

Mount Meru 4 Day Trek

Country(ies): Tanzania

Tour type: Private

Transport: Minivan or car

Group size: Min: 0 | Max: 0

Days: 1 days

Start Location: Moshi, Tanzania

End Location: Moshi, Tanzania

Meals: Breakfasts - 4, Lunches - 3, Dinners - 3

Highlights:

Mount Meru is the second highest mountain in Tanzania and the fifth highest in Africa. Meru is the only great isolated stratovolcano in East Africa that is still active. A massive eruption 7,800 years ago shattered Meru's upper slopes and formed an obl



Itinerary

Day 1: Arrive in Moshi

Arrive at the Kilimanjaro International Airport. Meet and transfer to Springlands hotel in Moshi for overnight.

OVERNIGHT: Springlands hotel

MEALS: None

EXTRAS:

Day 2: Mt Meru Miriakamba Hut

Transfer from Moshi to Arusha National Park and registration. Late morning begin the trek from Momella gate. Cross open grassland where buffalo, warthogs, and elephants may be seen. Continue a steady climb through montane forest with a pause for lunch at the famous Fig Tree. Afternoon walk through less dense forest where birds and monkeys, including the black and white Colobus may be spotted. By mid afternoon, enjoy closer views of Meru's towering cliffs and Ash Cone. Arrive at the Miriakamba Huts, situated in an idyllic grassy glade, in time to enjoy the afternoon sun and beautiful views over the surrounding plains between Meru and Kilimanjaro. Perhaps a giraffe may walk through camp.

OVERNIGHT: Miriakamba Huts campsite

MEALS: Breakfast,Lunch,Dinner

EXTRAS:

Day 3: Mt Meru Saddle Hut

It is often clear in the morning, so for best view of Kilimanjaro, get up early. From the Miriakamba Huts, ascend steeply to the crater rim, which is called Elephant Ridge at this point. Then, follow a steep path through attractive Montane Forest to reach the giant heather in the Moorland near the saddle between Little Meru and Meru. A hot lunch will be ready on arrival at Saddle Huts. The afternoon is free to rest and enjoy the views, but energetic trekkers can make the short climb to the nearby summit of Little Meru (3820 m/12533 ft) for superb views just before sunset.

OVERNIGHT: Saddle Huts campsite

MEALS: Breakfast,Lunch,Dinner

EXTRAS:

Day 4: Mt Meru Miriakamba Hut

Start early at 0200 hrs and climb steeply for an hour to Rhino Point (3800 m/12467 ft). In icy conditions or in strong winds, it may be unreasonable to progress beyond Rhino Point, but sunrise from here is equally as spectacular as from Cobra Point. If the weather is fine, descend slightly and continue along or near a rough undulating ridge of ash and rock to reach Cobra Point (4350 m/14271 ft) near sunrise. The stunning views include

the cliffs of the crater rim, the Ash Cone rising from the crater floor, Kilimanjaro floating on the morning clouds, and the Rift Valley. Hike for another hour on a well made but often steep path to reach the summit of Meru (Socialist point). The view from the top of this steep-sided peak can make you feel quite unique and suspended. Your hike back to Rhino Point in the still sharp morning light between the crater's sloping outer wall and sheer cliffs of the inner wall is one of the most dramatic and exhilarating walks in Africa. Enjoy brunch and a well-earned rest at the Saddle Huts before continuing your descent to the Miriakamba Huts where you will spend the night if you are on the 4-day itinerary.

OVERNIGHT: Miriakamba Huts campsite

MEALS: Breakfast, Lunch, Dinner

EXTRAS:

Day 5: Tour ends in Moshi

Taking a slightly different route, make a fast descent through open grassland and mixed forest, with good chances of seeing wildlife. This trail has excellent views back toward the crater and over the plains of the national park. You will reach Momella Gate by late morning. Say goodbye to the guides and porters. A vehicle will be ready for transfer back to JRO airport or Moshi.

OVERNIGHT: N/A

MEALS: Breakfast

EXTRAS:

Included:

- Accommodation and meals as detailed inclusive of taxes and service
- Transfers in minibus or car
- Services of our staff in Arusha
- Mt Meru climb which comprises the following
 - Guide and porters
 - Three meals a day prepared by the cook
 - Coffee and tea are included. Soft drinks, mineral water and alcoholic drinks must be paid for locally
 - National park entry fees and hut/camp accommodation fees
 - Rescue fees/park commission
- Flying Doctor insurance cover

Excluded:

- Visas, inoculations and personal insurance
- International flights and airport taxes
- Optional excursions and activities
- Drinks, tips, laundry and other personal expenses
- Hire of equipment

Notes

Coming Soon

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

No Options

1. International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

On our Tanzania Small Group Tours, airport transfers are not included in the price of the tour, but are available on a request basis.

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

Flight CO2 Emissions:

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

2. Entrance Fees

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary. You will need to cover the cost of entrance to any other extra sites that you may wish to visit.

3. Time

The time in Tanzania is GMT plus 3 hours. Daylight saving adjustments are not observed.

4. Money

The local currency in Tanzania is the Tanzanian Shilling (TZS). Tanzania Shillings can be ordered from most major currency suppliers prior to departure or hard currency can be easily exchanged in all major cities, the currency of preference being US Dollars however Sterling and Euros are also widely accepted.

Credit cards are accepted in Tanzania but aren't widely used. ATM's are available in larger cities but aren't generally widely available outside of cities. Travellers cheques are slowly being phased out so instead, travellers are advised to bring sufficient hard currency.

Bank opening hours are generally Monday & Friday 0830-1400, Saturdays 0900-1200.

5. Tipping

Tipping isn't part of Tanzanian culture, however there's never any harm in rounding up a bill by a few shillings if you've been particularly pleased with the services you've received. In upmarket hotels, porters will generally expect a small tip and in many restaurants a service charge of around 10% is often added.

At the end of a tour it's common to tip your tour guide/safari guide if you feel that you've received good service from them and whilst there is no set amount for this, we're often asked for recommendations. On our Tanzania tours an average tip would be around \$5-\$10 per person per day, however you shouldn't feel obliged to tip any specific amount. We do have different recommendations for tipping on our Kilimanjaro treks, please check the tour specific tour notes for these details.

6. Voltage

Sockets are three rectangular pronged and 220 volts (British BS-1363). Universal adaptors are available in most airport shops if you don't have one already. If you've travelled to the UK previously and have an adaptor for here or if you are travelling from the UK then the plugs in Tanzania are the same. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are normally available on request from the hotel reception if not in your room already.

If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

7. Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please [contact us](#) if you would like any more information or have any questions before making a booking.

8. Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see [our website](#) or [booking conditions](#) for more information.

9. Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.

- **Communicate:** Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- **Conserve energy:** Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- **Don't litter:** No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- **Choose environmentally friendly products:** By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- **Respect local customs and traditions:** As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- **If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.**

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

10. Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

<https://x.com/encounterstravel> (yes, without the 'e')

11. Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? [World Nomads Travel Insurance](#) offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: *We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.*

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

12. Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's '[Travel Aware](#)' campaign which provides further useful and invaluable information.



13. Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can't fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.

- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

14. Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please [contact us](#).

15. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

South Africa: Additional vaccinations: Hepatitis A. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Namibia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from an infected area.

Botswana: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted or travelled through an infected area.

Zimbabwe: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Zambia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Malawi: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Tanzania: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Kenya: Additional vaccinations: Diphtheria, Hepatitis A, Poliomyelitis, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from an infected area.

Uganda: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid, Yellow Fever. [Malaria map](#). Yellow Fever certificate: Required if arriving from an infected area.

Sudan: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid, Yellow Fever. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area. A certificate may also be required for those departing Sudan.

Morocco: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria not normally present. Yellow Fever certificate not required.

Tunisia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria not normally present. Yellow Fever certificate not required.

The above information can change at short notice. For up to date health information & vaccination requirements we recommend that you contact your medical practitioner or a travel clinic.

Malaria: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting.

Yellow Fever: This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vaccination is often required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate organised in advance and with you and to hand during the trip.

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have. If you are travelling on an Overland tour or your trip includes wildlife safaris then please bear in mind that you may be travelling on bumpy roads and/or rough ground for several hours at a time. This can be very uncomfortable or painful if you have a bad back, and make such conditions worse. Please contact us if you have any concerns.

Health Declaration: As many of our Africa tours travel through very remote regions, where medical facilities are limited, we are asking all of our travellers 65 years and over who are joining one of our Africa Overland Adventures to complete the attached medical questionnaire. The information provided to Encounters Travel and our local operational partners will be held to the strictest confidence and will be used only to the extent to provide necessary emergency medical care and/or evaluate physical health and fitness for travel.

We will request this from you approximately 30 days before your trip starts, so that your GP can sign your form based on your current health conditions. Please don't submit this several months in advance, as it is important for us to know you are fit for travel just before the trip departs.

16. Passports and Visas

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities. Encounters Travel will not be held responsible if travellers are denied entry because they are not in possession of the relevant visas. We therefore recommend you re-check requirements with the relevant embassy/consulate around 4 weeks before travel.

You should also be in possession of a valid onward or return flight ticket, or proof of other means of transport enabling you to leave the country that your tour passes through or finishes in. In addition you should carry proof of sufficient funds to cover you during your time in the country (eg. credit card).

Should your tour be re-entering a country, please ensure that you have a multiple entry visa that allows this. Some countries have a visa on arrival service which can be more convenient and cheaper. However, for peace of mind and to speed up the border crossing process, Encounters Travel advises that you to get your visas prior to your trip if possible.

17. What to take

LUGGAGE ALLOWANCES: Most international airlines restrict you to between 20kg and 23kg per person of luggage to go in the hold of the plane. Domestic flights often have smaller allowances around 15kg. As airline rules vary we recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure about luggage allowances on your tour. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

OVERLAND AND SAFARI TOURS: Please keep in mind that these are adventure tours in an adventure vehicle (truck or 4x4) and luggage should not include any solid Samsonite style suitcases. On our accommodated overland tours most of our trucks have lockers for the luggage (locker sizes: 37,5 cm high, 32 cm wide, 80 cm deep). Only a soft bag will fit in these lockers. A suitcase is far more difficult to store and make secure in our vehicle and this is part of the reason we ask for a backpack or tote bag to be used as your luggage. The other reason is that you need to walk from the truck to the accommodation and often over sand or uneven terrain. Your luggage on our Overland tours is limited to ONE backpack and ONE daypack weighing no more than 20kg. As a general rule, if you cannot lift your own luggage - you've got too much stuff! Most people make the mistake of bringing too many clothes. A quick reminder - **suitcases are not suitable on our overland tours** – especially huge Samsonite-style cases! **Small** wheeled cases are OK for safari tours.

SUGGESTED PACKING LIST: Kit for all weather conditions including: • 2/3 shorts/skirts • 1 jacket/anorak • Tracksuit/pullover • 2 pairs of long pants/jeans • 2 pairs of walking shoes/boots/trainers • 1 pair of sandals • 3 or 4 T-shirts/short sleeve shirts or sundresses • 2/3 Long Sleeve Shirts • Smart casual change of clothes • Swimwear • Underwear & socks • Sun Hat – preferably that covers the back of your neck. • Raincoat • Kikoi/sarong

Your clothing should be easy to wash and dry and should preferably not need ironing. Avoid synthetics, which can be very uncomfortable in hot weather. Many people underestimate how cold Africa can be – remember that jersey/jacket! There are also nights that are warm but you must still wear clothes that cover arms and legs from mosquitoes. Take a set of casual but smart clothes for the occasional evening out in a restaurant or club. If you wear glasses (or contacts) it is also advisable to bring a spare pair.

While on wildlife safaris it is important to wear dull coloured clothing - olive, mushroom, brown, khaki, stone are ideal.

You should avoid white (stands out too much), black or blue (attracts tsetse flies), and camouflage (illegal in many countries for civilians)

Additional Items: • Towel & facecloth • Baby wipes/ Wet Wipes • Personal toiletries • Sleeping bag • Torch & enough spare batteries • Camera & spare batteries and memory cards • Water bottle. (A 2-litre Coke bottle works well...) • Penknife • Insect and Mosquito repellent • Suntan lotion, sun block & after sun lotion • Sunglasses • Watch • Biodegradable laundry detergent • Passport (plus a copy of your passport & visas) • Extra passport

photos • Vaccination certificate • Money • Travel plug • Neck pillow • Small sewing kit • Plastic bags • Clothes line and pegs • Small scrubbing brush • a small padlock for your luggage locker in the truck • Small basic First Aid kit (painkillers, band aids, after-sun lotion, eye drops, anti-diarrhoea tablets etc.)

DAY PACKS: Please check the itinerary for your specific tour if you will need a little daypack. For example on our Cape Town to Vic Falls overland tour you will need a smaller bag, big enough to bring basic equipment (toiletries and clothes) for 2 nights. The daypack is for your Okavango Delta Excursion, where you cannot bring your entire luggage.

18. Zanzibar Insurance Requirements

IMPORTANT INSURANCE INFORMATION FOR THOSE VISITING ZANZIBAR:

The Zanzibar Government have announced the introduction of a travel insurance policy which will be obligatory for all foreign visitors to the islands, regardless of whether travellers have their own travel insurance in place.

1. The insurance policy is sold by Zanzibar Insurance Corporation.
2. The cost is US\$44 per person.
3. The insurance requirement comes into force on 1st October 2024.
4. The policy must be purchased online at <https://visitzanzibar.go.tz/> and purchases can be made from 1st September 2024.
5. Payment can be made online by debit or credit card.
6. On completion of the purchase, visitors will receive a QR code. The policy documents will be sent to your registered email address.
7. The policy document and QR code must be presented on in Zanzibar. Entry will be refused without this documentation.

To ensure you have a smooth entry, please ensure the above policy is purchased in advance of your arrival.

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Note: Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.
