

Kenya Packing List



Clothing & Shoes

- Neutral Coloured Shirts/T-shirts
 - Long Sleeve
 - Short Sleeve
- Neutral Coloured Shorts
- Pair of Long Pants (more if you travel in winter)

***Khaki (or neutral coloured) clothing for activities (walks and drives)**
- Sleeping clothes
- Underwear and Socks
- Warm Jacket or Fleece
- Raincoat or Poncho
- Closed Walking Shoes
 - Hiking Boots
 - Veldskoen
- Flipflops/Slipslops
- Sandals
- Personal Toiletries

(Shampoo, Conditioner, Bodywash and Soap provided)
- Gaitors



Tools

- Headlamp
- Torch/Spotlight
- Beanie and Scarf (if you travel in winter)
- Backpack for activities
- Binoculars
- Insect Repellent
- Sleeping Bag **(A Pillow will be provided)**
- Stationary
- Camera, memory card & charger
- Phone, charger and Earphones
- Sunglasses/Glasses



Important Items

- Passport or ID Document
- Drivers License
- Credit Card & Cash
- Insurance Documents

(Maasai village for souvenirs and tip box)
- First Aid Certificate

(copy) Field Guide courses only
- Powerbank
- Sunscreen
- Photocopies of your Passport / ID



Tools

- Gel for minor or reoccurring muscle injuries
- Extra Batteries
- Rehydrate sachets
- Waterproof Bag
- Snacks - no shops nearby.

Include high energy snacks i.e. protein bars, energy bars, boiled sweets etc.
- Watch or Battery Operated Clock
- Musical Instrument (if you play, it is not mandatory)
- Earphones
- Type G Power Adapter

Additional Information

Cash

Travellers' cheques can only be cashed in Nairobi. Visa entry fees are best paid in US\$. Local purchases must be made in Kenyan Shilling easily obtainable at currency exchange bureaus at the airport or on the way through town but not near camp. The camp can accept card payments only for purchase of drinks OR any other personal shopping either US\$ or Kenyan Shilling can be used.

Pocket money - sufficient money for four weeks at \$80 to 100\$ per week. It is advisable to keep your valuables with you on person at all times.

Other non-compulsory expenditure to consider:

- Excursions to Mara Triangle, Mara Village, Rhino Sanctuary
- Tip for Mara Training centre staff e.g., approximately \$120 per participant (cash only)
- Drinks during sundowners

Noise Policy

- 1** We do not allow the playing of any amplified music, movies, calls etc which can interfere with the ambience of the natural environment and disturb other individuals in the camp. You may use headphones. We do allow the playing of musical instruments.
- 2** Remember that the use of cell phones can impact on your fellow course participants' experience in the bush. We do not allow the use of cell phones during any activities (walking or vehicle) or where camps do have reception, during lecture times.
- 3** Use of electronic equipment for learning bird and, or frog calls is to be done with headphones as continual audible calls will have an unethical impact on the local birds and frogs.



Recommended Books/Apps

Purchasing all the books listed below is not expected. Should you want to purchase your own books, we recommend you purchase at least your own bird book, tree book and mammal book.

BOOKS ARE AVAILABLE FROM

www.amazon.com; www.takealot.com or
Textbook centre at Galleria Mall and Hub Mall.

APPS Merlin Bird App for East Africa



Malaria

All our camps are situated in malaria areas. We are not permitted by law to give advice regarding medical information.

However, learners should be aware that malaria occurs in the region where our camps are situated. A visit to your local doctor / GP will provide you with the best options in terms of medical precautions. It is important that you use a good insect repellent. The Mara Training Centre provides mosquito nets.