

# How to Use a For Loop to Iterate over a List

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**Summary:** in this tutorial, you'll learn how to use the Python **for** loop to iterate over a list in Python.

## Using Python for loop to iterate over a list

To iterate over a **list** (<https://www.pythontutorial.net/python-basics/python-list/>), you use the **for** loop statement as follows:

```
for item in list:  
    # process the item
```

In this syntax, the **for** loop statement assigns an individual element of the **list** to the **item** variable in each iteration.

Inside the body of the loop, you can manipulate each list element individually.

For example, the following defines a list of cities and uses a **for** loop to iterate over the list:

```
cities = ['New York', 'Beijing', 'Cairo', 'Mumbai', 'Mexico']
```

```
for city in cities:  
    print(city)
```

Output:

```
New York  
Beijing  
Cairo  
Mumbai  
Mexico
```

In this example, the `for` loop assigns an individual element of the `cities` list to the `city` variable and prints out the `city` in each iteration.

## Using Python for loop to iterate over a list with index

Sometimes, you may want to access indexes of elements inside the loop. In these cases, you can use the `enumerate()` function.

The `enumerate()` function returns a [tuple](https://www.pythontutorial.net/python-basics/python-tuples/) (<https://www.pythontutorial.net/python-basics/python-tuples/>) that contains the current index and element of the list.

The following example defines a list of cities and uses a `for` loop with the `enumerate()` function to iterate over the list:

```
cities = ['New York', 'Beijing', 'Cairo', 'Mumbai', 'Mexico']  
  
for item in enumerate(cities):  
    print(item)
```

Output:

```
(0, 'New York')  
(1, 'Beijing')
```

```
(2, 'Cairo')
(3, 'Mumbai')
(4, 'Mexico')
```

To access the index, you can [unpack the tuple](https://www.pythontutorial.net/python-basics/python-unpack-list/) within the `for` loop statement like this:

```
cities = ['New York', 'Beijing', 'Cairo', 'Mumbai', 'Mexico']

for index, city in enumerate(cities):
    print(f"{index}: {city}")
```

Output:

```
0: New York
1: Beijing
2: Cairo
3: Mumbai
4: Mexico
```

The `enumerate()` function allows you to specify the starting index which defaults to zero.

The following example uses the `enumerate()` function with the index that starts from one:

```
cities = ['New York', 'Beijing', 'Cairo', 'Mumbai', 'Mexico']

for index, city in enumerate(cities,1):
    print(f"{index}: {city}")
```

Output:

```
1: New York
2: Beijing
```

3: Cairo  
4: Mumbai  
5: Mexico

## Summary

- Use a `for` loop to iterate over a list.
- Use a `for` loop with the `enumerate()` function to access indexes.