

# Kenya Venturers Packing List

You can also view this list [online](#)

The list has been divided into three sections: Essential, Recommended & Optional

## ESSENTIAL

YOU MUST TAKE THESE  
ITEMS WITH YOU

## RECOMMENDED

THIS WILL MAKE YOUR LIFE  
MORE COMFORTABLE OR  
PROVE USEFUL AT TIMES

## OPTIONAL

YOU MAY WANT TO BRING  
THIS, BUT IT IS ENTIRELY UP  
TO YOU

### Essential Personal Belongings

ITEM	QUANTITY	CYCLE	GOT IT?	PACKED IT?
Rucksack (65-85 Litres)	1	All		
Day Bag	1	All		
Sleeping bag (1-2 seasons)	1	All		
Sleeping bag liner	1	All		
Roll/sleeping mat	1	All		
Dry Bags & Rucksack liner	2-3	All		
Water containers	2-3 (3Litres min)	All		
Head Torch + spare batteries	1	All		
Mess tin/plate/bowl	1	All		
Mug	1	All		
Cutlery (K/F/S)	1 set	All		
Sunglasses	1	All		
Prescription glasses (if required)	1 (plus spare)	All		
Toiletries & wash stuff (details below)	1	All		
Travel Towel	1	All		
Watch with an alarm	1	All		
Photocopies of key documents	1	All		
Water purification tablets	10	All		
First Aid Kit (details below)	1	All		
Mosquito net	1	All		

### Recommended Personal Belongings

ITEM	QUANTITY	CYCLE	GOT IT?	PACKED IT?
String/paracord	10-15m	All		
Sewing kit	1	All		
Padlock	1	All		
Pen knife or multi tool	1 (Must be less than 2 inches)	All		
Travel holdall/rucksack cover bag	1	All		
Money	See detailed guidance regarding amount	All		
Camera (spare batteries)	1	All		
Universal adaptor				

### Optional Personal belongings

ITEM	QUANTITY	CYCLE	GOT IT?	PACKED IT?
Trekking poles	1	All		
Playing cards/games	1	All		
Journal/pen/pencil/paper	1 set	All		
Spare laces	1	All		
Inflatable pillow	1	All		
Gaffer/Duct Tape	1x roll	All		
Bungee cords	2	All		
Eye mask & ear plugs				

### Essential Biodegradable Toiletries

ITEM	QUANTITY	CYCLE	GOT IT?	PACKED IT?
Soap	1	All		
Shampoo/conditioner	1	All		
Toothbrush	1	All		
Toothpaste	1	All		
Deodorant	1	All		
Insect repellent	1	All		
Sunscreen/sunblock min. 30SPF	1x 200ml	All		
Ecofriendly laundry wash bar/gel	1	All		

### **Essential First Aid Kit**

ITEM	QUANTITY	CYCLE	GOT IT?	PACKED IT?
Oral Rehydration Sachets	30	All		
Pain relief tablets (e.g paracetamol/ibuprofen)	2 packets each (max 32 tablets)	All		
Blister plasters	Min 10 large	All		
Zinc oxide tape, min 5cm wide	1-2 rolls	All		
Anti-fungal foot power/talcum powder	20-50ml/g	All		
Plasters	1 packet	All		
Antiseptic spray/cream	50-100ml or 1 tube	All		
Hand sanitiser/gel	250ml bottle	All		
Antihistamine tablets	1 pack	All		
Antihistamine or hydrocortisone 1% cream	1 tube	All		
Prescription medication / EpiPens	Enough for duration of expedition +2 weeks	All		

### **Recommended First Aid Kit**

ITEM	QUANTITY	CYCLE	GOT IT?	PACKED IT?
Scissors	1	All		
Tweezers	1	All		
Conforming bandage (100mm)	2	All		
Vaseline	1 small tin (20g)	All		

### Essential clothing

ITEM	QUANTITY	CYCLE	GOT IT?	PACKED IT?
Walking boots (broken in)	1	All		
Sandals (with toe and ankle straps)	1	All		
Trainers / Trail Shoes	1	All		
Light weight long sleeved tops/shirts	1-2	All		
T-shirts	3-4	All		
Fleece/Jumper	1	All		
Trekking Trousers	2	All		
Shorts	2-3	All		
Socks	3-4x walking socks, 4x normal	All		
Underwear	4-7	All		
Bras	2-3	All		
Heavy duty work gloves	1	All		
Hat (wide brimmed)	1	All		
Lightweight waterproof jacket	1	All		
Swimming costume/bikini & rash vest	1	All		
Buff	1	All		

### Recommended Clothing

ITEM	QUANTITY	CYCLE	GOT IT?	PACKED IT?
Set of clothes for field base/travelling	1-2	All		
Warm Hat	1	All		
Gloves	2	All		

## Detailed Packing List

There are options to stock up in the nearby town at changeover E.g. Sun cream, toiletries and sanitary products. Therefore, if you haven't got room to pack everything then don't worry about bringing enough for the entire Expedition, unless you need to buy specific brands.

However, options are limited there as Fieldbase is still remote – so it may be expensive to purchase, or limited options.

**IMPORTANT: Plastic bags are banned in Kenya.** This is great news for the environment, but bad news for anyone caught with one as the fines are significant. Please do not bring any with you.

## **Essential PERSONAL BELONGINGS**

### **Rucksack (65-85 litres)**

This is a key bit of equipment, particularly during trek when you will be carrying 15-25 kg of group kit. It is worth investing money on a good rucksack. Borrowing can lead to incorrect fits or older types that are no longer good. However, whether you buy or borrow, make sure that it is:

- **Top loading.** A side-loading 'travel pack' will not give your back enough support.
- Look for around **65-85** litres capacity, depending on your body size & shape.
- The **right length for your back.** If you're buying new try some on in-store, some makes will fit you better than others. Many rucksacks have height-adjustable backs, designed for specific sizes, as well as shoulder straps with different lengths/shapes to accommodate differences in body size.
- **Comfortable!**

### **Day bag**

A small bag is essential for taking your sunscreen, water bottle etc. to the project site each day – it also makes a good piece of hand luggage on flights. There is no need to buy new, and old school/college bag will do.

### **Sleeping bag (1-2 season recommended)**

In Kenya the temperature will be warm and humid, however the difference in altitude of our different projects (particularly the trek phase) we recommend the following sleeping bag temperature level:

- Kenya – Comfort Level 1-2 seasons (0°C to 10°C).
- Some people feel the cold more than others, so choose a higher temperature range accordingly. Kenya will be warm throughout the day and gets cooler at night.
- Down sleeping bags are not suitable because they are harder to dry out and deteriorate in wet and humid conditions so try to borrow or buy a synthetic one if possible.

### **Sleeping bag liner**

This helps to keep your sleeping bag clean, and if it is warm may be all you need to sleep in on some project sites. It is much easier to wash than a sleeping bag. A cheap and easy idea is to fold a cotton sheet in half along its length and stitch the long sides together (or bring an old single duvet cover).

### **Roll/Sleeping mat**

Full length mats are best, bear in mind you will be sleeping on this for ten weeks. Foam mats can be brought cheaply (under £5). A lightweight self-inflating mat can be more comfortable but is more expensive and can puncture (It is worth bringing a puncture repair kit if you do bring an inflatable).

### **Dry bags (2-3) and/or a rucksack liner**

These are waterproof bags (sometimes called canoe bags) that you can put inside your rucksack to keep your kit and clothing dry. You should try to borrow/buy 2-3 bags in a combination of sizes e.g. one small one for things like a camera/notepad etc. Use a larger one for your sleeping bag and a change of clothes. This may seem like a lot of waterproofing, but there is nothing worse than opening your sleeping bag to find it wet at the end of a day's trekking. A rucksack liner can be used as an alternative to smaller dry bags and should be the same capacity as your rucksack. They are 100% waterproof when used correctly.

### **Mosquito net (ideally box shaped)**

There is a variable risk of malaria and dengue fever in Kenya. You will be sleeping in community centres, classrooms and longhouses for the duration of Expedition. TO ensure you are reducing the risk of getting b

- We recommend trying to get a box shaped net, as it is the easiest shape to put up because it can be

attached by all four corners.

- The net must be impregnated with permethrin which further protects against mosquitoes. Most new nets will have been pre-dipped but do check before you buy. If you have an old/untreated net you can buy a bottle of permethrin from outdoors shops so that you can treat it yourself.
- Tie long pieces (minimum 2 meters) of string to each corner of the net to allow you to hang it more easily and save time on your first attempt.

### **Water containers (2-3 to hold 3 litres in total)**

Try to bring both hard bottles (such as a sports bottle) and collapsible containers with a 1 litre capacity allowing you to purify the water easily (1 puritab = 1 litre of clean water). You should bring enough to carry at least 3 litres.

- Collapsible water bags, such as a camelback, are good because they take up less space when empty and you can drink from them without having to remove them from your rucksack – great when walking or short on time.
- Although water filter bottles are now widely available, whilst you are on Expedition you will be asked to always drink the purified water. If you have a filter bottle this just means that your water will be double purified.

### **Head Torch**

This is an **essential piece of equipment** as there will rarely be electricity on project sites. A head torch allows you to work hands free, it is a lot easier than a handheld.

You'll need to bring at least one set of spare batteries.

- Torches with LED bulbs are great – they use less battery power
- A head torch with a red-light capacity is useful, as it attracts fewer flying insects at night
- It is worth bringing a cheap, back up hand torch in case you lose your head torch

### **Mess tin or metal plate/bowl**

A mess tin is a square metal container with a handle used as a bowl for eating food on placement. Mess tins can be purchased from any camping shop or online. Alternatively, a metal plate/bowl from home will also be fine.

### **Mug (if you drink hot drinks)**

If you drink hot drinks (tea, coffee, etc) bring an old mug from home. Plastic and metal camping ones are available but are not necessary. A small thermos/flask is also good.

### **Cutlery**

Try to bring a knife, fork and spoon. A set from home is fine, alternatively if you already have a camping set that clips together or a 'spork' (a cross between a spoon and fork, often with a knife on the handle) bring them. From our experience, plastic sporks can be flimsy and snap easily and will need replacing.

### **Sandals**

You won't want to be in your boots all the time, so you'll need an alternative. It's essential to always have something on your feet. Open toed sandals must have toe and ankle straps to keep them on your feet and allow them to dry out. They can be worn for washing in, and river crossings.

### **Sunglasses**

It's likely to be bright and sunny in Kenya. Ensure that the lenses have effective UV protection. It is worth bringing a hard case for them.

### **Prescription glasses/sunglasses**

If you need to bring them (and ideally a spare pair), both in hard cases. Wearing contact lenses is **not permitted** due to a greater risk of infection associated with using contact lenses in a dirtier environment. This applied to both disposable and non-disposable lenses.

### **Toiletries and wash stuff**

- Hygiene is crucial on Expedition, so make sure you bring the essentials. You may want to bring enough toiletries to last for the whole Expedition, but there will be opportunities to restock certain items, e.g. toothpaste, in town during changeovers.

### **Toiletry top tips**

- You'll need environmentally friendly, plant-based or biodegradable toiletries.
- Try using shampoo/conditioner bars – these take up minimal space and are eco- friendly. They can be purchased from stores like LUSH/Holland & Barrett, or other online stores.
- Sunscreen, DEET, and alcohol gel are all very expensive to buy in country, so it is better to take enough with you to last the whole of your Expedition.
- A small nailbrush is good for washing dirty clothes.
- If you only need small quantities of something, then small reusable bottles from pharmacies are often helpful.
- Wet wipes can be useful to bring if you have some extra room in your bag.
- Try to buy creams, lotions, deodorants etc. that don't have a strong fragrance as this attracts insects.
- Please bring your usual method of menstrual hygiene management to cover your whole programme and some spares in case they get lost or damaged. The product you use will need to be kept in a waterproof container or zip lock bag. However, we don't recommend menstrual cups, because it is a challenge to wash them and maintain a good level of hygiene, especially on projects with no running water taps. Please get in touch with us if you have any further questions.

### **Towel/Sarong**

Travel towels are lightweight, compact, quick-drying, cheap, and don't rot. They are recommended over a normal cotton towel. Some people like to bring a sarong instead of a towel as they tend to be lightweight, quick- drying, and can also be used as a blanket or clothing – cotton ones are the best.

### **Watch with an alarm.**

There are going to be a lot of early mornings, so a watch with an alarm is recommended. It doesn't have to be anything fancy, a cheap plastic one will do. Ideally, look for one with a light and alarm that is water resistant.

### **Water Purification tablets (10 tablets)**

Each group will be given purification droplets that purify large quantities of water for the entire group, however, you will need to have your own small personal supply for emergencies. You can buy chlorine-based puritabs cheaply online.

### **Photocopies of key documents (e.g., insurance docs, flights)**

You should always have a copy of your essential travel documents kept separate from the originals; having them will greatly help should your documents get lost or stolen.

- Passport (the photo page).
- Vaccinations (a copy of the dates you received your vaccinations).
- The overseas contact details of your bank or credit card
- Insurance documents. You will need to take out your own insurance to cover your personal kit and equipment. You should keep a copy of your policy number and emergency contact.
- Flight e-tickets (print out a spare copy).

## **Recommended PERSONAL BELONGINGS**

### **String/paracord (10-15m)**

Having a small amount of this is always useful and can be used for many reasons e.g. improvising washing lines and hanging mosquito nets. Cheap standard string is fine; however, paracord (strong string) is more hardwearing, and is also reusable, so if you have some lying around the house, bring it. No more than 15 meters is needed.

### **Sewing kit**

This is useful for repairing pretty much everything! Buy a non-name brand to save some money here.

### **Padlocks (TSA approved if flying via the USA)**

Small padlocks for your kit can be useful for travelling and whilst storing kit. If you are transiting through the USA, make sure that your locks are TSA approved otherwise they are likely to be broken during US customs bag searches.

### **Penknife or multi-tool (blade must not be longer than 2")**

An inexpensive small penknife with a blade (no longer than 2"), can opener, and scissors can be handy to have.

Please remember to put it on your hold luggage for the flight.

### **Travel holdall/rucksack cover bag (protects your rucksack and can be left in Field Base)**

A luxury, these lightweight bags cover your whole rucksack and are great for putting your rucksack in for flights, as they stop straps from being damaged. You can also padlock (TSA approved) these for added security. Make sure that the size you buy has a greater capacity than your rucksack. This bag can also be left at Field Base to hold any kit you want to leave behind during your trek.

### **Camera**

As we have a 'no phones on project' policy, we recommend bringing a camera with you to capture some awesome Expedition moments. You can bring all types of cameras on Expedition, from cheap disposable ones through to Digital SLRs. If you do take an expensive camera, please ensure that it is insured as Raleigh's insurance does not cover loss or damage to personal items. **Please do not bring expensive or bulky items** such as iPads, tablets, laptops etc. as we will not be able to store these high-value items. If you do want to bring items like cameras, then you need to be happy taking these to your projects and communities.

- If it takes rechargeable batteries, it is a good idea to bring spares if you have one as it is unlikely that you will always have access to electricity.
- Make sure that you bring enough memory cards if using a digital camera.
- Make sure that you have a waterproof case. It may also be worth using some silica gel bags to help reduce moisture in humid environments

## **Optional Personal Belongings**

### **Trekking poles**

These can be found in any outdoors shop. These are a matter of personal preference, some people find that they help when walking up and down hills, or you can always go for a homemade version and pick up a stick



along the way.

### **Playing cards/games**

In the evening there will be some down time, so it's great if you can bring games to entertain the team.

### **Journal/pen and paper/sketch pad**

These are great for making notes during your training, for planning your various projects and keeping you entertained. Bring some writing paper so that you can write to your friends and family when you're on your project site, where you won't have access to phone signal or internet.

### **Spare laces**

Spare laces for your walking boots can be useful, in case your current laces break! But can also be your wa are definitely something to consider! They don't take up much space.

### **Inflatable Pillow**

A luxury item. If you don't want to buy a pillow, a dry bag stuffed with clothes/your fleece makes a good alternative.

### **Gaffer/duct tape (1 x roll)**

This is useful for repairing pretty much everything! Buy a non- name brand to save some money here.

### **Bungee cords (2)**

These are elasticated cords with hooks on the end and are useful for securing equipment and making shelters. 1 or 2 will be enough to bring.

## Essential First Aid Kit

You must bring your own personal first aid kit. We recommend buying the items individually and storing them in a wash bag/first aid kit bag. Alternatively, you can buy a pre-made kit from an outdoors shop, pharmacy, travel clinic or supermarket and add any items on the list that aren't included (but these often contain items which aren't required).

- Oral re-hydration sachets. E.g., Dioralyte (30)
- Pain relief tablets (2 packets of each – up to 32 tablets in total)
- Blister plasters (Minimum 10 large plasters)
- Zinc oxide tape (1-2 rolls)
- Anti-fungal foot powder / talcum powder E.g. Scholl (1 – 2 pots 20-50ml/g)
  - Dusting your feet each morning/evening with foot powder can help to keep them dry and free from athlete's foot.
  - Normal talcum powder is cheap and although it does not medically target fungal infections, it will help prevent them by keeping your feet dry.
  - Anti-fungal foot powder is more expensive but specifically targets fungal infections.
  - An effective solution is to use talcum powder but also bring a smaller quantity of anti- fungal powder.
- Plasters (1 packet)
- Antiseptic spray/solution (50-100ml bottle) or antiseptic cream e.g., Savlon (1 tube)
- Hand sanitiser/gel (250ml bottle)
- Antihistamine tablets (1 pack)
- Antihistamine or Hydrocortisone 1% cream eg Antihistan for insect bites (1 tube)
- Any prescription medicine you may require (enough for your whole expedition plus 2 weeks\*)

\*The extra 2 weeks is to allow for any damage/loss that might occur – please ensure you have informed the Expedition Team if you will be taking any prescription medicine. Also remember to bring enough for any travelling you may be doing after Expedition.

## Recommended First Aid Kit

- Scissors (small)
- Tweezers
- Conforming bandage (2 x 100mm)
- Vaseline (1 small tin, 20g). A small amount is fine and can be useful for chaffing and dry lips.

## Essential Clothing

Please bear in mind the following:

- It's likely that everything you wear will be dirty and worn out by the end of your Expedition. If you don't want to spend money on clothes that might get ruined due to the nature of your work, you could look for clothes in charity shops or wear old clothes. We also suggest avoiding white clothes and socks, as they stain easily!
- On the Community Projects it is important to dress sensitively. When out in the community we strongly recommend clothes which cover your shoulders and are at least knee length; crop tops, low-cut tops and short shorts are not permitted on community projects.
- **Please do not bring any camouflage as this has military affiliation.**

## Walking boots

Another key piece of equipment. Like your rucksack, think of these as an investment; a good pair of boots can last for many years. Please ensure that your boots are comfortable and strong, and make sure that you have practiced walking in them before you arrive.

- Please buy or borrow your boots **as soon as possible**, and break these in by going for walks. You may get blisters at first when wearing them in, but it is easier to deal with blisters at home where you can dress them in a sterile and clean environment. We recommend doing several short walks (up to 5 miles) in your boots to wear them in properly.
- If you already have a pair of good quality walking boots that fit and are comfortable then bring them, just check all the stitching and that the sole is still firmly attached to the boot.

## IMPORTANT TIPS TO REMEMBER FOR WALKING BOOTS

If you are buying or borrowing some things to think about are:

- They are a good fit and comfortable. If you're not used to wearing boots, they will feel uncomfortable at first, but the more you walk in them the more they mold to your feet.
- That they are good quality; you don't want your boots to fall apart halfway through your trek.
- That they give you ankle support. The boot must come up over your ankle; a lightweight 'traveller boot' or 'walking shoe' won't provide enough support when walking over rough terrain/working on construction sites.
- That they fit in both length and width. Different brands suit different foot types, so try out different brands and styles to find which fits the best.
- The material of the boot. Both leather and suede/mesh, waterproof/non-waterproof boots have their pros and cons, and it comes down to personal preference.
- That they are not Timberland/Caterpillar style work boots. These are unsuitable for hiking!
- If you have US style military boots (Wellco), take extra care to wear them in properly. Unless you already own a pair, we do not recommend buying this type of boot.

## 1-2 x Long sleeved tops/shirts

We recommend wearing long-sleeved tops at dusk and dawn to protect you from mosquitoes. They can also be worn during the day to protect you from the sun. Light weight tops or shirts are ideal as a layer, and old, cheap tops are just as good as expensive brands.

## 3-4 x T-shirts

You may bring vest tops, but these may be culturally insensitive to wear on certain projects, so do ensure you bring 2-3 standard T-shirts as well. One of these could be the Raleigh T-shirt you will receive on your first day.

## 1 or 2 x Fleece/warm tops

The temperature at night and in the mornings can be significantly cooler than the daytime temperature, particularly when at altitude; therefore, a fleece or warm top is required. If possible, it should be a fleece material as they are quicker to dry than a thick hoody.

## 2 x Trekking Trousers

- They should be light/medium weight cotton or polycotton, loose fitting and quick Cargo style trousers are good.
- Do not bring jeans for the project site, they are too hot and take too long to dry. Feel free to bring a pair for travelling and changeover if you want
- Trousers that zip off to make shorts are useful and save on packing space

### **2-3 x Shorts**

Cotton shorts are good enough, and cargo pockets can be useful. Ideally, they should dry fast.

### **Socks – at least: 3-4x pairs of walking socks & 4 x pairs of normal cotton socks**

You must bring at least:

- 3-4x pairs of walking Look for ones that are not too warm.
- 4 pairs of normal cotton/sports socks. Good for keeping your feet cooler when still required to wear socks (at dusk to avoid mosquitoes).

### **4 – 7 pairs of underwear**

This will be enough to last your Expedition, is it always worth leaving at least one clean pair with the kit you leave in Field Base. Dark colours are better as they don't show the dirt.

### **2-3 Bras**

Sports bras are often found to be more comfortable.

### **Work / garden gloves – this is very important**

These should be hard-wearing work/gardening gloves for use on project sites. You can normally pick these up at hardware stores or supermarkets.

### **Hat (wide brimmed)**

Preferably a wide brimmed hat to keep the sun (and rain) off your face and neck.

### **Lightweight waterproof jackets or poncho**

Cheaper and more expensive options are available for both, and it comes down to personal preference. Ponchos cover more of you and your kit but can restrict movement. Waterproof jackets don't cover your kit but are more practical, but often more expensive. A 'pac a mac' type of jacket is fine.

You can also bring waterproof trousers if you want.

### **Swimming costume or bikini & rash vest**

There will be times where washing is done in rivers/streams, and therefore swimming trunks/costumes are needed for privacy. We recommend board shorts rather than trunks; swimming costumes or bikinis is down to personal preference.

A rash vest is highly recommended for water activities for sun protection.

### **Other shoes**

It is good to get a break from wearing your boots and sandals when relaxing, so bring some comfortable alternatives if you have room. E.g. flip flops or trainers.

## Recommended CLOTHING

### Nicer set of clothes of field base and travel

As previously mentioned, it is worth having clean clothes to come back to a changeover, as well as for special community events and making your flight more comfortable. A casual short/t-shirt with loose trousers or a loose-fitting dress/skirt are good options.

### Warm Hat

For the trek portion of your Expedition, it should be lined and cover your ears.

### Gloves

For the trek portion of your Expedition. You should bring two pairs, one thin pair and one thick/waterproof pair.

## Packing Guidance Top Tips

- **Use the checklists.** Tick off items as you go to ensure you don't leave anything behind.
- **Evenly distribute the weight.** Though less important for packing for the airport (but essential for packing for your trek) try and distribute the weight evenly. It is even better to have a little more weight at the bottom of your rucksack than at the top.
- **Compartmentalize.** Use your dry bags to put similar items together. For example, when you need new socks, you probably need new underwear – put these together. Your sleeping bag and mosquito net will be needed at the same time – put them at the bottom of your rucksack.
- **Use your day bag as your hand luggage.** In it make sure that you have everything you need for the flight:
  - Passport and valuables.
  - A small wash kit (make sure that any liquids are under 100ml).
  - A spare pair of socks, underwear, and a change of clothes (in case your luggage gets delayed)
  - Walking boots (in case of delays)
- **Wear your boots** on the flight, this will save weight and space in your main bag.
- Your **first aid kit** will be rarely needed, but when it is it will be needed quickly – make it easily accessible.
- Pack any sharp objects or liquids over 100ml (about 3.38 oz) in your hold baggage.
- Mark your bags. Use bits of tape/ribbon to allow you to easily identify your kit. Label individual kit items with your name or some nail polish so you can easily find your stuff.
- Label your bags. Use the Raleigh address with your name, this will help in the unlikely event that your luggage is delayed.





