in Tanzania and it's getting very hot. This is not considered an ideal month to trek Mount Kilimanjaro, as conditions can be very wet, muddy and slippery. The short rainy season often runs into December, however this is still a popular time to climb Mount Kilimanjaro.

Mount Kilimanjaro weather

You must be aware that on a Kilimanjaro climbing you will experience 5 distinct climate zones. These are affected differently by the 2 different wind patterns that occur in Tanzania. But do not worry; you don't have to be a climatologist to make sure you climb at the right time. Also Kilimanjaro climb success rate depends on factors like the chosen routes, previous climbing experience or preparation and most importantly the weather at that time.

Kilimanjaro temperature

The temperature on the Mount Kilimanjaro correlates with the four distinct climatic zones:

RAINFOREST ZONE

The Rainforest Zone (8,00m-3,000m) is hot and damp. Thickly covered with green vegetation this zone temperatures average 12-15 °C (20-25 °C during daytime) at 2,900 m.

LOW ALPINE ZONE

The Low Alpine Zone (3,000m-4,200m) is a semi-arid area and the higher you climb – the scarcer the flora becomes. Depending on the course, you will spend first one or two days with average temperatures range 5-10 °C at 3,600 m.

HIGH ALPINE ZONE

The High Alpine Zone (4,200m-5,000m) which is desert-like is where you will spend your fourth and fifth day on the Mount.



Why not to summit during a full moon?

Picture yourself on the last leg of your summit. The sky is lit up by the bright full moon. The moonlight glistening on the earth beneath your feet, twinkling like little stars is the best experience of your life. Sounds like a dream right? Well living the dream may be a bit easier than you think. Kilimanjaro full moon climbs are utterly breath-taking and are a unique way of experiencing an already life changing adventure.

Kilimanjaro Success Rate

The longer you stay on the mountain; your body gets adjusted to the higher altitude with a proper acclimatization rate

The Kilimanjaro summit success will greatly improve when you spend longer on the mountain. The more acclimatized you are, the less altitude sickness you may feel. It simply means the longer time you spend while Mount Kilimanjaro hike, the higher is your personal Kilimanjaro success rate.

Main factors that affect Kilimanjaro success rate

The consideration of Kilimanjaro routes is also important. You will always need to choose to climb high and sleep low. You should trek to the higher sections during the day and sleep on lower sections during night to allow your body to acclimatize. Here are few details of summit success rates according to KINAPA:

The Kilimanjaro success ratings for 5 days route is 60% - 70%.

For 6 days route will give you 65% to 70% success rate.

For 7 days route will give you 75% to 80% success rate.

For 8 days route will give you 80% to 85% success rate.

For 9 days route will give you 85% to 95% success rate.

And 10 days route will give you 90% to 97% Kilimanjaro success rate.

Mount Kilimanjaro success rate per route

Machame Route Success Rate

The Machame Route is the most popular route and has an itinerary of Machame route 6 days and Machame route 7 days. The routes have great climb high and sleep low profile, due to this the summit success rate is high. The Machame route 7 days give you 85% of Kilimanjaro Success Rate and 6 days will give you 75% of success rate.

Marangu Route Success Rate

The Marangu Route has two itinerary options; Marangu route 6 days and Marangu route 5 days itinerary. However, the 5 days itinerary will not give you more time for acclimatization. The Marangu route 6 days itinerary will give you better success rate with an additional day for acclimatization. The



Marangu Route Success Rate of 6 days itinerary is 70% and 5 days itinerary is below 60% making it the lowest Kilimanjaro summit success rate.

Rongai Route Success Rate

The Rongai Route is considered to be one of the quietest routes in Kilimanjaro and has more option for acclimatization also. It has; Rongai route 7 days and Rongai route 6 days itinerary, making the 7 days itinerary more successful with 80% summit success rate and 6 days route with 70% success rate.

Lemosho Route Success Rate

The Lemosho Route is also one of the most popular Kilimanjaro routes with its beautiful panoramic views. It generally offers Lemosho route 7 days and Lemosho route 8 days itinerary. It also offers a great acclimatization with climbing high and sleeping low. The Lemosho route success rate for 8 days is 90% and Lemosho route 7 days has 85%.

Northern Circuit Route Success Rate

The Northern Circuit Route also starts from the western circuit of Kilimanjaro and traverses the longest itinerary of all the other Kilimanjaro routes. This Kilimanjaro route generally has a Northern circuit 9 days and a Northern circuit 10 days itinerary, both itinerary offers 95% to 97% Kilimanjaro climb success rate. This route would be the best option for all the climbers.

Training For Kilimanjaro

With all the information you could possibly gather, added to being physically prepared, one's chances of reaching the summit is substantially increased

You'd better start Training For Hiking Kilimanjaro 6 months prior. During this time, you can progressively increase your hiking time, distance, and elevation gain.

Leg strength and endurance training are important for safety and success when starting Kilimanjaro hike. You need to acclimatize and build up specific physical training. This will help you safely reach the summit and get back down again.

Hiking Mount Kilimanjaro is a tough task. Just because you exercise regularly does not mean you will easily reach the summit of Kilimanjaro. In order to prepare you should consider doing:

- Uphill hiking, walking, and stair-climbing;
- Strength training;
- Cardiovascular training;
- Flexibility training.

Can I train for altitude?

There is little you can do to prepare for altitude in your training, unless you're lucky enough to live close to high mountains and spend time acclimatizing before your trip! Training regularly at an altitude

centre, like some professional athletes, can also help, although this is out of reach for the majority of people. It is only effective if you visit regularly in the final weeks approaching your Kilimanjaro climb.

Be ready to walk slowly as you cannot move fast at altitude, mentally prepare to relax and enjoy the scenery if you're usually a fast walker!

We recommend seeing your doctor about Diamox (Acetazolamide), a drug that is used for various medical treatments – including glaucoma, sleep apnea, epilepsy and hypertension. It is also used, always with medical guidance, to help mitigate the effects of altitude sickness. And the most important, once on the mountain listen to your guides' advice regarding hydration, nutrition and sleep.

Various trainings to climb Kilimanjaro

Aerobic training

Aerobic training uses oxygen to adequately meet the energy demands of exercise via aerobic metabolism. The types of exercise that use aerobic metabolism are generally light-to-moderate intensity activities like long-distance jogging, swimming, cycling and walking. This differs from anaerobic exercise like high-intensity weight lifting and sprinting which uses anaerobic metabolism to supplement the aerobic system due to increased energy demands.

Aerobic exercise builds the cardiovascular system which is key when training to hike Kilimanjaro, as a strong cardiovascular system will help you process limited oxygen in a more efficient way

Strength training

In addition to aerobic exercise, you should also be doing light strength training, particularly for your legs, core, and upper body. In terms of your legs we suggest the following exercises:

- Lunges;
- Squats;
- Front and reverse leg-curls (thigh muscle and hamstrings);
- Step aerobics.

Building the strength of your core muscles (stomach and lower back) and upper shoulder muscles is also important as you will be carrying a lightweight pack for up to 6-7 hours a day. We recommend the following exercises:

- Sit-ups;
- Kettle-bell rows/ swings;
- Shoulder presses;
- Back and shoulder flies;
- Practice hiking.

Mount Kilimanjaro Hiking is in fact just one long hike. The best way to prepare for a long hike is to do a few yourself.

Mental stamina

So often the thing that gets climbers to the top of Kilimanjaro is their mental stamina. There will be times during the summit night that you will want to give up and go back down. Being able to dig deep and pull on your mental reserves is so important.

Thankfully there are activities to train your mental stamina. Most require some form of pushing your body to the extreme, or to what you think your limits are, and then pushing through to accomplish your goal.

If you follow the guidelines for both the gym training as well as the walking routine, you are definitely ready for Kilimanjaro physically. You can now concentrate on being mentally ready. We will be with you all the way up, together we will succeed.

Kilimanjaro Packing List

In order to be safe and comfortable during your Mount Kilimanjaro hike, you'll need to bring important gear and supplies with you

Getting informed, being curious and reading all about climbing Kilimanjaro months before the adventure is one of the most important steps on the way to conquer the summit. That's also a smaller but very important logistical part, that's why we've compiled the essentials in this Kilimanjaro Packing List.

While climbing Mount Kilimanjaro, we recommend that you take a medium-sized daypack. You'll have to pack things like wipes, sunscreen, sunglasses, some snacks or food, water, money, a passport, a camera and extra clothing in case you need. The rest of your clothing and gear goes in a large duffel bag that will be carried by a porter from camp to camp. Guide companies typically require that your duffel bag with gear weighs no more than 33 lbs (15 kilos).

Kilimanjaro packing list

- 4 pairs of thick trekking socks;
- 3-4 thermal undergarments;
- 4 thermal t-shirts;
- Underwear;
- 2 thermal long sleeved tops;
- Normal t-shirts;
- 1 fleece sweater;
- 1 ski-mask;1 balaclava;
- 1 sun hat;
- 1 pair of sunglasses (with UV protection);
- 1 pair of thin warm gloves;
- 1 pair of thick warm gloves (These will be worn on the day you summit);
- 1 pair of rain trousers/waterproof trousers;
- 1 rain jacket;

- 2 pairs of warm trousers;
- 1 winter jacket (wind stopper summit).

Daypack on Kilimanjaro

- Waterproof clothes;
- A 3-litre water system or 3-litre water bottle;
- A thermos flask;
- 1 pair of hiking poles;
- 1 pair of gaiters;
- 1 sleeping bag (note that temperatures do fall between -10 °C to -15 °C; 14 °F to 5 °F, so ensure that the sleeping bag is warm enough)
- 1 head torch + spare batteries;
- 1 waterproof rack sack and 1 poncho.

Top tips for Kilimanjaro packing list

— **REDUCE COSTS BY HIRING.** You can hire a kit through us, or borrow from friends or family. Hiring a high-quality piece of equipment is usually better than purchasing a cheap version.

— **YOU WILL NEED TWO BAGS.** One duffel bag for your Kilimanjaro porters to carry and the other a backpack for you to carry during the day.

— **THE PORTER BAG SHOULD BE SOFT AS THEY USUALLY CARRY THESE ON THEIR HEADS.** A duffel bag or rucksack would be fine.

— **KILIMANJARO PORTERS CAN STRICTLY ONLY CARRY 15 KG OF KIT FOR YOU.** The 15 kg is including the weight of the bag. This is enough for the mountain but you will need to be disciplined.

— **EXTRA LUGGAGE.** Any additional luggage you need in Tanzania, but not on the mountain, can be left in storage at your accommodation.

— **TRAVEL WEARING A SET OF TREKKING CLOTHES AND YOUR TREKKING BOOTS.** Or carrying them in your hand luggage on the flight, along with rain gear, sunscreen and any medication. Luggage can get delayed but you'll still be able and calm to start your Kilimanjaro hike.

— **LOTS OF CLOTHING LAYERS ARE KEY.** Temperatures fluctuate enormously from day to night and between the bottom of the mountain and the summit.

— **COTTON IS NOT APPROPRIATE.** Cheap, moisture-wicking trekking clothing is easily available in sports and outdoor shops. Merino wool or synthetic fabrics work well.

— **PLAN TO EXPERIENCE TEMPERATURES RANGING FROM -15°C TO 35°C; 5°F to 95°F.** Please do not underestimate the weather and temperature conditions.



- **KEEP YOUR BAG ORGANIZED.** Pack multiple sizes of stuff sacks, lightweight dry bags or large refuse bags for keeping your bag organised, ensuring clothing and your sleeping bag stay dry and enabling you to separate dirty items from clean.
- **WATERPROOF JACKET AND TROUSERS.** Bring good quality waterproof jacket and trousers for wet conditions and waterproof covers for your bags.
- **COMFORTABLE HIKING BOOTS.** Make sure you wear and test your kit before arrival, particularly your hiking boots.
- **REUSABLE WATER BOTTLES.** Disposable plastic bottles are not permitted in the National Park. We recommend bringing a combination of reusable water bottles and a hydration pack/bladder.
- **SOLAR PROTECTION.** Sun hat, sun cream, sunglasses and SPF lip protection are essential. The sun is strong up there, even on very cloudy days.
- **HYGIENE.** Antibacterial gel and wipes are very important for protecting against traveller's diarrhoea and other bugs.
- **SNACKS.** As you will walk for many hours between meals, snacks are essential, also for summit nights.

FIF Tours and Travel provides the best Kilimanjaro Hiking Package and customizes as per your hiker needs. We will let you know about the best time to hike Kilimanjaro so that you can experience the best that the summit has to offer. During the hiking our guides will provide you with Mount Kilimanjaro facts and details that you would have never heard of before!