



## **Personal kit list for the expedition to Kenya**

### **General**

The purchase of equipment for your expedition can be tricky and you should take extra care when putting together your personal expedition kit. Where possible keep the cost sensible and try to borrow any items that you can from your friends, school or college. Do not spend money on kit unless you really need to.

Also please be cautious when seeking advice, especially from people that may not have been to Kenya. Advice gleaned from other parties may be inaccurate for the season and the type of expedition that you are going to undertake. The attached list is your official expedition equipment list and should be strictly adhered to. Below is some general advice on equipment requirements and their necessity on your expedition to Kenya.

#### **What to expect from the climate in Kenya and top tips for kit:**

Kenya has regional climates so depending on your itinerary, conditions will be different. It will be warm during the day, so you will need to be well protected from the sun but cool at night.

### **Rucksacks**

These can vary enormously in price and specifications. When choosing a rucksack remember that, when loaded, an uncomfortable rucksack can give you a very hard time and it can be very bad for your back so try on several models in the shop. We recommend that you put weight into the pack in store and take plenty of time to make sure that the pack is adjusted correctly to fit your back and is comfortable to carry.

When packing, remember that you will need to keep about 10 litres of space in your rucksack free to accommodate the group equipment which is provided by World Challenge. This includes medical kits, safety ropes, cookers, fuel bottles, tents or hammocks.

Remember most rucksacks are not waterproof so it is essential you always line your rucksack with a **waterproof rucksack liner**, but avoid kitchen disposal bin bags as these are too flimsy and they won't last the duration of your expedition. A variety of more resistant bags, ranging from sturdy rubble sack style liners to sophisticated waterproof bags, are available from most outdoor and many DIY shops.

#### **Rucksacks in Kenya**

In Kenya you will be trekking with a day pack which will contain the essential pieces of equipment that you need for the day. You need to make sure this is a minimum of 30 litres as you will be carrying water, food, warm clothes, waterproofs and safety equipment. It is not necessary to invest in a new, well fitting rucksack as long as you have access to a rucksack or duffel bag which can be waterproofed and carry all your kit (at least 65 litres).

## **Sleeping bags**

Sleeping well is an extremely important part of your expedition. There are two types of filling used in sleeping bags: down (i.e. feathers) and synthetic. Down bags are usually warmer and easier to handle for their weight and pack size but offer little insulation if wet. Synthetic bags remain warm when wet but will be heavier and bulkier than down bags. All sleeping bags are rated by season and as a general rule:

- 2 season bag - suitable down to around + 5 °C
- 3 season bag - suitable down to around - 5 °C
- 4 season bag - suitable down to around -10 °C

All ratings are only a guideline, if you know that you feel the cold when sleeping it may be advisable to use a warmer bag than recommended.

### **Recommendation for Kenya**

A 2 season sleeping bag will be sufficient as you won't be trekking at altitude.

## **Sleeping bag liners**

Designed to help keep your sleeping bag clean and add a couple of extra degree's warmth, *silk* or *cotton liners* pack down small and can be washed easily. A single duvet cover, although slightly bulkier, can make a good less expensive alternative. *Fleece liners* are bulkier but upgrade a sleeping bag by one season. Sleeping bag liners are very useful if you expect to experience different weather and climatic conditions on expedition as they provide some versatility. They are also useful when staying at budget hotels/hostels where you may prefer to use your own linen.

### **Recommendation for Kenya**

Due to the variable climatic conditions a sleeping bag liner is advisable for your expedition to Kenya. It can be used on its own in hotter areas and can add warmth whilst trekking.

## **Sleeping mats**

When you sleep directly on the ground in your sleeping bag, you lose body heat. Sleeping mats are designed to insulate you from the ground and can make a difference of around 2 - 4°C to the warmth of your sleeping bag. There are basically two types of sleeping mats: foam and inflatable mats. *Foam mats* are cheap and reliable, however it is important to have a good quality foam mat - the cheapest mats may not last the duration of the expedition and will provide very little protection. *Inflatable mats* are more comfortable and offer more insulation but are more expensive and could puncture, although repair kits are available. It is not necessary to purchase this for your expedition as long as you have a good quality foam mat; unless you feel you require the additional warmth.

### **Recommendation for Kenya**

As you will be spending the majority of your expedition in tents, a good quality sleeping mat is advisable, particularly if you feel the cold whilst sleeping at night.

## **Walking boots**

There are two types of boots: leather and fabric. As a general rule of thumb *leather boots* will give slightly better support to your ankle and will last longer but do take longer to break in. *Fabric boots* are extremely popular and perform well in warm-weather destinations. They offer greater comfort and breathability and are perfectly suitable for your expedition. Whichever type of boot you chose they must have a rigid sole with a good tread and good ankle-support. It is advisable to purchase your boots well before your expedition and wear them for a few small treks to make sure they are comfortable.

### **Recommendation for Kenya**

The most important thing for Kenya is that you have a pair of boots or trainers which are comfortable, give excellent ankle support and have good grip.

### **Waterproofs (shell layer)**

When you are out all day, good protection from the elements is essential for comfort and safety. Breathable fabrics are advisable but do not spend a lot of money on fabrics such as Gore-Tex unless you plan to use them on a regular basis after your expedition. Essential features of a jacket include an integral hood with stiffened peak and full storm flaps (covering zips and pockets) which are accessible when wearing a rucksack. Waterproof trousers and jackets should also have taped seams. The requirement for a good quality 'shell' that will give reliable protection from the wind and rain, as opposed to simpler light-weight waterproofs, will depend on the climate and altitude of the treks on your itinerary.

#### **Recommendation for Kenya**

In Kenya you will need to make sure you have good quality sturdy waterproofs.

### **Fleece jackets**

Fleece jackets vary enormously in price. The aim of a fleece jacket is to keep you warm as part of a layering system. The layering system works by trapping warm air between the layers, so baggy fitting layers are not effective. Fleeces 'wick' (expel) moisture away from the body and retain little water, but beware of cheap imitations as they will not wick efficiently and weigh more. The majority of fleeces are not windproof so they usually need a shell layer to cover them if it is cold and windy (i.e. your waterproof jacket and trousers). Micro fleeces add an additional layer of warmth.

#### **Recommendation for Kenya**

A micro fleece is recommended as an extra layer for the cooler evenings.

### **Base Layers**

As previously mentioned, warmth and comfort is attained by the layering system. Thermals are the first layer or base layer and should be close fitting to work effectively. Their aim is to wick moisture away from the skin and dry quickly. They are usually available in different weights and can be quite inexpensive but avoid those made from cotton as these do not have any wicking properties. Technical synthetic fabrics such as polyester or polypropylene are ideal. Cotton, however, may well be appropriate for hot climates although; once wet, cotton becomes cold and clammy and takes a long time to dry.

#### **Recommendation for Kenya**

Base layers are not necessary for this expedition.

### **Water Bottles**

Keeping fully hydrated is essential, you will drink far more water than normal whilst trekking. Whilst on expedition you must carry at least two 1L water bottles, one to purify your water in, and one to drink from. Additional water storage may be required for some destinations.

#### **Recommendation for Kenya**

Due to the nature of the trek in Kenya, you will need additional storage for water. It is advised that you have the capacity to carry 2 litres of water on you at all times.

### **Money Belt**

These are designed to be worn on the waist under your clothing for maximum security. Ideally the money belt pouch should be large enough to hold your passport and keep your cash unfolded. A money belt is highly recommended for your expedition to Kenya.

### **Mosquito nets**

Due to the risk of insect borne diseases in Kenya you will need a mosquito net. Nets may be required for your project phase (if you are going to be sleeping in a classroom for example) and for any time you spend 'sleeping under the stars' (i.e. without tents). For any nights that you are camping in tents you will not need a mosquito net as the tent doors and windows are screened with mesh.

#### **Recommendation for Kenya**

A mosquito net will be provided by World Challenge.

## Individual kit list for Kenya

<b>Base Layer</b>	
Two	T-shirts
Three pairs	Heavy duty walking socks
Five pairs	Underwear
<b>Warmth Layer / Trek wear</b>	
Two pairs	Comfortable, strong, quick-drying trousers
One pair	Comfortable cotton shorts or equivalent
One	Long-sleeved shirt or equivalent
One	Micro-fleece
<b>Protective layer</b>	
One	Wide-brimmed sunhat (not baseball cap)
One	Good quality waterproof jacket with hood
One pair	Good quality waterproof trousers
<b>Misc</b>	
One	Bathing costume
One set	Old clothes for use on the project site
<b>Footwear</b>	
One pair	Walking boots with good ankle support and semi-rigid sole or supportive trail trainers
One pair	Sandals with ankle strap or old trainers
<b>Equipment</b>	
One	Large rucksack or duffel bag (65 litre)
One	Day sack (30-40litres)
One	Rucksack liner to waterproof your kit
One	Sleeping bag (2 season) and compression sack
One	Sleeping bag liner
One	Sleeping mat (foam or inflatable)
One	Head torch
Two	1 litre water bottles or equivalent hydration system
One pair	Sunglasses (good quality, UV A and B reflective)
One	Towel (not beach towel, but lightweight travel towel)
One	Whistle
One set	Fork, spoon, mug and plate/bowl (bowl is generally more practical)
<b>Optional</b>	
One	Bandana
One set	Playing cards
One	Paperback book

<b>Health and hygiene</b>	
One	Washing / shaving kit
One roll	Toilet paper
One	Packet of wet wipes or antibacterial gel
One	Insect repellent (formulas with DEET tend to be the most effective)
One	Sun block/ high factor sun cream
One	Tube of lip sun block / lip salve
Sufficient	Biodegradable soap
Sufficient	Sanitary products (females)
One	Antibacterial foot powder
Sufficient	Personal medication
One	Personal first aid kit to include antiseptic cream/wipes, assorted plasters, blister kit, Antihistamine for allergies (not Triludan), 10 x re-hydration sachets i.e. Dioralyte, painkillers i.e. paracetamol

<b>Ancillaries</b>	
One	Notebook/ journal and pen
One	Small penknife
One pair	Gardening/work gloves for the project phase
One	Money belt
One	Cheap waterproof watch
One	Set of resealable plastic bags for waterproofing kit
<b>Group items (per 3 /4 people or 'tent' group)</b>	
One	Travel sewing kit
One	Spare boot laces
15m	Strong synthetic cord (paracord)
One	Roll of thick waterproof plastic tape (Gaffa Tape)
One	Box of waterproof matches/ lighter
One	Guide book
<b>Documentation</b>	
One	Passport (must be valid for at least 6 months after your return date)
One	Visa (if applicable)
Two	Copies of passport (photo page) – take these to build up day
Three	Passport photos – take these to build up day
	Ensure that you complete your personal contact details online (on the expedition members' website) at least 4 weeks prior to your departure

Please note you are advised to travel to your destination in clothes from this kit list to avoid taking unnecessary items on expedition with you. They will only weigh you down!

### **Cost versus quality**

Do not feel that you have to buy the most expensive equipment and do try to borrow as much as you can. If you intend to get a lot of use from your equipment prior to or after the expedition, then you may feel that you would prefer to buy leading brand items. These will probably last for longer, particularly if you envisage continuing your interest in the outdoors after the expedition. Manufacturers sometimes even offer lifetime guarantees on equipment such as rucksacks and waterproofs.