



Mt. Meru trek - Packing List

Mountain Gear/packing list:

The porters shall carry your luggage of max. 12 kg however for all your personal belongings (bad-weather clothes, water bottles, photo equipment, snacks, etc...) you would need to bring your own backpack of around ca. 35 liters volume.

You need to bring the following clothes:

- 1 long sleeve synthetic shirt (cotton is to be avoided)
- 2 sweat-wicking t-shirts (not cotton)
- 1 pair of hiking shorts
- 1 pair of trekking pants
- 1 pair of fleece long underwear/ trousers
- 1 pair of leg gaiters
- 1 pair of socks per trekking day, to include 2 pair2 of lighter weight socks and 2 pairs of heavier wool/synthetic blend
- 1 pair of underwear per day
- 1 warm polartec-fleece jacket
- 1 goretex rain/wind shell
- 1 pair of goretex rain/wind pants
- 1 poncho or lightweight rain coat
- 1 pair of lightweight gloves
- 1 pair of cold weather gloves or mittens
- 1 warm hat
- 1 sun hat
- 1 pair trekking boots (medium weight, waterproof)
- 1 pair of walking/camp shoes

Other Equipment:

- 1 soft (no hard frame or wheels) duffel bag (porters will carry)
- 1 daypack
- Plastic bags of different sizes (to protect clothes against rain)
- 1 warm sleeping bag (0 degree rated Celsius (3-season))
- 2 trekking poles – highly recommended
- 1 head lamp or torch (with extra batteries and light bulb)
- 3 One-litre water bottles, or substitute with hydration pack
- Sun block. We suggest the highest possible SPF rating
- 1 pair UV-blocking sunglasses

- Water purification tablets / or filter/pump. We recommend tablets as the best and most fool-proof way to purify water.
- div. high caloric food, like chocolate,
- 2 bandanas /scarves

You must carry a medical kit. Please discuss your kit with your physician. We recommend you include the following: bandages, gauze swabs, adhesive tape, non-adhesive dressings, elasticised support bandage, safety pins, a small pair of scissors, 1 life-saving couvret, thermometer, tweezers, sterile alcohol wipes, sutures, antiseptic cream, antihistamine cream, and antibiotic cream.

Consult with your physician on bringing the following:

- Antihistamine tablets
- Altitude sickness tablets such as diamox and dexamethazone.
- Anti-diarrhoea tablets, as well as anti-micro fauna/flora tablets like Cipro, flagyl, etc...
- Pain killers and anti-inflammatory like Ibuprofen, aspirin, or paracetamol
- Eye drop

First Aid Kit

- Your first-aid kit should include the following:
 - Blister bandages /mole-skin
 - Small bandages (band-aids)
 - Elasticised support bandage (ace-wrap)
 - Safety pins
 - Small pair of scissor



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EQUIPMENT FOR HIRE LIST

- 1 soft (no hard frame or wheels) duffel bag (not to exceed 15 kg)
- 1 daypack
- Plastic bags of different sizes (to protect clothes against rain)
- 1 warm sleeping bag (0 degrees C rated)
- 2 trekking poles – highly recommended
- 1 head lamp (with extra batteries and light bulb)

- 1 pocket knife
- 3 One-liter water bottles, or substitute with hydration pack
- Sun block. We suggest the highest possible SPF rating
- Water purification tablets / or filter/pump. We recommend tablets as the best and most fool-proof way to purify water.
- 2 bandanas for dust