

Packing List - Thistle Farms and the Isabel Allende Foundation Journey to Kenya

Please note: the luggage weight restriction is 15kg, or 32 lbs in soft-sided luggage only, including hand luggage and day packs. If you anticipate that you will need to store luggage in Nairobi while on safari, please let Emily know (emily@elevatedestinations.com). Luggage storage can be arranged in advance at no additional cost.

We recommend layering as the best way to stay warm or keep cool. Our happiest travelers are always prepared for rain or shine! Please bring clothing to layer and accommodate a range of conditions from hot and humid to cool and windy weather.

To help you prepare for your trip, we have put together a recommended packing list for your trip. A few things to keep in mind:

- Please be sure to pack any medications you take, a change of clothes, and any valuables **in your carry-on bag** in case your checked bag is lost/delayed on your international flight. Prescription medication should be brought in the original packaging with labels.
- Every piece of checked baggage should contain identification.
- While every precaution will be taken with your baggage, we strongly recommend the purchase of adequate baggage insurance by each traveler.

Essential Documents

- ☐ Passport and photocopy
- ☐ Printed copy of Kenya visa
- ☐ CDC Covid vaccination card or digital equivalent
- ☐ Travel and health insurance cards or proof of coverage
- ☐ List of emergency contacts, medications and allergies
- ☐ If you have a favorite doctor, bring along their phone number in case you get sick and want a trusted expert to talk to.

Essential items

- ☐ Money pouch/wallet
- ☐ Some cash in crisp, new US dollars (~ \$150 - 200 recommended)
- ☐ Credit cards – Visa is best, call your bank for a PIN if you don't have one already
- ☐ ATM Card
- ☐ Day pack
- ☐ 1-2 reusable water bottles
- ☐ Earplugs for light sleepers
- ☐ Phone/camera and chargers
- ☐ Plug adaptor/universal converter

Clothes

- ☐ Breathable, cool, quick dry light-colored clothing: khaki, grey, brown and green.
- ☐ Waterproof jacket or poncho
- ☐ A “versatile, casual, yet nice” outfit
- ☐ Cool, long trousers & long-sleeved tops for evenings
- ☐ Good walking shoes/ boots
- ☐ Sunhat or cap – helps protect the eyes, and leaves you more approachable with locals
- ☐ Sunglasses for safari (polarized are best)
- ☐ A light jacket, such as a fleece or packable down puffer jacket
- ☐ Socks
- ☐ T-shirts
- ☐ Sandals & flip-flops (for showers, walking around the hotel room, or indoors)
- ☐ Sleepwear

Women are encouraged to wear clothes that cover their knees and shoulders as a sign of respect for local cultures.

Medical Kit & Toiletries

- ☐ Medications you are taking
- ☐ Comfortable, well-fit face masks or face coverings for flights or crowded indoor spaces
- ☐ Insect repellent (most effective brands are unscented and contain either picaridin or Deet)
- ☐ Sunscreen (SPF 30 or higher)
- ☐ Hand sanitizer
- ☐ Anti-malarial tablets, if advised by a medical professional
- ☐ Re-hydration salts and anti-diarrheal preparations
- ☐ Pepto-Bismol for stomach upsets
- ☐ Pain medication or anti-inflammatories (Advil, Ibuprofen, etc.)
- ☐ Antiseptic cream, Band-Aids, sterile wipes
- ☐ Razor
- ☐ Any personal care items like lotions, creams, special hair products
- ☐ Lip balm with SPF, and nose medications for long flights (saline nose spray)

Other

- ☐ Extra duffel bag to bring home additional purchases
- ☐ Small, packable shopping bag
- ☐ Waterproof bag – NOT Ziploc style, you will need something reusable like a [stasher](#) or a [sea-to-summit pouch](#) for keeping valuables dry
- ☐ Book for reading on the plane or at lodges
- ☐ Wildlife guides – bird books and wildlife identification books
- ☐ Binoculars, Camera
- ☐ Notebook and pens
- ☐ Specialty snacks, if desired
- ☐ Any necessary chargers for electronics

Pre-Departure Checklist

- ☐ Verify passport is: Valid for 6 months beyond the duration of your trip and contains at least two blank pages
- ☐ Consult with a physician for vaccination and prescription recommendations
- ☐ Purchase travel insurance
- ☐ Let your bank know of your travel plans (if you plan to use debit/credit cards)