

List of Items to Bring to Kenya

Essential items

- Ipod and charger (Solar panel available).
- mobile phone into which you can put a local sim card, so not locked to a UK network. Communication is vital.
- Suncream, though this is available here
- Insect repellent: Mozzi Guard from Boots works well.
- Vitamin supplement
- Neat clothes for teaching in, but light and cool: long trousers, short sleeved shirt, decent shoes. Many of the people here are Muslim and find expanses of bare flesh offensive.
- Shorts and sandals for weekends etc
- Do not bring too many white clothes as the water turns most things brown after a while
- A warm jumper as the evenings can be cool
- Head torch
- Good light hat (vital)
- Anti malarials if you plan to travel to the coast or on safari, though these are readily available locally and very much cheaper than the UK. Malarone is not usually available. Please do not bring Lariam or Meflaquine as the side effects can be severe.
- Sleeping bag: light weight unless you plan to climb Mt Kenya in which case you need a 3 or 4 season bag.
- Light tent if you plan to camp
- Books to read
- Driving license, if you plan to hire a car for a trip.
- Money belt

Practical Knowledge

- Basic bicycle maintenance
- Knowledge of cooking without a lot of meat.
 - Readily available: pasta, rice, tomatoes, onions, greens, potatoes