



Mt Meru

Tanzania is a country of legends, of Great White Hunters and the intrepid explorers of the past. Tanzania, the largest country in East Africa, offers possibly the **ultimate exotic adventure**, in a spectacular world. Legendary names, Serengeti, Kilimanjaro, Ngorongoro and Meru reach into the ancient memory, instilling awe.

Tanzania Activities

Tanzania safari activities include a trek to the top of Mt Kilimanjaro, Mt Meru hot-air ballooning over the Serengeti, swimming with Dolphins off the island of Zanzibar and snorkeling and scuba diving around the coral reefs of nearby Pemba and Mafia.

IMPORTANT THINGS TO KNOW (also, see the other travel tips found on the FAQ site)

You will need visas for entry to Tanzania. Though you can get these in right at the point of entrance, your travel will go smoother if you get them in advance through the respective embassies. (Please check at <http://www.tanzania.go.tz> if you will need VISA or for closest place you can apply VISA you may also download VISA form from this site)

Make a photocopy or list of the following items: Passports (including the page with the visa stamped in them and the pages with photos and data), plane tickets, yellow booklet showing your yellow fever vaccination, list of all medications you might require, listing of all travelers' cheque numbers, list of serial numbers for cameras, etc. Keep this list someplace apart from where you keep these other items.

Keep track of your passport above all. Loss of a passport can destroy your trip and cost considerable money during the time required to replace it.

On your international flight, pack as if the airline might lose your bags. Keep things you will need right away in your carry-on. It seldom happens, and almost always the bags arrives a couple of days later, but this way, if the bags do not arrive with you, you will be able to continue on your safari while the airline finds them.

WHAT TO DO WHEN YOU'RE BAGS GET LOST AT THE AIRPORT

We naturally hope you don't lose your bags, but it does happen. If your bags do not show up, do the following:

Report the problem to your air carrier **INSIDE THE AIRPORT** at the Baggage Claim - before passing the CUSTOM -and fill out the required paperwork.

Request compensation for your inconvenience (often \$50.00 for emergency purchases and a bag with simple toiletries and a tee shirt)

Ask them when they expect the bag will arrive and tell them where you will be based on your itinerary. **LEAVE THE KEYS AND/OR COMBINATIONS WITH THE AIRLINE** so they can clear the bags through customs.

Ask the airline to go with you to advise Customs Officer that bags were lost so there will be no problems further in getting your bags cleared when they arrive.

To make it easier please provide this address to the Airline

MEM Tours and Safari LTD

Station Road Opposite, Nakumatt Supermarket Main Entrance,

P.o Box 146 – Moshi

Tel: + 255 27 2754234 / 2750669

Cellphone: +255 754 482 791 / 764 388 399

Att: Mohammed O.Shabhay

Leave your claim form with our Airport representative so that we can collect your bag on your behalf from Airline.

You must bring:

- **Valid passport (International arrival)**
- **Valid visa - if required (see section pertaining to your trip)**
- **One other picture ID (e.g. driver's license)**
- **Photocopy of passport page to carry in wallet**
- **Air tickets**
- **Expense money**
- **Recommended inoculations**
- **Travel insurance**

Mt. Meru

Location: 3.25S, 36.75E

Elevation: 15,000 ft (4565 m)

Mount Meru is an active volcano located just 70 kilometers (44 miles) west of Mount Kilimanjaro. It reaches 4,566 meters (14,978 feet) in height but has lost much of its bulk due to an eastward volcanic blast sometime in its distant past, perhaps similar to the eruption of Mount Saint Helens in Washington State in 1980. Mount Meru most recently had a minor eruption about a century ago. The several small cones and craters seen in the vicinity probably reflect numerous episodes of volcanic activity. Mount Meru is the topographic centerpiece of Arusha National Park. Its fertile slopes rise above the surrounding savanna and support a forest that hosts diverse wildlife, including nearly 400 species of birds, and also monkeys and leopards.

Meru is a **stratovolcano** (A volcano composed of both lava flows and pyroclastic material.) In Tanzania, its history has been quite explosive. It has had four eruptions, the last of which occurred in 1910. Lava erupted from Meru varies from thin flows to thick intrusive domes. The main cone of the volcano has a **caldera** which is 2.2 miles (3.5 km) in diameter. It has a huge breach on its eastern side. A **graben** runs down the side of the volcano from this breach. Many debris flows came through the breach in the caldera. These cover 1500 sq km to the northeast, east and southeast. Following the eruption of this debris, a lava dome and ash cone grew on the floor of the caldera

Day 1: Arusha/Mariakamba Hut

Mt. Meru Park Gate - Mariakamba: 4-5 hours

Drive from Arusha to the Mt. Meru park gate where you will be met by our game ranger and porters. Hike for the few hours to Mariakamba Hut at 8,500 ft. From here you may wish to take an evening walk on the slopes to view wildlife at one of the watering holes in the crater, Dinner and overnight rest at Mariakamba.

Day 2: Mariakamba Hut – Saddle Hut

Mariakamba - Saddle Hut: 3-4 hours

After breakfast hike to up to 11,500 ft to arrive at Saddle Hut. If time permits you can climb a little further on Mount Meru for a scenic view of the 'Roof of Africa', Mount Kilimanjaro. This will also be part of more acclimatization. Overnight at Saddle Hut, B,L,D

Day 3: Saddle Hut – Summit – Mariakamba Hut

Saddle Hut - Summit: 4-6 hours

An early rise to hike all the way to the summit before the afternoon clouds cover the summit, From the summit, descend back to the 11,500 ft Saddle Hut in time for lunch. After lunch, hike down to Mariakamba Hut for dinner and overnight, B,L,D.

Day 4: Mariakamba Hut – Arusha

Breakfast at the camp and a leisurely morning, Descend to the park gate to connect with your waiting transfer vehicle back to your Arusha Town where you will find nice hotel, continue with other programs or depart, B.

Health Information's

Trekking on Mt. Meru has unique medical implications. Fortunately, the nature of the mountain allows a large number of non-technical, less prepared climbers to reach the summit. Epics are easier to prevent than extricate oneself from, and thorough planning has significantly reduced mountain sickness cases in our company.

Here at M.E.M

In preparation for your trip we include good food, water and protection from the elements. The trekker should consume three to four liters of fluid and eat approximately four thousand calories of food a day. Most estimates by exercise physiologists rate consumption of calories at five thousand per day for trekkers, but weight loss will be inevitable as it is almost impossible to force this many calories down. Appetite tends to fall away and the planned menu must be especially appetizing to entice one even to cook it. A diet high in carbohydrates seems to help reduce symptoms of acute mountain sickness and increase a blood oxygen level as well as being in high calories. We provide a type of food, which will give carbohydrate in lunch and breakfast, and protein food in dinner. A large variety of fruit flavorings are also conducive to increasing fluid intake and preventing dehydration.

Our Advice

any trek, except for solo ascents, requires team thinking. All must establish good communication between team members and set known goals. Every individual will have personal desires and these should be honestly expressed and "aired" prior to ascend. Much tension and hostility can be avoided in this manner.

Mountain Gear

we want to make sure you have all the gear you may need for ascending because the cold can cause problem ranging from minor discomfort to deadly hypothermia. Preparation is always the solution. A person should dress in layers so that proper ventilation can be achieved. It's easy to become overheated while climbing, which produces large amount of perspiration, causing dehydration and a wet body and clothes. Stopping physical activity in such a condition can be a "chilling" experience; also the temperature change between sunlight and shade, day and night is large, so it's best to have extra warm clothes available.

Three major routes of heating loss occur:

- a) **Evaporation**, which is mainly cause by wind blowing across the body, so use a wind - breaker.
- b) **Conduction**, this is when the heat loss by sleeping direct on the ground, to prevent this loss use the insulation pad like closed-cell foam or air mattress.
- c) **Radiation** that is best controlled with reflective material, hats should be worn. The old adage is "cold feet, put on your hat". A person can lose 30% of his or her body heat via head because the vessels of the scalp cannot constrict in response to cold, thus losing valuable warmth.

There are two serious forms of **cold pathology**

Frostbite is the destruction of soft tissue, usually in the finger and toes, secondary to the freezing of fluid into crystals in and around the cell of the tissues. Its initial presentation is whitening of the skin; it then turns red and feels hard. Frostbite is usually accompanied by numberless and tingling sensation. Blisters and the darkness of the skin are larger signs. Privation is the key, good wool mittens" warmer than gloves because of physical limitations of the insulations properties of an individually wrapped finger." with over mitts are important. Wool socks and good mountaineering boots provide adequate protection for the feet.

Hypothermia is the lowering of the body's core temperature, and is considered mild to 35 deg centigrade, moderate to 30 degree centigrade. A person can go from normal to severe hypothermia very quickly, particularly if immersion in cold water occurs. Although they can be tremendously uncomfortable, cold feet and toes do not indicate hypothermia, as they do not accurately reflect core temperature. Unfortunately regular fever thermometers do not work well in these temperature ranges. Predisposing factors include improper ventilation and layering of clothes; allow one to become wet from rain or perspiration, inadequate clothing, exhaustion and starvation. The first sign of hypothermia is shaking chills and mental, emotional and intellectual dulling. A person with these symptoms should be kept active and warmed with additional clothing, and near a fire or other heating source. Psychological preparation is good, but has no real temperature changing effect.

To prevent such emergencies the technique of controlled bivouacking is important to learn. If bivouac is a possibility, a bevy bag, preferably Gore-Tex and good quality sleeping bag are essential when embarking on any camping routes.

Hypoxia is low oxygen in the air, which occurs with increasing altitude. This is reflected in the body by low oxygen in the blood called hypoxemia.

Hypoxemia usually noticeable above 3,500 meters and it marked above 5,000 meters. It is heralded by shortness of breath even with mild exertion. The body responds to hypoxemia by acclimatization. There are three physiological effects of acclimatization. The most immediate change is due to chemical being released to help the blood free more oxygen for the tissues.

Current medical thought is that high altitude disease is related to decreased breathing while sleeping at altitude. Thus, the adage, "*climbing high sleep low*". It is known that at high altitude many trekkers hear their tent mates breathing periodically, with long pauses between breaths "Cheyenne-stroke breathing". This is considered normal, within limits, but thought to be related to mountain diseases. Specific high altitude diseases are divided into three categories: -

Acute mountain sickness "AMS" is the most frequent high altitude disease, and is a failure to acclimatize. Symptoms include headache (common), nausea, vomiting, anorexia, fatigue, insomnia, swelling of hands, feet or face (peripheral edema), and decreased urine output. Nearly all trekkers will have some of these symptoms. Persons with severe symptoms should stop ascending and consider descent for a few days. These symptoms can be reduced or prevented by slow ascent and acclimatization. DIAMOX "acetazolamide", a mild diuretic, has a side effect of preventing acute mountain sickness. It is not a substitute for slow ascent or acclimatization.

No one knows why a small number of trekkers get the potentially deadly high altitude pulmonary edema or high altitude cerebral edema is unknown. The most single denominator is rapid ascent without acclimatization. HAPE and HACE have not been shown to be associated with sex, race, physical conditioning, or previous symptoms free high altitude work.

Pulmonary edema is heralded by increased shortness of breath even at rest, gurgling breath sounds "rattles", which can be heard with an ear directly placed on chest "the sound like hair being rubbed together next to the ear"; and sometimes the production of a frothy white sputum. The patient usually has a cough and may produce this sputum, blood tinged." always assume with these symptoms high altitude pulmonary edema until proven and do not make mistake of treating just for pneumonia."

Cerebral edema is heralded by severe headache and incoordination. Hallucinations frequently occur, but are usually denied. There are several medical diagnostic signs but only a couple which do not require equipment for testing: 1) a headache unresponsive to aspirin or acetaminophen with codeine; 2) ataxia "incoordination". The test for the latter is heel to toe straight in straight line. All people will have some problems with this at high altitude due to cold and clumsy boots, so have a second person walk the line for comparison with the possible HACE patient. If a person cannot walk a competent heel to toe straight line, he or she is considered to have HACE until proven otherwise.

Exhaustion: obviously, both mental and physical exhaustion are part of mountain climbing.

Forcing fluids and forcing eating can minimize physical exhaustion; neither of which is pleasant at high altitudes. Adding curry or cayenne pepper to food can usually encourage intake of fluid in most trekkers.

Mental exhaustion is tougher to prevent and treat. It is important to be in a good condition psychologically, but setbacks and fatigue can frustrate a person into depression. Forcing oneself to carry regular routine of duties at all altitudes seems to add some sense of stability, which can help.

Feet: probably the most common and painful maladies in the mountain are sore feet and blisters. Prevention here is also the best approach. Boots should be well broken in and two or three pairs of socks should be worn. Some prefer wearing tennis or running shoes up to the actual base of technical climb, or until cold conditions are reached.

Lacerations and Abrasions: when a laceration (cut), or abrasion (scrape), occurs on the mountain, there are two main treatments: a) pressure on all bleeding sites; this will stop bleeding if held long enough; and b) scrubbing the area well with plain soap and water; antibacterial soap is best, but any other soap will do. Do not place creams or ointments of kind on cuts or scrapes. They make the wound moist and slow healing. Besides they do virtually nothing to kill bacteria. Wounds heal better clean and dry no matter how big.

Sunburn: the strength of the tropical sun is easily underestimated. Its destructive U.V rays penetrate cloud and are more powerful with increased altitude; snow is also a very effective reflector. (60% to 95 %) This reflected light is the most damaging as it often sticks normally unexposed skin, such as the nose and chin. The lips, neck, and the backs of the knees are also very vulnerable sites. Protection is in the form of barriers: silk scarf for lower face and neck, hat, beard, long-sleeved shirt, long socks, etc. The ones containing Para-amino benzoic acid (PABA) or PABA esters such as Pabanol, Pre Sun, are the most successful. Choose one with a high sun protection factor 5% or no 8 at least, and apply before exposure to sunlight and at intervals depending on the degree of sweating.

Violent Injury: Some simple rules: a) Check breathing, pulse and then reassure the patient. b) Prevent further injury. c) Keep warm and dry feed and hydrate. d) Splint for fractures, both for comfort and control internal breathing. e) Trekkers rarely need or request pain medication. Once given, it decreases the injured climber's ability to cooperate or make decisions. f) Send for help if someone is available and give complete information on the situation.

Equipment Check list for trekking:

Each and every item on this list has been chosen to maximize your comfort and safety while hiking on the mountain. Please read through the entire list very carefully. If you have any questions about items on this list, or about the suitability of your own equipment, please contact us, or a reputable mountaineering equipment dealer.

FOR THE HEAD AND FACE:

- **Pile or Wool hat:** Bring one that covers ears -- a balaclava type is excellent.
- **Shade Hat:** Visor hats with good brims are essential for protection from the equatorial sun.
- **Sunglasses:** Essential for eye protection in the tropics and at altitude. Bring a good quality pair, preferably with an IREX protection rating of 100. Attachable side shields are necessary, or bring glacier glasses.
- **Sunscreen:** Bring plenty of complete sun block with a sun protection factor (SPF) of 15 or more. Unless you have spent time in equatorial sun you will probably underestimate the amount necessary, so bring lots. Sunscreen is difficult to find in Tanzania.
- **Lip Balm:** With SPF rating of 15 or higher.
- **Bandanas:** Tied around the neck, they give good sun protection. Can also be used for cleaning glasses, as wash cloths, etc. They dry very quickly.

FOR THE UPPER BODY:

- **T-Shirts:** Two T-shirts that you don't mind getting dirty while on the mountain. Synthetic is best -- no cotton on summit day.
- **Upper Body Layers:** For climbing the mountain we recommend you have three warm layers for the upper body. Items must be made of wool, synthetic or pile. Make sure all layers fit comfortably over each other and supply good insulation. A good combination is a long underwear top, a sweater, and a pile jacket or heavy wool shirt. Cotton items do not provide adequate insulation and are completely useless when damp.
- **Rain Parka:** Afternoon showers are common in East Africa, especially on the mountain. Bring a good parka of Gore-Tex or waterproof nylon that has been "seam sealed".
- **Wind Shirt:** (optional if you have Gore-Tex rain gear) A nylon wind shell (not waterproof), roomy enough to fit comfortably over all upper body layers. Gore-Tex is good for both this wind shirt and for the rain coat.
- **Poncho:** (Optional) Quick and handy protection for body and rucksack. Poor protection in windy rain.
- **Gloves or Mittens:** Wool or pile. One pair of heavy mittens and a light pair of gloves work well.
- **Mitten Shells:** One pair to go over your mittens. These are for use against the winds sometimes encountered in the crater and on the way to the summit.

FOR THE LEGS:

- **Quick Dry Hiking Shorts:** 1 pair. Good for hiking at lower elevations on the mountain.
- **Long Underwear Bottoms:** One pair. Wool or synthetic.
- **Wool, Bunting or Pile Pants:** One pair that fit loosely and is comfortable. These are essential to be worn over the long john bottoms.
- **Rain Pants:** Bring a good pair of rain pants of Gore-Tex or waterproof nylon that has been "seam sealed".
- **Wind Pants:** (optional if you have Gore-Tex rain pants.) One pair. These are used often on the mountain for protection against wind. They should be breathable nylon and roomy enough to fit comfortably over wool or pile pants.
- **Tights:** Lycra types are best. These are comfortable to hike in, help prevent nettle stings, provide good warmth on cool misty days, dry fast and prevent sunburn.
- **Undergarments:** Enough for the duration of the trek.
- **Crampons & Ice axe:** This in case you in counter ice on last ascend (Only for Western Breach ascend)

FOR THE FEET:

- **Thin Socks:** Two pair of synthetic socks to wear under heavy wool socks. These help prevent blisters and keep feet dry.
- **Thick Socks:** Six pair of heavy wool or synthetic socks to wear for warmth with hiking boots.
- **Hiking Boots:** One pair medium weight hiking boots large enough to be comfortable with one liner sock and one heavy wool or synthetic sock.
- **Gaiters:** One pair of either high or low gaiters made of breathable material to keep dirt and snow out of your boots.
- **Crampons:** As we will attempt the summit through western Breach is important to have then as backup we mint not use it but is worth having it.
- **Tennis Shoes:** These are to wear in camp after a day of hiking.

FOR SLEEPING:

- **Sleeping Bag and Stuff Sac:** On the mountain temperatures can get down to zero degrees Fahrenheit at night so bring a warm bag.
- **Sleeping pad:** A closed cell foam camping mattress is OK. An inflatable Thermal Rest type is more comfortable.

FOR DRINKING:

- **Water Bottle:** Two, one liter wide-mouthed plastic bottles.
- **Water Treatment:** This is very important. The water in East Africa is not unhealthy although its flora content is different from what you are used to. To keep your system running normally we recommend you bring two bottles of "Potable Aqua" or "Polar Pure", crystal iodine in a bottle, to treat drinking water. Filtration pumps are also effective, but costly and rather bulky.
- **Water Flavoring:** Wyle's lemonade, Tang, Gatorade, etc. These mixes are hard to come by in Tanzania and make treated water taste much better. Double bag these.

FOR CARRYING YOUR GEAR:

- **Frameless Pack:** A medium size comfortable pack is adequate to carry personal gear. The pack should fit properly and have a good waist belt. Side pockets are recommended for soft packs. Personal loads with camera gear, water for the day and warm clothes are often between 18 and 25 pounds.
- **Pack Cover:** Something waterproof to cover your pack when hiking in the rain. Otherwise bring a large plastic bag to line the inside.
- **Duffle Bag:** Medium size with lock for mountain gear. This will go into our mountain bag that the porters will carry.
- **Duffle Bag:** Large enough to hold your non-mountain gear. This will meet you at the hotel after the climb.
- **Plastic Bags:** Several, to double bag your sleeping bag and clothes on the mountain. It can rain every afternoon.

FOR PERSONAL HEALTH AND COMFORT:

- **Toiletries:** Bring enough for entire trip. Keep simple and light. Few toiletries are available in Tanzania, however, so bring enough for all your needs.
- **Ear Plugs:** To block out snoring and hut noise, to insure peaceful rest.
- **Flashlight and/or Headlamp:** Important on summit day and just plain handy in camp. Plenty of batteries.
- **Pocket Knife:** Simple Swiss Army type with scissors.
- **Personal First Aid and drug Kit:** Please see recommended list below.
- **Trail Munchies:** Although plenty of snack food is provided, trekkers like that taste of home in their pack. Touted as an important accessory by those who have brought them in the past!
- **Hot Drink Mixes:** We will provide plenty of coffee, cocoa and tea, but non-caffeinated drinks are not readily available here. Bring a supply of your favorite herbal teas.
- **Towel:** For washing up in camp, a small one is fine, or you can use a bandana.
- **Towelettes:** Such as "Wash'n'Dries" for general hygiene.
- **Spare Glasses:** For contact wearers in dusty conditions and any eyeglass wearer while on vacation.
- **Umbrella:** Very useful against rain and sun. Most guides use one.

RECOMMENDATIONS FOR YOUR PERSONAL FIRST AID AND DRUG

KIT: We will have gauze, tape, aspirin, medicated soap, antibiotic ointment, antacid tablets, some antibiotics, pain killers, eye treatments, and anaphylaxis kit, Imodium, Compazine and Diamox. Because of liability problems, prescription drugs will only be dispensed in emergencies. We suggest you bring the following medical items. Please discuss this with your physician prior to coming on this expedition.

- **Intestinal disorders:** Compazine. 25mg rectal suppositories, for severe nausea, vomiting. Imodium to decrease diarrhea and cramping. Tetracycline, Cipro or Bactrin antibiotics for initial treatment of severe diarrhea. Activated charcoal has proven to be an effective first stage treatment.
- **Cuts and scrapes:** It is wise to bring a supply of "Band-Aids" to treat those abrasions that sometimes occur.
- **Infections:** Antibiotic ointment for cuts and abrasions. Erythromycin or amoxicillin tablets for skin or soft tissue infections.
- **Blisters:** It is wise to bring your own small supply of blister treatment items to insure that you avoid letting any blister get out of hand.
- **Headaches:** Tylenol and Tylenol with codeine** to help relieve possible altitude headaches. Nothing stronger than codeine should be taken for fear of masking potential severe altitude problems while on the mountain.

INSURANCE

a) Health Insurance

it is compulsory to have full medical, **emergency evacuation** and repatriation cover for the period of time you are away.

b) Cancellation and Curtailment

you might have to cancel or curtail your safari due to unforeseen circumstances. If you cancel a trip close to departure date for any reason you could lose all that the safari was going to cost you. Should you have to leave the safari early, we cannot refund you the portion of the safari you do not complete. Dependant on the reason for cancellation and curtailment, insurance may cover you for this eventuality.

c) Baggage & Money Insurance

it is advisable to take out baggage and money insurance, especially if you are carrying a large amount of cash or expensive and valuable camera equipment. You should always carry such equipment as "carry-on" luggage. Do not put anything of value in your checked baggage!

Claims

If you anticipate an insurance claim upon your return, be sure to document as accurately as possible any accident, injury or loss. Doctor's notes and police reports will aid any claim