

CLIMBING PACKING LIST - Meru

CLOTHES

- ✓ Shorts
- ✓ Hiking trousers (2)
- ✓ Warm trousers (1)
- ✓ T-shirts
- ✓ Thermal bottoms – protects outer layers from moisture (at least 3)
- ✓ Thermal tops – protects outer layers from moisture (at least 3)
- ✓ Fleece jackets – worn on top of thermal top for more warmth and wind protection (1)
- ✓ Fleece trousers – worn on top of thermal top for more warmth and wind protection (1)
- ✓ Wind and waterproof jacket (1)
- ✓ Down jacket (1)
- ✓ Rain jacket (1)
- ✓ Rain trousers – Insulation layer (1)
- ✓ Warm hat – protection from the cold (1)
- ✓ Gloves – protection from the cold (1 pair)
- ✓ Glove liners – protection from the cold (1 pair)
- ✓ Balaclava – protection from the cold on the summit (1)
- ✓ Warm socks (at least 2 pairs)
- ✓ Light weight socks (at least 4 pairs)
- ✓ Gaiters – protection from water and mud (1 pair)
- ✓ Scarf
- ✓ Poncho, big enough to cover daypack
- ✓ Cloth bags (e.g. drawstring gym bag), for separation and waterproofing of gear (note that plastic bags are banned in Tanzania)
- ✓ For women: Sports Bra (Preferably synthetic)

FOOTWEAR

- ✓ Sneakers – for travel and easy walking
- ✓ Hiking boots
- ✓ Sandals for base camp, they should be large enough for socks

NB: Items such as camping facilities (tents, tables, chairs, and mattress) are inclusive of the package fee therefore not listed above.

We have all necessary gear needed for your climb at a reasonable rate in case you don't want to buy any at your home town.

Please request for the price list if interested.

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EQUIPMENT LIST

- ✓ Day pack with waterproof cover
- ✓ Back pack
- ✓ Sleeping bag
- ✓ Sleeping bag liner
- ✓ Trekking poles (1 pair)
- ✓ Sunglasses
- ✓ Water bottle/CamelBak 3L
- ✓ Head torch
- ✓ Thermos

PERSONALS

- ✓ Soap, deodorant, toothbrush, toothpaste, Q-tips, floss, hairbrush etc.
- ✓ Toilet paper
- ✓ Wet wipes
- ✓ Ear plugs
- ✓ Nalgene bottle to pee; helps when you don't want to leave your tent during the cold nights
- ✓ Towel – preferable microfiber as these dry faster
- ✓ For women: Tampons/sanitary pads
- ✓ For women: Feminine hygiene wipes
- ✓ For women: Panty liners can help keep underwear fresher for longer

PERSONAL FOOD ITEMS

Note: we provide three meals a day prepared by your personal chef, so this is purely if you wish to have some extra snack while hiking.

- ✓ Granola bars
- ✓ Candy bars
- ✓ Dates
- ✓ Healthy meal bars
- ✓ Fruit juice supplements
- ✓ Ginger cookies or tea bags; helps reduce Acute Mountain Sickness (AMS)



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EKSTRAS

- ✓ Pocket Knife
- ✓ Cloth bags for keeping dirty or wet gear (note that plastic bags are banned in Tanzania)
- ✓ Large Ziploc bags for storing mobile phones, journals, medical certificates etc.
- ✓ Base camp entertainment such as playing cards, iPods etc.
- ✓ Camera – you will need to sleep with your camera during the night and place it in your jacket during the day.
- ✓ Extra cash in small bills preferably for small items, gratuities and for tipping as well.
- ✓ Cloth pegs so as you can hang your wet clothes behind your backpack for drying if you wish to do so.
- ✓ Matches
- ✓ Insulating tape also for repairs
- ✓ Watch preferably cheap and luminous for the summit trail
- ✓ Journal and pen
- ✓ Extra batteries and memory cards



MEDICAL ITEMS

- ✓ Lip Balm or Chap sticks or Vaseline
- ✓ Water purification tablets
- ✓ Small personal first aid kit (should be simple and light); Aspirin, first aid tape, plasters (band aid)
- ✓ Anti-diarrhea tablets
- ✓ Skin blister repair kit (antiseptic cream)
- ✓ Acute mountain sickness (AMS) tablets such as Admil/Acetazolamide/Diamox – Diamox is highly recommended with minimum side effects, but be sure to try them before hand to be sure if there aren't any allergic reactions.
- ✓ Analgesics; Ibuprofen, Paracetamol, Aspirin, Tylenol etc.
- ✓ Cough and cold medicine
- ✓ Sore throat medicine such as strepsils
- ✓ Antibiotics for stomach infections (advice with your doctor)
- ✓ Elastic knee support especially for those with knee problems during steep gradients
- ✓ Malaria medicine
- ✓ Insect repellent with Diethyltoluamide (preferably 30%) can be worn both during the night and during the day for protection from yellow and dengue fever carrying mosquitoes.

Note: For contact lenses wearers, bring extra supplies. As there is a lot of dust, you might want to bring glasses as a back-up.