

The END Fund Mount Kenya Trek, July 2022

Suggested Packing List

Weather Conditions

The weather in Kenya varies dramatically between regions and seasons. During the trek, temperatures will be varied. It can be as high as mid 20's °C during the day in the lower sections and down to -15°C (including wind chill) at the summit. Plan for the cold by packing sufficient gear that will keep you warm. There will likely be snow at higher elevation levels on the mountain, so we recommend travelers pack clothing and other items to keep warm, including gloves, a hat, etc. Rain is likely at some point during the trek. Goretex or similar waterproof boots and a waterproof jacket are essential for the trek to keep you dry and warm.

Luggage & Packing

Luggage Restrictions: We recommend packing lightly for this trip in soft luggage such as duffel bags. Hard-sided suitcases will not be allowed on your domestic flight. Please keep in mind that the total weight allowance for checked *and* carry-on bags on your domestic flights is limited to 15 kg (33 lbs.) per person. The airline will weigh your bags when you check in.

We recommend packing a separate bag for anything you bring that you would not like to carry during the trek. We will arrange a vehicle to collect any extra luggage from Sweetwaters and bring it to Enasoit after the trek.

Trekking Bags: All luggage for the trek must be rucksacks or waterproof holdalls that are easy for a porter to carry a rucksack on their back. The weight limit for this is 15 kg.

Note: Plastic bags are banned in Kenya. It is illegal to produce, sell and use plastic bags. Please back eco-friendly bags for your trip. Ziplock bags specifically used to carry toiletries will be permitted.

Important Reminder: Travelers are encouraged to notify their bank of their travel plans so that the bank does not see charges as illicit activity and put a block on the card.

Trek Essentials

Clothing Recommendations: For the multi-day trek, wearing multiple, lighter layers is better than single thick or bulky layers because it is more conducive to the wider range of weather conditions you will experience on the mountain. Layers can be removed or added according to the weather and/or exertion level at any given time.

- **50 - 70 liter rucksack** - a holdall that can easily be carried by your porter
- **20 - 40 liter daypack** - big enough to carry your waterproofs, an extra layer and water - make sure it is comfortable
- Dry bag liner(s) - all items in your rucksack and daypack must be in dry bags
- Goretex waterproof jacket and trousers, or something similar
- Lightweight, foldable down jacket
- 1 - 2 warm fleece tops (add an extra if you don't have a down jacket)
- 1 - 2 hiking trousers
- 3 breathable t-shirts
- 1 - 2 base layer tops (breathable underlayer)
- 1 - 2 base layer bottoms (breathable long johns)
- Warm hiking socks - 1 pair per day
- 1 warm hat (balaclava or beanie)
- 1 scarf
- 1 pair of warm, insulated gloves
- 1 pair of waterproof outer gloves or mittens
- Hiking boots - with ankle support - waterproof (Goretex) - the right footwear is the most important choice when it comes to trekking so get good advice from a reputable store and break them in - wear them regularly and during your training to get comfortable. Keep in mind that your feet may swell on a longer hike.
- Comfortable shoes for in the camp
- Sun hat with a wide brim
- Sunglasses (100% UVA and UVB protection that reduce glare and visible light)
- 2 - 3 x 1 liter water bottles or CamelBak

Recommended, but not essential:

- 2 x telescopic trekking poles
- 1 pair of gaiters

Items Provided during Trek:

- Pillow
- Sleeping bag (-18°C rated)
- Thermal liner
- Cot with mattress and foam pad
- Towel and basic toiletries

General Essentials

- Passport (original and photocopy)
- Visa documents, including a PDF of e-visa
- International flight itinerary

- Completed Kenyan [Public Health Surveillance Form](#) (printed and screenshot)
- Travel Insurance Policy & emergency phone numbers
- Covid Vaccination Card (original and photocopy)
- QR code verifying your Covid Vaccine Card with [Trusted Travel Initiative](#)
- Credit cards and cash (see spending guide in Country Guide)
- Earplugs (Wildlife, noisy neighbors – a pair of good earplugs can be invaluable!)
- Flashlight or headlamp with extra batteries
- Watch / alarm clock
- Reusable water bottle
- Prescription glasses and sunglasses
- Small, travel umbrella

Clothing

In Kenya, especially smaller cities and villages, women dress fairly conservative and on the more formal side in meetings. We suggest packing lightweight clothing that cover your knees and shoulders. Showing too much skin can often lead to unwanted attention.

- Breathable, light-colored clothing: khaki, grey, brown, and green
- Light, short and long-sleeved shirts
- At least one nicer outfit for meetings and dinners
- Warm layers for the cool mornings and evenings, including a light jacket, fleece or sweatshirt
- Swimsuit
- Light scarf to cover your shoulders
- Socks, undergarments
- Sandals & flip flops
- Sleep wear

Medical Kit & Toiletries

Pack an adequate supply in your hand luggage of any prescribed medication ([in its original labeled container](#)) you may require while traveling.

- Covid-19 PPE: Face masks and hand sanitizer and any other protective equipment
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste and travel sized mouth wash
- Bug spray – Picaridin, DEET
- Prescription medication in original, labeled bottles
- Allergy medication (please bring your own epi-pen if you have one)
- Re-hydration salts or electrolyte powder, Emergen-C
- Anti-diarrhea medication and Pepto-Bismol
- Painkillers
- Motion sickness medication (i.e. wrist bands, Dramamine, prescription Scopolamine)

- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes
- Travel-sized soap, and body or hand lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Travel packs of tissues
- Toilet paper
- Eye drops
- Contact lenses and contact lens solution
- The phone number of your favorite doctor, in case you get sick and want to speak with a trusted expert

Materials

- Book or e-reader
- Journal and pens
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Camera, batteries, and charger
- Binoculars
- Travel pillow
- Energy bars and snacks
- Plug adaptor and converter
- Chargers for all electronics
- Small, reusable pouches or bags - good for keeping valuables dry and dust-free