



Kenya - Kit List



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Please remember!

Whatever you pack you will have to carry with you. Therefore, be careful not to get too excited and take too much. There is a weight limit of 20kg of main luggage and 10kg of hand luggage. Please use the list below as a guide.

Don't forget!

- Your passport
- Photocopies of your passport and ATM cards (pack these separately from the originals)
- Spending money and ATM card
- Anti-malarial tablets (pack these and any other personal medication in your hand luggage)

<input checked="" type="checkbox"/>	Quantity	Item	Description
<input type="checkbox"/>	1	Holdall or Rucksack (60-80L)	This will be your hold luggage. Please ensure that the bag/rucksack is waterproof or that you use a liner and dry bags (see below).
<input type="checkbox"/>	1	Holdall/Rucksack Liner	Holdall/Rucksacks aren't always waterproof – a liner will protect your belongings when it rains
<input type="checkbox"/>	1	Day Sack (30-35L)	This will be used daily to carry essential items, it should be very comfortable, with a waist & chest strap.
<input type="checkbox"/>	Multiple	Dry Bags	A variety of sizes will help you to organise your belongings and keep them dry
<input type="checkbox"/>	1	Sleeping Bag	Optional – 1-2 season only (lightweight, small) It can get chillier at night
<input type="checkbox"/>	1	Sleeping Liner	Optional – easy to wash. Silk ones are best, cotton ones are cheaper
<input type="checkbox"/>	1 pair	Boots	Sturdy hiking boots with good ankle support. If possible, these should be well worn in
<input type="checkbox"/>		Socks	At least 1 pair of trekking socks plus socks for everyday use
<input type="checkbox"/>		Underwear	Enough for at least 7 days
<input type="checkbox"/>	1 pair	Trainers/Trail Shoes	Comfortable, practical footwear for time in camp
<input type="checkbox"/>	1 pair	Flip-flops/Sandals	For showering and general camp life
<input type="checkbox"/>	2	Long-sleeved tops	Choose lightweight, quick drying fabrics. These will be used for project work. It is important to have a range to allow you to cover up in the evenings
<input type="checkbox"/>	3-5	T-shirts	
<input type="checkbox"/>	2 pairs	Long shorts/cropped trousers	
<input type="checkbox"/>	1	Waterproof Jacket	Lightweight & breathable
<input type="checkbox"/>	1	Jumper	Lightweight jumper/fleece/hoodie for cool evenings & early mornings
<input type="checkbox"/>	1-2	Non-project clothes	'Nice' clothes for R&R days or to save for the end of your expedition
<input type="checkbox"/>	1	Swim wear	For showering and cooling off
<input type="checkbox"/>	1	PJs/Nightwear	Optional – You can save space by using your other clothes as nightwear
<input type="checkbox"/>	1	Travel Towel	Lightweight, quick drying towels are ideal – as long as it keeps you modest
<input type="checkbox"/>	1	Wide-brimmed Hat	You will need to protect your head and neck from the sun
<input type="checkbox"/>	2	Water Bottles (1L)	Robust bottles with wide necks are ideal as they are easy to clean



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<input type="checkbox"/>	1	Head Torch	Invest in one with a decent beam and remember to bring spare batteries
<input type="checkbox"/>	1	Heavy Duty Gloves	For project work
<input type="checkbox"/>	1	Sunglasses	With UV Protection
<input type="checkbox"/>	1	Insect Repellent	50% DEET is recommended
<input type="checkbox"/>	1	Sunscreen	Minimum SPF30 recommended
<input type="checkbox"/>	1-2	Hand Sanitiser	Anti-bacterial. Two or three small bottles are better than one big one
<input type="checkbox"/>	1	Wash Kit	E.g. Toothbrush, toothpaste, biodegradable shampoo/shower gel
<input type="checkbox"/>	1	Travel Wash	Biodegradable
<input type="checkbox"/>		Sanitary Products	Just in case. There's less variety in most locations
<input type="checkbox"/>	1	Eye Mask/Ear Plugs	Optional – good for light sleepers
<input type="checkbox"/>	1	Lip Balm	Optional – SPF versions are recommended
<input type="checkbox"/>	1	Notebook/Journal	Optional – To keep a journal or make a note of what you see
<input type="checkbox"/>	2-3	Pens/Pencils	Optional – Makes doing the above a lot easier!
<input type="checkbox"/>	1	Camera	Remember your charger/spare batteries & plenty of memory
<input type="checkbox"/>	1-2	Books/E-Reader	Optional
Personal Medication and First Aid Kit			
<input type="checkbox"/>		Anti-malarial tablets	If recommended, enough for your whole trip – check with your GP or Travel Nurse
<input type="checkbox"/>	All	Personal Medication	E.g. prescription drugs, inhalers, Epi-Pens (please label clearly and pack these in your hand luggage)
<input type="checkbox"/>	10+	Plasters	A range of sizes
<input type="checkbox"/>	1	Steri-strips	
<input type="checkbox"/>	12-16	Pain Killers	E.g. Paracetamol/Ibuprofen
<input type="checkbox"/>	10	Antiseptic Wipes	
<input type="checkbox"/>	1 pack	Anti-histamine	Tablets & cream
<input type="checkbox"/>	1	Crepe Bandage	
<input type="checkbox"/>	1 pack	Decongestant	Eg: Sudafed or throat lozenges
<input type="checkbox"/>	1	Tweezers	
<input type="checkbox"/>	1	Scissors	
<input type="checkbox"/>	1	Talcum Powder	For keeping feet and body dry
<input type="checkbox"/>	1	Zinc Oxide Tape	
<input type="checkbox"/>	10	Rehydration Sachets	E.g. Dioralyte



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Don't worry!

If you're not sure about the purpose of any item on the kit list please feel free to get in touch with us.

Top Tips!

If you are struggling to fit everything in – the bag is not too small, you are trying to pack too much.

Do not tie your sleeping bag to the outside of your main bag – you do not want to lose it on the flight or any other transfer.

Plastic bags are banned in Kenya

This is good news for the environment but bad news for anyone caught with one as the fines are significant. Please do not bring any with you.