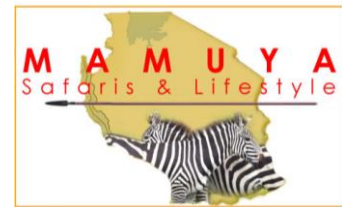


Mamuya Safaris & Lifestyle

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Check list for Mount Meru climbing

Travel Documents

- Passport with Tanzania Visa, International vaccination card
- Copies of the passport, TZ visa, airline tickets/schedule and travelers cheque numbers. Leave a copy with someone at home and put a copy in a separate place in your luggage.
- Airline tickets
- Credit cards, traveler`s cheque, Cash money and cheque, cash about USD 200 (USD 120.- you should spend for tips => depending on the hiking time and members of the team)

Essential Items

- Trekking bag, kitbag or robust hold all (waterproof)
- Day backpack, 10-15 l, large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
- belt, to fix things at the backpack
- ski pole or walking sticks
- small travel bag, to deposit your extra gear at the hotel
- sleeping bag, about 1000 g down feathers, up to -15 /0 degrees with waterproof bag around

High Altitude Gear

- Down jacket or Gore Tex Jacket (for temperatures well below freezing point plus wind)
- Rain jacket, needed in hot rainforest and cold snow
- Rain pants, needed in hot rainforest and cold snow and for the summit day
- 1x Fleece pullover (Polartec 300) or Fleece jacket
- 2x Fleece shirts long-sleeved (Polartec 200-300)
- 1x Trekking pants, long (Zip-pant with removable legs)
- Long Underwear, we recommend thermal underwear with „Wicking“properties
- Woolen socks for colder conditions
- Wool or pile hat
- Mittens and/or gloves (waterproof, one thin pair, one thick pair, that can be layered)
- Insulating-glove covers
- Balaclava or neck gaiter
- Drinking bottle out of aluminum or 2x bag each 1,5 l with drinking tube (maybe labeled with your name)
- Thermos-bottle out of aluminum, both together at least 2 l minimum, very good for summit day, maybe labeled with your name)
- Gaiter, protection against coldness

Hiking Gear

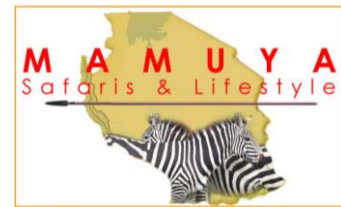
- 2-3 T-Shirts
- 2 x Trekking pant maybe with zipper
- Regular underwear
- General clothing for Arrival and Departure, another clean T-Shirt for departure

Foot Wear

- Trekking shoes for hiking during the day, preferable warm, waterproof and with ankle support + alternative bootlaces. Please make sure that you use them before you climb the Mount Meru
- Tennis shoes or light sandals for lounging in the evening
- Hiking socks for warmer conditions

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Equipment

- Sun/lip with high protection (50)
- Sun hat with brim
- Sun glasses 100% UV protection
- Alternative sunglasses / lenses
- Bandana
- Personal Toiletries: toilet paper, small towel, soap, toothbrush and toothpaste, handy-wipes, hand sanitizer, lotion, comb, mirror
- Headlamp or flashlight (bring extra sets for headlamp/flashlight and camera, as cold weather shortens their life, alternative bulb)
- Light pocket knife (with scissor) and lighter
- Binoculars

Personal Items

- notebook, pencil and pen
- electricity adapter
- Neck pouch or belt for documents, money ...

Medical and First Aid Supplies

- Malarone, Ibuprofen, insect repellent, plaster
- Imodium
- Water filter or iodine purification tablets!!!
- Painkillers

Optional Items

- Drinks with electrolytes
- Energy bars, hard candy, snacks, glucose and comfort food
- photo/Video: we recommend 3 charged batteries, due to coldness they discharge very fast
- Protect further objectives from humidity
- Maybe waterproof camera for rainy days
- Please get in touch with the handling, if you buy a new camera only for Mount Meru Climbing
- Alternative batteries for video camera
- Bag for the video camera, to separate the battery from the camera
- Maybe a small weatherproof camera for the summit day (you might be tired, it is cold, but with a small camera you might have some good snapshots)
- Reflex camera is highly recommended
- Panorama lens makes the landscape and the camping more lively
- Literature
- 1 bag for dirty clothes
- Further plastic bag with zipper, to separate wet things from dry things in your backpack