



FAIR TRAVEL TANZANIATM

MOUNT MERU GUIDELINES

MOUNT MERU (4566M/14,980FT)

Safety first

- Be open and honest with us at all time. We're part of the same team and share the same goal - to reach the top and come back comfortably and safely. Never pretend to feel well if you don't before or during climb.
- Make sure you are in good physical and mental health before attempting the mountain. We recommend a medical check prior to any climb.
- Most people will experience mild symptoms of altitude sickness. Your guide is experienced in identifying and dealing with altitude sickness but you should also educate yourself about the symptoms and preventions of Acute Mountain Sickness (AMS), High Altitude Sickness (HAS), High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE). Should you experience any symptoms of AMS, **immediate descent is the remedy on Mt. Meru and will be ordered by your guide.**

Before climb

- Start your physical preparation (hiking) at least two months before. Decrease efforts the last 2 weeks and rest the final days before the climb so your body can recover properly. We recommend long walks in different terrain, swimming and yoga.
- Start practicing deep, deliberate breathing. Try Pranayama breathing technique or any other that suits your lungs.
- Make sure you are properly equipped according to our gear list.
- You should bring some "comfort" food, such as chocolate and energy bars or energy drinks powder. You might need this for a boost on summit night.

During climb:

- Be positive and prepared for any kind of weather and surface – rainy, foggy, snowy, dusty, muddy, loose surface.
 - Ascend slowly. Don't overexert yourself.
 - Take deep, deliberate breaths.
 - Communicate openly with your guide and follow his instructions at all times. He is the most experienced person on the mountain and there to assist you at all times.
 - At high altitudes, loss of appetite is common. Eat and drink properly even if you don't feel like it.
 - Summit day/night is tough. Steep ascent and sheer drops at some places, cold, wind and loose gravel surface will require your best efforts. Prepare yourself for this challenge and conserve mental and physical energy from the start. You will need it!
 - Don't forget to enjoy! Feel connected to the mountain and feel the spiritual experience offered to you.
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MOUNT MERU (4566M/14,980FT)

Mount Meru is a spectacular mountain inside Arusha National park and often shadowed by the immensely popular Mount Kilimanjaro. The trek offers dramatic volcanic sceneries and excellent views but also exciting walks among wild animals, which will require armed rangers to keep them at a healthy distance from you. You will pass tropical forest and bushy terrain before sand and ash take over. Large numbers of crowds are less common and the Meru expedition is also recommended before a Kilimanjaro expedition, as it will optimize acclimatizing and chance of summit success. We recommended 4 days to allow slow pace and more time to enjoy the mountain and its sceneries. But an intense 3-day expedition can also suffice if you are willing to accept the extra physical and mental straining. Regardless your choice, reaching 'Socialist Peak' at 4566m/14980ft is a fantastic achievement that conquers the 4th highest mountain in Africa. For weather forecast click [here](#).

3 DAYS

Day	Start	Alt. (m)	Alt. (ft)	Finish	Elevation (m)	Elevation (ft)	Dist. (km)	Dist. (miles)	Time (hrs)
1	Momella Gate	1,500	4,921	Miriakamba Huts	1,014	3,329	10	6	4-5
2	Miriakamba Huts	2,514	8,250	Saddle huts	1,056	3,462	8	5	3-4
	Saddle huts	3,570	11,712	Summit	996	3268	5	3	4-6
3	Summit	4,566	14,980	Momella Gate	-3,066	-10,059	23	14	6-8
Total							46	28	

4 DAYS

Day	Start	Alt. (m)	Alt. (ft)	Finish	Elevation (m)	Elevation (ft)	Dist. (km)	Dist. (miles)	Time (hrs)
1	Momella Gate	1,500	4,921	Miriakamba Huts	1,014	3,329	10	6	4-5
2	Miriakamba Huts	2,514	8,250	Saddle huts	1,056	3,462	8	5	3-4
3	Saddle huts	3,570	11,712	Summit	996	3,268	5	3	4-6
	Summit	4,566	14,980	Miriakamba Huts	-2,044	-6,730	13	8	4-6
4	Miriakamba Huts	2,514	8,250	Momella Gate	-1,014	-3,329	10	6	2-4
Total							46	28	

CLOTHES AND EQUIPMENT

You are responsible for bringing personal equipment and clothes while communal equipment (i.e. food, cooking items and gas burner) is provided. Next page provides a gear list of required, recommended and optional items to bring. Make sure the equipment is high quality and suitable for all weather high mountain expeditions.

The clothes listed are for hiking during the day, lounging in the camp, and for sleeping. **Layers are important** so you can adjust your clothing to variable temperatures. Inner layer should be moist wicking – no cotton. Next layer should be insulating and warm, and your top layer should be waterproof but breathable.

All extra luggage not related to your climb can be stored in a locked room at your hotel or in our office. Be selective in what else you take with you. Our porters are limited to carrying 22 lbs (10 kg) of your personal belongings. Excess weight requires additional porter(s) at self-cost and must be reported to us on beforehand.

Advise! Sharing is caring. If you travel in a group, coordinate who brings what so you can reduce weight by sharing mosquito repellent, wet wipes, sunscreen etc.

Checked-in luggage might get lost or delayed on the way to Tanzania. Therefore, you should prepare for this possibility by wearing or carrying on the items that are essential to your climb. You should wear a hiking outfit on the plane, including a long sleeve shirt, hiking pants, underwear, socks, sock liner, and hiking boots. In your carry on baggage, you should bring your backpack, waterproof jacket and pants, insulated jacket, toiletries, medications, camera and all paperwork. Make sure you wear/carry your hiking boots since wearing a different pair of boots on your climb will likely cause blistering.

Renting gear:

Gear and equipment can also be rented, subject to prior notice, to avoid carrying them the long distance or having to buy new ones at high prices. Renting is recommended for gears that are clumsy to pack or unnecessary to buy (unless you plan other similar expeditions). **Don't forget to notify us**

on before hand if you like to rent equipment!

Backpack	\$20 per trip	Socks	\$10 per trip
Balaclava	\$10 per trip	Sunglasses	\$10 per trip
Bandana	\$5 per trip	Sun hat	\$5 per trip
Day Pack	\$20 per trip	Thermal T-Shirt	\$10 per trip
Down jacket	\$20 per trip	Thermal tops	\$10 per trip
Fleece/soft jacket	\$10 per trip	Thermal underwear	\$10 per trip
Gaiters	\$15 per trip	Walking boots	\$40 per trip
Glove Liners	\$10 per trip	Walking poles/sticks (pair)	\$10 per trip
Gloves	\$15 per trip	Water bottle (insulated)	\$10 per trip
Hat (warm)	\$5 per trip	Waterproof jacket	\$20 per trip
Head lamp	\$10 per trip	Waterproof trousers	\$20 per trip
Pillow	\$10 per trip		
Poncho	\$10 per trip		
Scarf	\$5 per trip		
Sleeping bag	\$20 per trip		
Sleeping bag liner	\$5 per trip		

We recommend that you rent:

Gaiters
Poncho
Sleeping bag
Water bottle (insulated)
Walking poles/sticks

GEAR CHECKLIST

Technical clothing

- ☐ 1 – Waterproof jacket, breathable with hood
- ☐ 1 – Soft jacket, fleece or soft-shell
- ☐ 3 – Long sleeved shirt, lightweight, moist wicking
- ☐ 3 – Short sleeved shirt, lightweight, moist wicking
- ☐ 1 – Waterproof pants, breathable (side-zipper recommended)
- ☐ 1 – Hiking pant (convertible to shorts recommended)
- ☐ 1 – Long underwear, upper/lower, moist wicking
- ☐ 4 – Underwear
- ☐ 3 – Sports bra, women (optional)

Headwear

- ☐ 1 – Sunhat (available for sale with FTT logo)
- ☐ 1 – Wool or pile hat, to keep warm
- ☐ 1 – Headlamp with extra batteries
- ☐ 1 – Balaclava, for face coverage (optional)
- ☐ 1 – Bandana (optional)

Handwear

- ☐ 1 – Mittens or gloves, warm & waterproof

Footwear

- ☐ 1 – Hiking boots, Gore-Tex, ankle support, spare laces (wear/break them in before climb)
- ☐ 1 – Trainers/tennis shoes to wear at camp (opt.)
- ☐ 3 – Thick socks (wool or synthetic for lower temp.)
- ☐ 4 – Sock liners (tight, thin, synthetic, worn under thick socks to prevent blisters)
- ☐ 1 – Gaiters, waterproof (optional)

Safari (if you combine with climb)

- ☐ Sleeping bag (camping, available for rent)
- ☐ Light cotton trousers
- ☐ Cotton shorts
- ☐ Light cotton shirts (long and short sleeved)
- ☐ Comfortable walking or tennis shoes
- ☐ Sandals
- ☐ Waterproof rain jacket/windbreaker
- ☐ Fleece (for cold nights)
- ☐ Sunhat
- ☐ Swimming costume (for some lodges only)
- ☐ Mosquito & insect repellent
- ☐ Malaria prophylaxis
- ☐ Small torch/head lamp
- ☐ Earplugs (for light sleepers)
- ☐ Sunscreen
- ☐ Camera + extra batteries
- ☐ Electricity adapter (Indian/UK socket)
- ☐ Binoculars (one pair is provided in vehicle)

Equipment

- ☐ 1 – Sleeping bag, 4 seasons (0°C/32°F or below)
- ☐ 1 – Sleeping bag liner, for added warmth (option)
- ☐ 1 – Backpack/duffel bag, for porters to carry
- ☐ 1 – Daypack for you to carry each trekking session
- ☐ 1 – Poncho, big enough to cover daypack
- ☐ 1 – Stuff sacks or plastic bags, for separation and waterproofing of gear
- ☐ 1 – Water bottle
- ☐ 1 – Sunglasses
- ☐ 1 – Walking sticks/pole (recommended)
- ☐ 1 – Towel, lightweight, quick dry (optional)

Personal

- ☐ Toiletries (optional)
- ☐ Prescriptions (optional)
- ☐ Sunscreen & Lip Balm, SPF 30+ (recommended)
- ☐ Hand sanitizer (optional)
- ☐ Wet wipes (recommended)
- ☐ Comfort snacks and candy bars, high in energy
- ☐ Camera, with extra batteries (recommended)
- ☐ Private medical kit

(Your guide carries a first aid kit)

Tipping policy:

Our tipping policy is very simple: **"Tips should come from your heart, not your conscience."**

One of the main reasons to start FAIR TRAVEL is the un-fair situation of under-paid staff, partly or fully dependent on tips. We pay fair salaries so that our staffs are not tip dependent, which leads to insecurity of income and is against human and workers' rights. If you decided to tip, from your heart, we ask you to **please share tips equally between the staff involved**, as teamwork makes your FAIR TRAVEL magical.

Donating gear:

Some travellers bring technical clothes and equipment that they like to donate after their climb. FAIR TRAVEL | TANZANIA accepts such generous donations to be used at our discretion for our staff.



...your footprints matter.