

Packing List for Kenya

List of things to bring:	Notes
Baggage limits for Lufthansa: Checked bag: Max. weight per bag: 23kg (50lb) Max. linear dimensions per bag (length X width X depth: 158 cm (62in) Carry-on bag: The maximum weight is 8kg with dimensions for a carry-on bag are 23 cm x 40 cm x 55 cm), including handles and wheels. Personal item: You may take on some additional small personal items (max. 40 x 30 x 10 cm). All liquids > 100 mL should be bagged and packed in your checked baggage. For carry on make sure that bottles are 100 mL or less in volume and bagged. Be sure to pack jack knives and other such items in your checked baggage. All lithium rechargeable batteries must be in your carry on.	
Please pack reasonably light as we will may each of you to carry a modest amount of field equipment in your checked bag. You will have to hand wash clothes every few days.	
Clothing	
Socks (5-6 pairs)	One thick pair
Pajamas	
Underwear (6-8 pairs)	
Long pants (2 pairs)	One pair of light weight fast drying pants is preferable. The second pair could be jeans.
Shorts (one or two pairs)	No 'short-shorts' as again these are considered inappropriate by some, and indeed even regular-length shorts for women are considered inappropriate, in some areas.
Skirt	If women wish to bring a skirt please ensure that it is knee length or longer.
Swim suit	We may not have occasion to swim but best to be sure. Please be sure to ensure that your suit is modest and for women - one piece.
t-shirts (4-5)	Avoid tank-tops or low-cut shirts as these are deemed culturally inappropriate in some areas.
long-sleeved shirts (2-3)	Light weight and button-up
sweater or coat	Evenings can sometimes be cool. Bring a warm sweater or jacket.
rain jacket	Breathable is always better
hiking boots/walking shoes	Broken in is preferred.
sandals/flip flops	Only for showers or areas without possibility of stinging or biting creatures.
bandana	
hat (large brim)	
	In general your clothing should be modest and you should ensure that your shoulders, stomachs and knees are not bare. Light-coloured clothing is better as it will not absorb solar radiation as readily.
A few important notes:	
Toiletries etc.	
Prescription drugs	Always bring in original packaging (and bring prescription of you have it) , and bring enough for > 2 weeks just in case. You may wish to bring Ciprofloxacin (a broad spectrum antibiotic that can be used in cases of severe diarrhea) that requires a prescription.
Immodium	Drug to combat diarrhea
other medicines	e.g. aspirin, tylenol, Ibuprofen, Gravol (especially if you are predisposed to travel sickness), Pepto bismal for stomach upset, Benadryl etc. I will carry a first aid kit as well.
tampons	
hand sanitizer	
bug spray	30% DEET
sunscreen (high SPF please)	Minimum SPF 15 and preferably higher.
antiperspirant/deodorant	you will sweat!
towel	
toothbrush & paste	
soap and shampoo	use small containers for shampoo and other such liquid toiletries. These can be purchased at supermarkets
other toiletries	shaving razor, foot powder etc.
Other	
Computers	
	You may wish to leave your computer behind for reasons of security. You will wish to carry your personal effects with you and adding a computer is one additional worry. I leave this to you and will have my personal computer, and perhaps tablet.
Money belt	
Sunglasses	
UK plug adaptor	
Sleeping bag	Narobi is at ~ 1800 mas. Bag should be sufficient, perhaps rated to perhaps 5 degrees C.
Travel pillow	
Pillow case	I often bring a pillow case which I can stuff with clothes to make a reasonable facsimile of a pillow.
Day pack	A small backpack or satchel for carrying around water, field book, field guides etc. Use this for your carry-on.
Large bag or pack	See baggage restrictions above. Before checking your bags be sure to tie all straps so that they do not become trapped in the conveyor belts.
Binoculars (if possible)	8 X 40 or 10 X 50s We will have a chance to see many mammals, birds and lizards etc. and binoculars will facilitate this.

Country guide book?	You may wish to purchase one of the myriad guide books so that you may read up on Kenya. I suggest Lonely Planet. This really not necessary but may be of interest to you.
Field guides?	You may wish to purchase a personal field guide to birds, although I will bring some copies so that we can share including guides to birds, mammals, trees and herps.
Swahili phrase book?	We will provide you with a pdf of common words and phrases that you can print off and take if you wish.
Headlamp	We may do some night time work and camping - so this is imperative. We would suggest that you get a headlamp that illuminates well.
Water bottle	1 Litre capacity preferred.
Sewing kit	Not mandatory but useful
Jackknife	Again not mandatory but useful
Camera	Bring sufficient media for two weeks (i.e. SD cards etc) as it may be difficult to get extra when we are in the field. You will be able to recharge batteries.
Field book	Please buy a field book from either from a campus book store (compact White red and Blue Sokkia) or a Rite in the Rain book from MEC or Trailhead or other such supplier.)
HB Pencils and a pen or two	Pencils are for your field books (preferred to ink which runs in humid weather).
Important	
Passport & visa	Make sure that you leave a copy of your passport with your parents or someone else you trust. You can send us a scan of it in case you lose or damage the hard copy. Our copies will be discarded at the end of the trip. You will need a Kenyan visa.
Vaccination booklet	You may be asked to produce evidence of your yellow fever vaccine.
Cash	Cash (Kenyan shillings best. You can also bring US dollars. Newer bills after 2004 in 100s recommended). Perhaps on the order of \$2-300 worth. One Canadian dollar ~ 78 Kenyan Shillings
Bank card/credit card	There are ATMs where you can take out additional cash should you need it.
Health insurance information	
Contact & Health Information	This is information that I have already solicited - but you should have copy of all emergency numbers (parents, guardians, partners).