



## Kit List for Maasai Experience

- **Sleeping System**

- Small, lightweight 1-2 man tent, ideally of geodesic design but anything robust as winds can be quite strong.
- 1 season or 2-3 season sleeping bag depending on the time of year the expedition is taking place.
- Thermarest or other ground mat.

- **Hydration**

- Water bottle – a 1 litre metal bottle is best.
- Hydration system such as Camelback, Platypus, MSR Dromedary systems with a drinking hose (optional)
- Water filter – we recommend the First Need XLE but feel free to ask about the suitability of anything you already have or intend to purchase.

- **Eating and Drinking**

- Mug
- Plate, bowl or mess tin.
- Cutlery

- **Clothing**

- Wide brimmed hat or cap with neck protection
- Light weight loose fitting clothing. Ideally cotton, but modern synthetics are fine. Must be long-sleeved / full length legs. Shorts and t-shirts are worth bringing for relaxing at the end of the day or while in the hotel. Washing is done sporadically whilst in the village.
- Fleece – evenings can feel cool and become very windy.
- Light-weight waterproof coat
- Light-weight walking boots with ankle protection

- **Miscellaneous**

- Head Torch or Torch with 2 sets of spare batteries

- Sun cream
- Sun glasses
- Insect repellent
- Personal first aid kit
- Personal effects – wash kit, medication etc. It is important to take your own supply of analgesia, rehydration salts, anti-diarrhoea tablets and anti-bacterial wipes/gel as well as toilet paper.
- Camera
- Binoculars
- Daysack – this can be separate from your main luggage rucksack and will be used for your daily essentials during excursions and activities. It is also useful as your carry-on luggage when flying.

**For transportation reasons this must all fit into a single rucksack or holdall.**

**It is possible that your bag will be strapped to the roof of the vehicle so it should be able to protect the contents from dust and rain.**

## **Money**

You will need very little spending money, as the opportunity for shopping will be limited and prices in Kenya are generally cheap. All food and drinks are provided. Spending money is only required for additional snacks, souvenirs, buying beadwork from our hosts and any alcoholic drinks.

A maximum £100 to take into Kenya will be more than adequate. You can obtain Kenyan Shillings at the airport; Sterling, Euros and Dollars can all be exchanged (the exchange rate varies between 130-160 to the pound). Cash machines are available at the airport and in Nairobi and Ngong.

UK citizens require a visa to enter Kenya. Although this can be obtained in advance it is easy to get an entry visa at Nairobi airport on entry for £30 (price varies so please check). Please ensure you have money available for this, they will accept sterling.

## Health

Current MASTA guidelines suggest making sure you are up to date with thyphoid, cholera, diptheria, tetanus, polio and Hepatitis A. Yellow Fever vaccination is required and malarial prophylaxis is also necessary. Although expensive we recommend Malarone. Rabies is endemic but vaccination is only suggested for longer stays. Please check with your doctor or travel clinic for up-to-date information.

We will only be drinking either bottled water, boiled water or water processed through your own purification system whilst in Kenya. To avoid sickness and/or diarrhoea all raw fruit and vegetables should be washed in "safe water" before consumption. Salads in hotels and restaurants should therefore be avoided as should ice in drinks. To avoid the spread of any stomach upsets everyone is advised to only use their own water bottle, and use anti-bacterial wipes after going to the toilet and before eating.

Even by taking these precautions it is still possible to get an upset stomach, so having your own supply of anti-diarrhoea tablets and toilet roll is essential.

## Weather

We are travelling in Kenya's hot, dry season. The temperatures could get up to 40°C during the day at this time of year it will be warm at night. Rain although unlikely is possible. Strong winds can also be prevalent at this time of year.