Kenya Tri-Adventure Equipment List

Clothing / Layers

- [ ] **Hiking boots**
  If you're buying new boots for this trip, make sure they are well broken in before departure.
- [ ] **Runners / trainers**
  To wear around camp and for cycling.
- [ ] **Water shoes, sandals or old runners**
  For white-water rafting.
- [ ] **Midweight hiking socks x 3 minimum**
  Merino wool or synthetic.
- [ ] **Lightweight socks x 1 minimum**
  For cycling.
- [ ] **Underwear x 3 minimum**
  Merino wool or synthetic is advisable.
- [ ] **Quick-dry shorts x 1**
  For hot days on the trail and for white-water rafting.
- [ ] **Padded cycling shorts x 1**
- [ ] **Swimwear / togs**
  For white-water rafting and the pool at the river camp.
- [ ] **Lightweight hiking trousers x 1**
- [ ] **Long johns / thermal leggings x 1**
  Silk, wool or synthetic. For cold evenings, sleeping and summit night.
- [ ] **Short-sleeve base layer x 2**
  Silk, wool or synthetic.
- [ ] **Long-sleeve hooded base layer x 2**
  Silk, wool or synthetic.
- [ ] **Mid-layer x 2**
  A combination of midweight fleece, lightweight down jacket and/or softshell jacket. Your Earth's Edge jacket can count as one of these layers.
- [ ] **Down jacket**
  With good loft, large insulated baffles, and a hood. At least 600 g in weight.
- [ ] **Waterproof jacket**
- [ ] **Waterproof trousers**
  Full-length zips are helpful so they can be put on over boots.
- [ ] **Lightweight poncho**
  Useful as a backup in heavy rain.
- [ ] **Fleece hat / beanie**
- [ ] **Buffs x 2**
- [ ] **Lightweight liner gloves**
  Wool or synthetic.
- [ ] **Down mitts or ski gloves**
- [ ] **Sunglasses (category 3)**
- [ ] **Sun hat with a wide brim**
  To cover face and neck.
- [ ] **Spare set of clothes**
  To leave at the river camp and wear after you finish the expedition.

Trekking Essentials

- [ ] **Duffel bag (90 L) or large rucksack**
  To transport your equipment throughout the expedition. We recommend using something sturdy, as this bag will be carried by the support team.

- [ ] **Rucksack (30-35 L)**
  To carry the items you'll need while trekking: water, snacks, spare layers, waterproofs, sun protection, camera, personal medication, etc. We suggest using this as your hand luggage on your flight.

- [ ] **Dry bags**
  For additional waterproofing and to separate items inside your bag.

- [ ] **Warm sleeping bag**
  Comfort rating of -15°C or lower. Please use the comfort rating, not the limit or extreme/survival rating.

- [ ] **Water bottles / hydration bladder**
  You must be able to carry at least 3 L of water while walking.

- [ ] **Personal snacks**
  Although meals are included throughout the expedition, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.

- [ ] **Headtorch with spare batteries**

- [ ] **Walking poles**

Personal Care

- [ ] **Sun cream (at least SPF 30)**
  SPF 50 recommended.

- [ ] **SPF lip balm (SPF 50)**

- [ ] **Insect repellent**

- [ ] **Toiletries**
  Toothbrush, toothpaste and soap. Wet wipes and a nail brush are very useful.

- [ ] **Small quick-drying towel**
  Microfibre or similar.

- [ ] **Tissues / toilet paper**

- [ ] **Hand sanitiser**

- [ ] **Moisturiser**
  Useful for dry skin caused by altitude, wind and sun exposure.

- [ ] **Glasses / contact lenses (if needed)**
  We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.

- [ ] **Menstrual hygiene products**
  It's best to be prepared, even if you're not expecting your period, as cycles can become irregular at altitude. Applicator tampons or pads are best.

- [ ] **Small rubbish bags / resealable bags**
  For used tissues, wipes and personal hygiene products.

Important Items

- [ ] **Passport**
  Must be valid for at least six months after you return and have at least two free pages.

- [ ] **Copies of your passport, travel insurance and vaccination records**
  Bring printed copies and keep digital copies accessible offline.

- [ ] **Cash and bank card**
  For tips, drinks, snacks, optional activities and emergencies.

Optional Items

- [ ] **Sleeping bag liner**
  Not essential but helps to keep your sleeping bag clean and adds extra warmth.

- [ ] **Rain cover for your rucksack**

- [ ] **Hand warmer sachets**

- [ ] **Water purification**
  All drinking water provided to you will be treated correctly, but you may still wish to bring your own tablets / drops, such as iodine or chlorine. Powdered fruit juice can help disguise the taste.
- [ ] **Balaclava**
- [ ] **Gaiters**
  To help keep dirt, dust and rain out of your boots.
- [ ] **Cycling gloves**
- [ ] **SPD shoes**
  If you prefer these for cycling, although they are not necessary. If you do bring them, you will need to bring compatible pedals as well.
- [ ] **Rash vest**
  For sun protection during white-water rafting.
- [ ] **Earplugs and eye mask**
- [ ] **Universal travel adaptor, power bank and charging cable(s)**
  Kenya primarily uses Type G plugs.
- [ ] **Camera**
- [ ] **Kindle / book, notebook and pen**

Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:

- [ ] **Current medications**
  Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.
- [ ] **Malaria prophylaxis**
- [ ] **Paracetamol and ibuprofen**
- [ ] **Rehydration salts / electrolytes**
- [ ] **Blister kit and plasters**
  Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.
- [ ] **Throat lozenges**
  Useful in dry, dusty or cold conditions.

Recommended:

- [ ] **Diamox (tablet form, not capsules)**
  If you have decided to take it.
- [ ] **Antibiotics (one of Azithromycin or Ciprofloxacin)**
  The doctor will carry antibiotics for the group, but supplies can be depleted quickly if several people become unwell.

Optional:

- [ ] **Antihistamine cream and tablets**
  Useful for allergies, bites or skin irritation.
- [ ] **Nasal spray / decongestant (e.g. Sudafed)**
- [ ] **Diarrhoea relief tablets (Loperamide)**
- [ ] **Buscopan**
- [ ] **Laxatives**
- [ ] **Medicated cream**
  For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!