



## Meru Packing List

On the next page is a list of items Duma Explorer recommends bringing on Meru climbs. The items in red are the most important things to remember to pack. As there is a great deal of rain on the mountain, please bring waterproof jacket and pants to carry in your day pack. A good pair of waterproof hiking shoes is also necessary for each day of hiking and most importantly, the final summit day. Although Duma's head guides carry first aid kits, we recommend that each person has their own first aid kit with essentials such as topical antibiotic, bandages, moleskin and prescription medicines. Duma Explorer will not provide any prescription medicines during any part of the trip.

Because of weight restrictions on porters' bags, we ask each climber to keep their individual bag under 15 kilograms (33 pounds). Please pack your gear in a cloth duffel bag or large backpack. We recommend packing your sleeping bag and clothing inside plastic bags in case of heavy downpours. When you arrive at the campsite each day, please look for your gear bag in your tent's vestibule. Your tents will be set up when you arrive at camp, but you will unpack your own gear bag to set up the inside of your tent.

In addition to your gear bag, please pack a small day pack to carry during the hike each day. We recommend carrying the following items in your day pack: rain gear, 2 liters of water, camera, lunch, extra fleece jacket, passport, and money. If you usually drink a lot of water while hiking, we recommend carrying 4 liters in your day pack. You will not have access to the luggage carried by the porter until you reach the camp/hut each evening.

The items below are available for rent in Tanzania. All prices are for the duration of the climb.

0 degree Fahrenheit sleeping bag: \$25 each

Mountain Hardwear summit jacket: \$25 each

Walking stick (pair): \$15 each

Fleece jackets & pants, hats, gloves, gaiters, balaclava: \$10 each item

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### Clothing, gear and personal items

Item	Quantity
waterproof hiking boots	1
tennis shoes or light hikers	1
wool or polypro socks - medium/heavyweight	4
polypro shirt, sock liners and underwear	2 of each
polypro long underwear (top & bottom)	1
hiking shorts	1
hiking pants	1
wool or fleece sweater/pull-over	2
rain/wind-proof (Goretex) shell jacket	1
insulated rain/wind (Goretex) climbing pants	1
wool or fleece gloves - medium weight	1
wind/waterproof gloves -- heavy weight	1
wool or synthetic stocking cap -- windproof	1
sun hat	1
balaclava	1
gaiters	1
high quality sunglasses	1
walking stick	1 pair
expedition pack	1
day pack	1
sleeping bag (rated to 0°F)	1
headlamp & spare bulb	1
camp towel	1
pocket knife	1
1 liter water bottle	4
sun cream and lip balm - 30+SPF	1
large plastic garbage bags and ziploc storage bags of various sizes	1
lightweight toilet articles - toothbrush & paste, floss, hand cleanser, face pads	1
extra batteries	6
travel wallet	1
Camera & film	1
energy bars & snacks (energy gel/gu is best for summit day)	2 per day
<b>First aid kit</b>	
Anti-malarial medicines	doses
Cipro (GI, general antibiotic)	1 dose
Diamox (altitude)	doses
iodine/water purification tabs	1 bottle
headache medicine (Ibuprofen)	as needed
Imodium (diarrhea medicine)	as needed
Pepto or Antacid (Rolaids) rolls (stomach acid medicine)	as needed
Flu/sinus medicine	as needed
Neosporin (cuts)	as needed
Band-Aids	as needed
moleskin for blisters	at least 3 sheets