



THE END FUND TEAM ON-SITE: KENYA JUNE 9 - 14, 2024 PACKING LIST

Your time in Kenya will be starting and ending in Nairobi, where the climate is slightly cooler. Majority of your on-site will be in Diani, where you will experience sunshine and warm days. May is the month of heavy rains and June also may see rainy days, so please plan accordingly. The temperature ranges from 24 - 29 °C or 75 - 84°F though it may feel hotter with the strong sun.

Luggage Restrictions

For your domestic flights to and from Diani, luggage should be a **maximum** of 20 kg (44 pounds) in **soft-cover** (not rigid) luggage. If you have any extended travels in Kenya or Africa, please note luggage restrictions may differ for your other flights. Check with your airline accordingly.

Clothing

This Team On-site will have meetings, but casual clothing will be fine. During meetings and in the beachside town of Diani, it is recommended to keep in mind conservative dress such as long trousers/skirts, and shirts that cover shoulders and décolletage (women's low-cut neckline).

- Light-weight and breathable versatile clothing for the warm sun, including T-shirts
- Shorts and skirts are fine for the resort
- A sweatshirt or shawl for Nairobi or cool evenings on the beach
- Comfortable footwear for activities
- Closed-toe shoes recommended for meetings
- Sleepwear
- Comfortable clothes for relaxing in evenings
- A scarf to cover shoulders when necessary
- Meeting attire for men: Shirts and trousers
- Meeting attire for women: Shirts that cover the shoulders. No mini skirts.
- Sun hat or cap and sunglasses
- Socks
- Bathing suit and coverup. We suggest on the more conservative side and wearing the coverup whenever not at the pool or beach.

The Essentials

Documents:

- Passport (and a photocopy)
- Round-trip flight itinerary
- Medical insurance policy & emergency numbers
- Covid vaccination card (photocopy - not required, but recommend just in case)

Electronics:

- Camera, extra batteries and charger
- Battery power bank/charger
- Chargers for all electronics
 - Plug adaptor (Type G) -3 square pins
 - If necessary, a voltage converter (Kenya uses 240 V); check that your plug or appliance is a dual-voltage rated appliance

Travel Essentials:

- Credit cards and cash
- Reusable water bottle
- Book or e-reader
- Small, reusable pouches or bags – good for keeping valuables dry/sand-free
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Travel pillow
- Energy bars and dry snacks
- Earplugs
- Glasses and sunglasses

Medical Kit and Toiletries

Travelers should include an adequate supply of any prescription medication (in its original labeled container) you may require while traveling, and keep them in your hand luggage. Elevate Destinations also recommends that all travelers make and print a **list of medications and any existing health conditions** to bring on your trip. You may choose to carry this on your person or give it to your guide. Having this list could be life saving in the unlikely case of an emergency.

- Sunscreen
- Bug spray / insect repellent
- Pre-moistened antibacterial hand wipes
- Shampoo and conditioner
- Skincare products (lotion, etc)
- Hair brush, comb, hair-ties or clips
- Toothbrush and toothpaste
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Contact lenses and solution
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Tissue travel packs
- Hand sanitizer
- Prescription medication with original labels
- Any medication you take regularly or are advised to bring by a medical professional
- If you have a favorite doctor, bring their phone number in case you get sick and want a trusted expert to consult
- Over-the-counter medication
 - Allergy medication and EpiPen
 - Anti-diarrhea medication
 - Medication for indigestion - Pepto Bismol, Tums, etc.
 - Painkillers
 - Motion sickness medication - Dramamine
 - Ciprofloxacin or antibiotic for stomach issues
 - Sleeping medication