



## **Mt. Meru Climbing Gear List**

### **CLOTHING**

Trekking Shirt	<input type="checkbox"/>
Trekking Jacket	<input type="checkbox"/>
Trekking Trousers	<input type="checkbox"/>
Fleece Pullover	<input type="checkbox"/>
Fleece Trouser	<input type="checkbox"/>
Rain Jacket	<input type="checkbox"/>
Rain Trouser	<input type="checkbox"/>
Winter Jacket	<input type="checkbox"/>
Winter Trouser	<input type="checkbox"/>
Underwear	<input type="checkbox"/>
Shorts (optional)	<input type="checkbox"/>
Sport Bra (women)	<input type="checkbox"/>

### **HEADWEAR**

Sun Hat (sun protection)	<input type="checkbox"/>
Winter Hat (for cold)	<input type="checkbox"/>
Balaclava (face protection)	<input type="checkbox"/>

### **FOOTWEAR**

Trekking Shoes	<input type="checkbox"/>
Gym shoes (optional)	<input type="checkbox"/>
Trekking Socks	<input type="checkbox"/>
Gaiters (optional, recommended)	<input type="checkbox"/>
Step Irons (optional, recommended)	<input type="checkbox"/>
Liner Gloves (wind protection)	<input type="checkbox"/>
Winter Gloves (for warmth)	<input type="checkbox"/>

### **EQUIPMENT**

Sleeping Bag (four season)	<input type="checkbox"/>
Walking Poles	<input type="checkbox"/>
Head Lamp (+ extra batteries)	<input type="checkbox"/>
Duffel Bag (90 liters)	<input type="checkbox"/>
Daypack (30-35 liters)	<input type="checkbox"/>

### **ACCESSORIES**

Sunglasses	<input type="checkbox"/>
Ski Goggles (optional)	<input type="checkbox"/>
Water Bottles (2 x 1 Liter)	<input type="checkbox"/>
Camel Bag (2 Liters)	<input type="checkbox"/>
Dry bags	<input type="checkbox"/>

### **ADDITIONAL ITEMS**

Personal Medicine	<input type="checkbox"/>
Sunscreen 50+	<input type="checkbox"/>
Lip Balm	<input type="checkbox"/>
Insect Repellent (with DEET)	<input type="checkbox"/>
Hand Sanitizer (optional)	<input type="checkbox"/>
Toiletries	<input type="checkbox"/>
Wet wipes (optional)	<input type="checkbox"/>
Snacks (recommended)	<input type="checkbox"/>
Electrolytes (powder or tablets)	<input type="checkbox"/>
Personal First Aid Kit	<input type="checkbox"/>
Camera (+ extra batteries)	<input type="checkbox"/>

\*All gear can be rented on arrival.