

	Check ¹	Item ²	Y/N ³	Status ⁴	Cost ⁵
Documents	<input type="checkbox"/>	Kilimanjaro operator booking confirmation	Yes		
	<input type="checkbox"/>	Flight ticket	Yes		
	<input type="checkbox"/>	Any additional hotel reservations	Yes		
	<input type="checkbox"/>	Any separate airport transfer arrangements	Yes		
	<input type="checkbox"/>	Any add-on safari/other tour arrangements	Yes		
	<input type="checkbox"/>	Passport	Yes		
	<input type="checkbox"/>	Passport photocopy	Yes		
	<input type="checkbox"/>	Health & travel insurance details	Yes		
Health and sanitation	<input type="checkbox"/>	Yellow fever vaccination evidence	Yes		
	<input type="checkbox"/>	Anti-malarial medication	Yes		
	<input type="checkbox"/>	Anti-diarrhea drugs	Yes		
	<input type="checkbox"/>	Anti-nausea drugs (optional)	Yes		
	<input type="checkbox"/>	Pain killers (optional)	Yes		
	<input type="checkbox"/>	Sore throat lozenges (optional)	Yes		
	<input type="checkbox"/>	Cold remedies (optional)	Yes		
	<input type="checkbox"/>	Remineralization tablets (optional)	Yes		
	<input type="checkbox"/>	Plasters for random cuts	Yes		
	<input type="checkbox"/>	Plasters or Moleskin for blisters	Yes		
	<input type="checkbox"/>	DEET-containing insect spray (optional)	Y/N ⁶		
	<input type="checkbox"/>	Permethrin-containing insect spray (optional)	Y/N ⁶		
	<input type="checkbox"/>	Antihistamines (optional)	Y/N ⁶		
	<input type="checkbox"/>	Prescription medication, if any	Yes		
	<input type="checkbox"/>	Anti-bacterial ointment (optional)	NO		
	<input type="checkbox"/>	Water purification tablets (optional)	NO		
	<input type="checkbox"/>	First aid kit - gauze (optional)	NO		
<input type="checkbox"/>	First aid kit - adhesive tape (optional)	NO			
Personal care and sanitation	<input type="checkbox"/>	Ear plugs	Yes		
	<input type="checkbox"/>	Toilet paper	Yes		
	<input type="checkbox"/>	Wet wipes	Yes		
	<input type="checkbox"/>	Hand sanitizer	Yes		
	<input type="checkbox"/>	Toothbrush and small toothpaste	Yes		
	<input type="checkbox"/>	Deodorant	Yes		
	<input type="checkbox"/>	Sunblock	Yes		
	<input type="checkbox"/>	Lip balm with sun protection	Yes		
	<input type="checkbox"/>	Heavy cream (e.g. Vaseline)	Yes		
	<input type="checkbox"/>	One-time expanding towels (optional)	Yes		
	<input type="checkbox"/>	Anti-odor/Refreshing spray (optional)	Yes		
	<input type="checkbox"/>	Dry shampoo/baby powder (optional)	Yes		
	<input type="checkbox"/>	Other toiletries (optional)	Yes		

	Check ¹	Item ²	Y/N ³	Status ⁴	Cost ⁵
	<input type="checkbox"/>	Paper tissues (optional)	Yes		
	<input type="checkbox"/>	Cloth tissue (optional)	Yes		
	<input type="checkbox"/>	Prescription glasses / contact lenses, if any	Yes		
	<input type="checkbox"/>	Pee bottle for overnight (optional)	NO		
	<input type="checkbox"/>	WOMEN ONLY: FUD	NO		
	<input type="checkbox"/>	WOMEN ONLY: Tampons or pill	Yes		
	<input type="checkbox"/>	WOMEN ONLY: Panty liners	Yes		
Clothing	<input type="checkbox"/>	Waterproof jacket - 1	Yes		
	<input type="checkbox"/>	Insulated jacket - 1	Yes		
	<input type="checkbox"/>	Mid-layer jackets - 2	Yes		
	<input type="checkbox"/>	Long-sleeved thermal shirts - 2-3	Yes		
	<input type="checkbox"/>	Short-sleeved shirts - 2	Yes		
	<input type="checkbox"/>	Waterproof pants - 1	Yes		
	<input type="checkbox"/>	Hiking pants - 2-3	Yes		
	<input type="checkbox"/>	Mid-layer fleece pants - 1	Yes		
	<input type="checkbox"/>	Long thermal underwear pants - 2	Yes		
	<input type="checkbox"/>	Underwear - 3+	Yes		
<input type="checkbox"/>	WOMAN ONLY: Sports bra - 3	Yes			
Footwear	<input type="checkbox"/>	Hiking boots	Yes		
	<input type="checkbox"/>	Hiking socks - 2 thick	Yes		
	<input type="checkbox"/>	Hiking socks - 2+ thin	Yes		
	<input type="checkbox"/>	Gaiters, waterproof (optional)	Yes		
	<input type="checkbox"/>	Thermal insoles (optional)	Yes		
	<input type="checkbox"/>	Spare laces (optional)	NO		
	<input type="checkbox"/>	Flip flops for camp (optional)	NO		
	<input type="checkbox"/>	Sneakers/comfortable shoes for camp (optional)	NO		
Headwear	<input type="checkbox"/>	Brimmed hat (sun protection)	Yes		
	<input type="checkbox"/>	Knit hat (warmth)	Yes		
	<input type="checkbox"/>	Balaclava	Yes		
	<input type="checkbox"/>	Bandana (optional)	Yes		
	<input type="checkbox"/>	Cap (optional)	Yes		
	<input type="checkbox"/>	Heating badges for toes (optional)	NO		
Handwear	<input type="checkbox"/>	Gloves or mittens	Yes		
	<input type="checkbox"/>	Mid-layer fleece gloves (optional)	Yes		
	<input type="checkbox"/>	Glove liners	Yes		
	<input type="checkbox"/>	Heating badges for fingers (optional)	NO		

	Check ¹	Item ²	Y/N ³	Status ⁴	Cost ⁵
Accessories	<input type="checkbox"/>	Sunglasses	Yes		
	<input type="checkbox"/>	Water bladder (camelbak, 2-3l)	Yes		
	<input type="checkbox"/>	Nalgene bottle 1l	NO		
	<input type="checkbox"/>	Thermos	Yes		
	<input type="checkbox"/>	Zippable plastic bags / stuff sacks	Yes		
	<input type="checkbox"/>	Small waste bag	Yes		
	<input type="checkbox"/>	Towel, light-weight (optional)	Yes		
	<input type="checkbox"/>	Bag lock	Yes		
	<input type="checkbox"/>	Poncho (optional)	Yes		
	<input type="checkbox"/>	Safety pins (optional)	Yes		
Equipment	<input type="checkbox"/>	Sleeping bag - RENTAL	Yes		
	<input type="checkbox"/>	Sleeping bag liner	Yes		
	<input type="checkbox"/>	Trekking poles	Yes		
	<input type="checkbox"/>	Head lamp	Yes		
	<input type="checkbox"/>	Head lamp - extra batteries (optional)	Yes		
	<input type="checkbox"/>	Daypack	Yes		
	<input type="checkbox"/>	Duffel bag (or big backpack)	Yes		
Other	<input type="checkbox"/>	US dollars	Yes		
	<input type="checkbox"/>	Snacks / comfort food (optional)	Yes		
	<input type="checkbox"/>	Phone (optional)	Yes		
	<input type="checkbox"/>	Camera (optional)	Yes		
	<input type="checkbox"/>	Camera spare battery (optional)	Yes		
	<input type="checkbox"/>	Book(s)/E-reader (optional)	Yes		
	<input type="checkbox"/>	Small notebook/Pen and paper (optional)	NO		
	<input type="checkbox"/>	Solar power charger (optional)	NO		
	<input type="checkbox"/>	Phone and camera charger (optional)	Y/N ⁶		
<input type="checkbox"/>	Power adapter (UK style) (optional)	Y/N ⁶			
				Total costs:	

¹ You may want to use this as final check to tick off the items you have packed.

² This is a rather comprehensive list based on various packing lists (including items I have considered but would not recommend), as well as my own additions.

³ This refers to whether I personally would carry those items (again), taking into consideration my actual Kilimanjaro hiking experience. You may want to replace this with your own assessment.

⁴ This may help you keep track throughout your preparation process.

⁵ You may want to keep track of your costs of all your new purchases.

⁶ Bring to Tanzania, but no need to carry onto Kilimanjaro.