

## Kenya Tri-Adventure - Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

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### Fitness & Training:

We have classified The Kenya Tri Adventure as a level 4 expedition, for more information about our levels system [click here](#). Tri-Adventure expeditions are very demanding and participants need to have a good level of fitness. These events have been specifically designed to challenge people. The expedition involves four tough days of trekking followed by two long days on the bikes and then a half day of rafting. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

**Hillwalking:** Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

**In the Gym:** Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important, you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

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### Training Weekends:


We hold training weekends prior to all expeditions, where you will meet an expedition leader and your fellow adventurers! An experienced expedition leader will give a full expedition brief, lead two training hikes and offer expert advice on all aspects of the expedition including training, equipment, weather, and more. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! When you book an expedition with

Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend.

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**Equipment:**

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to [web@greatoutdoors.ie](mailto:web@greatoutdoors.ie) and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

EQUIPMENT CHECKLIST	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Runners for Cycling (You may bring SPD shoes although they are not necessary. If you do bring them you will need to bring pedals as well)	
Two pairs of thick socks and two pairs of thin socks.	
A long sleeved shirt for sun protection on hot days.	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1.	
Two pairs of lightweight trousers or pants, one for trekking and one to wear at night.	
A good thermal (polypropylene) layer consisting of long johns and pullover.	
Cycling shorts	
Cycling gloves	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layers x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
A light weight fleece.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
Waterproof poncho.	
A fleece hat to wear in the mornings and evenings.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of down mitts.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
Walking poles.	
Daypack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.	
Dry bags (if either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags).	
Swimming togs and board shorts suitable for rafting.	
Water bottles and water bladder. You must have the capacity to carry three litres of water.	
A warm sleeping bag (comfort rating of -15°C or lower).	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	

Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes are very useful.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> <li>● Rehydration salts</li> <li>● Plasters</li> <li>● Compeed</li> <li>● Paracetamol</li> <li>● Ibuprofen</li> <li>● Buscopan</li> <li>● Throat lozenges</li> <li>● Nasal spray</li> <li>● Decongestant such as Sudafed</li> <li>● Antibiotics suitable to treat traveller's diarrhoea</li> </ul> <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i>	
Personal medication. <ul style="list-style-type: none"> <li>● Malarial Prophylaxis (consult with your own GP or the <a href="#">Travel Health Clinic</a>)</li> </ul> Please carry any medication you are currently taking on a regular basis such as: <ul style="list-style-type: none"> <li>● Asthma inhalers</li> <li>● Nutritional supplements</li> <li>● Blood pressure tablets</li> </ul> If you suffer or have suffered from any skin condition, bring appropriate creams such as: <ul style="list-style-type: none"> <li>● Canesten</li> <li>● Zovirax</li> <li>● Anusol</li> <li>● Hydrocortisone 1%</li> </ul>	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Your vaccination booklet.	
<b>OPTIONAL ITEMS</b>	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Thermarest.	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Lanacane or chamois cream for cycling.	
Hand warmer sachets.	

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### **Flights:**

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

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### **Description & Detailed Itinerary:**

The Kenya Tri Adventure™ expedition is a jam-packed adventure challenge – we cover more than 200km, across 3 disciplines in just 7 days! The expedition consists of five days of trekking Mt Kenya (4985m), two days of scenic mountain biking through game reserves and a half day of exhilarating rafting on the Tana River. We also incorporate two wildlife safaris (one evening and one early morning drive) and a night of camping inside a game reserve!

Each day on the route offers a new challenge with something different to enjoy as you move through the picturesque Kenyan countryside. Kenya is a country of tremendous diversity; landscapes vary from glaciated mountains with snow-capped peaks, to dense forest and flat desert plains.

Along this journey you will learn about Kenyan culture by chatting with our local guides. Kenyans say that; 'You will arrive as a visitor and leave as a friend'! Kenya is famous as a destination for being home to Africa's "Big Five" (Lion, Elephant, Rhino, Leopard and Buffalo which we have plenty of opportunity to see in their natural habitat). What many people don't realise is that Kenya also offers some of the best adventure sport in the world which you will get to sample throughout your stay.

### **Trek**

The five-day hike takes us to the summit of Mount Kenya (4985m). Known as Kere Nyaga - Mountain of Brightness, an ancient dormant volcano and Africa's second highest mountain. Long overshadowed by Tanzania's Mt. Kilimanjaro, trekkers are starting to take notice of this beautiful glacial peak. The 66km route takes us through a variety of habitats such as dense bamboo and rainforests which are rich in wildlife including elephant, buffalo and monkeys. At the higher elevations we may be lucky enough to spot the rock hyrax, the nearest living relative of the elephant.

### **Bike**

The two-day cycle section covers a distance of 106km through a very scenic route in the Kenyan countryside. The terrain is varied with many fun downhill sections as well as some tougher climbs. For the most part we will be riding on dirt roads with very little traffic. Between the two days of biking we camp in a game reserve and go on evening and morning wildlife safaris. The park is stocked with lion, rhino, elephant, hippo, leopard, giraffe and a whole host of other game. The highlight of this experience is going to sleep listening to some of Africa's biggest game outside your tent!

### **Raft**

The Tana River stretches for 1000km and is the longest river in Kenya. It is a drop pool river so makes for an exciting day of white-water rafting. Experienced guides will provide you with the paddle skills you will need to safely get through the many rapids along a 16km stretch including one called 'Can of Worms' due to its four 90-degree bends in quick succession. The main river is surrounded by stretches of thick forest with fig and palm trees. These forests are filled with interesting birdlife and often shelter buffalo, elephant, hippo and crocodile as well as a host of smaller, shyer antelope and primates.

### **Day 1: Dublin to Kenya.**

Depart Dublin in the evening. Overnight flight.

### **Day 2: Arrive in Kenya, 3 hrs driving.**

Arrive in Jomo Kenyatta International Airport in the mid-morning and drive for 3 hrs to the river camp on the banks of the Tana River. When everyone has got their bearings, there will be a briefing on the following days activities. Overnight camp.

### **Day 3: Chogoria (2200m) to Chogoria Gate Camp (2950m), 5 hrs trekking/ 14km.**

After breakfast we drive to Chogoria where we meet the team of porters who will be looking after us on our trek for the next few days. We enter the forest at 2200m and trek for five hours till we reach the park gate which will be our first

campsite. The east side of the mountain is teeming with wildlife and signs of elephant and leopard are common. After a tasty meal, an early night is probably on the cards. You retire to your tents and try to get your first night's sleep to the sounds of the Mt Kenya wildlife! Overnight camp.

**Day 4: Chogoria Gate Camp to Lake Ellis (3500m), 8 hrs trekking/14km.**

A fried breakfast is served at about 7am. You leave the campsite after registering at the gate and trek up through a section of stunning trees and mixed grass meadows. A short deviation before lunch takes you to a beautiful valley of amazing waterfalls and steep landscape. On clear days we are rewarded with stunning views of Mt Kenya's jagged peaks. We reach our secluded campsite beside Lake Ellis in the early afternoon and relax for the evening. Overnight camp.

**Day 5: Lake Ellis to Mintos Hut (4200m), 7 hrs trekking/8km.**

The walk today is well off the beaten track. You walk around the lake, cross over the valley and follow a ridge up the mountain for about 3 hours to eventually join the normal Chogoria route at an altitude of about 4,100m. Enjoy breath-taking views over the Gorges Valley and back over towards Itinguni and the Northern Moorlands. Lunch is served at a small stream crossing, before continuing for a further hour to the Mintos Hut area, 4200m. In the afternoon we can take the 10 minute walk to the "Temple". This is a 500ft vertical cliff that gets its name from the position visitors often adopt when peering over the edge - they look as if they are praying. A very early night is recommended in preparation for tomorrow's summit day. Overnight camp.

**Day 6: Summit Day! 12 hrs trekking, 4km to summit, 18km to Old Moses Camp.**

We start walking in the early hours of the morning in darkness. Our route takes us via Simba Col to Point Lenana (4,985m) and takes roughly four hours. Enjoy the stunning site of the sun rising through the clouds en route to the summit. After plenty of photos at the top we begin our descent to Judmire Camp. We depart the peak via the same route as far as Simba Col and then turn left and head on down a steep scree slope to Shiptons Camp, where we enjoy some rest and a cooked breakfast. We then complete the final leg of the summit day, a six hour walk to Old Moses Camp. Despite being all downhill except for three short ascents, everyone arrives ready for bed! Overnight camp.

**Day 7: Old Moses Camp to Ol Pejeta Game Reserve, 2 hrs trekking (7km) & 6 hrs biking (50km).** Our last day on the mountain begins with a two hour walk to meet our bikes at the Sirimoni Gate. Following a biking brief, we get going on this stunning route to the Ol Pejeta Wildlife Park. Most of the terrain is downhill or flat and offers amazing views of Mt Kenya and the rugged Kenyan landscape. We arrive in our camp in the mid-afternoon and then head out on an evening game drive. Although the reserve is small, it is very well stocked with Lion, Elephant, Rhino, Hippo, Leopard and hundreds of species of birds. Our campsite is located inside the game reserve so we go to bed listening to some of Africa's biggest game just outside your tent! Overnight camp.

**Day 8: Ol Pejeta Conservancy to the Tana River, 6 hrs biking (56km).**

After an early morning game drive we cycle for 56km to where we meet the main road in the late afternoon. This full day of biking will test stamina and will require us to dig deep on rough rural roads with some long climbs. It's a stunning route with great scenery and takes us through some small villages where we will be greeted by friendly waves from the locals. We also pass a reserve with excellent opportunities to spot Rhino! After celebrating the end of the biking section we drive for two hours back to the Tana river. Overnight camp.

**Day 9: Tana River, 4 hrs rafting, (16km).**

The adventure starts with 3km of easy class II and III white water, where there will be plenty of opportunity to practice the paddle skills required to run the lower part of the river. A 6km section follows and then we will rest for an hour to view the abundance of bird life around and cool off with a swim in the warm water. The final 7 km of river back to the campsite starts with some easy class III waters where paddle commands are gone over again before we meet the three big rapids (class IV and V) with names like Captains Folly, Can of Worms and Sphincter Flexor. Subject to water levels we may be able to "surf" in "fish eye" and then swim the next couple of minor rapids. Numerous smaller rapids brings us on to the last big one - Spasm, a series of drops over  $\frac{3}{4}$  km section with a big surprise half way through! We reach the campsite about four to five hours after setting off, where a full barbeque lunch awaits us. Relax for the afternoon. Overnight camp.

**Day 10: Tana River to Nairobi.**

We enjoy a relaxed morning or for those who want, Bungee jumping is available! After lunch we drive to the international airport in Nairobi in time for our evening flight back to Dublin. Overnight flight.

**Day 11: Arrive back in Dublin.**

Arrive back in Dublin in the early morning. Expedition ends.

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<b>Expedition Costs:</b>	<b>Euro</b>	<b>Sterling</b>	<b>Dollar</b>
Total costs excluding international flights. (Land only)	€3,699	£3,183	\$4,181
Total costs including international flights from Dublin.	€4,299	-	-

A deposit of €399/£399/\$399 is taken at the time of booking and the final balance is due three months prior to departure. Prices in Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

**Expedition Costs Include:**

- International flights from Dublin to Nairobi return economy class.
- Experienced Irish/UK expedition leader.
- Experienced Irish/UK expedition doctor.
- Training Weekend.
- Local English speaking guides, local cooks and support team.
- All accommodation based on twin sharing in cottages and camping.
- All meals and drinking water for the duration of the itinerary.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- Mountain bikes and helmets.
- An Earth's Edge bandana for all participants.
- National Park fees.

**Expedition Costs Exclude:**

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

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**Spending Money & Tips:**

We recommend that you carry \$300 with you in mixed notes (including visa fee & tip). The recommended tip is \$100 per person, please give your tip to the Expedition Leader and he/she will distribute the tip among all local staff. The recommended spending amount above includes the tip for the local staff.

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**Weather:**

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -10 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: [www.mountain-forecast.com](http://www.mountain-forecast.com)

Norwegian Meteorological Institute: [www.yr.no](http://www.yr.no)

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**Altitude Considerations:**

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute

Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants especially those who have had AMS in the past to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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#### **Your Medical History:**

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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#### **Your Dietary Requirements:**

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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#### **Vaccinations & Prophylaxis:**

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic ([www.travelhealth.ie](http://www.travelhealth.ie)) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account.

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#### **Tourist Visa:**

At time of writing, EU passport holders were able to obtain a tourist visa upon arrival in Kenya for a fee of approximately \$50 paid in cash. You must have at least two free pages in your passport and ensure that your passport is

valid for at least six months after you return to Ireland. Visa requirements are subject to change and should be confirmed before departure.

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#### **Travel Insurance:**

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness, b) trekking up to 4,895 metres, mountain biking and rafting on class IV white water, c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book that will cover you for unforeseeable circumstances, such as illness or injury that might result in you not being able to take part in your expedition. We recommend Trailfinders for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Trailfinders go to [www.trailfinders.ie/insurance](http://www.trailfinders.ie/insurance) or call their travel insurance phone line +353 1 702 9102

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#### **Safety Standards:**

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. We use local guides, cooks, drivers and support staff of the highest standard. We employ local staff based on their qualifications, experience and references. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Kenya. Up to date travel advice can be found on the DFA website: [www.dfa.ie/travel/travel-advice/a-z-list-of-countries/kenya/](http://www.dfa.ie/travel/travel-advice/a-z-list-of-countries/kenya/) .

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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#### **About Kenya:**

Area: 581,309 km<sup>2</sup>  
Population: 45,010,056  
Official Languages: Swahili, English

*'A few words of Swahili will prove very impressive!'*

Hello: Jambo.  
Goodbye: Kwa heri.  
Thank you very much: Asante sana.  
My name is: Jina langu ni.  
No worries: Hakuna matata.  
Slowly/take it easy: Pole-pole.  
How are you? Habari?  
Crazy cool like a banana! Poa kichizi kama ndizi.

Religion: Christianity (83%), Muslim (11.2%), Indigenous beliefs (1.7%), Others (4.1%)  
Local Time: GMT +3.00  
Local Currency: Kenyan shilling  
Currency for Exchange: USD GBP EURO  
Where to Exchange: In banks found in most major towns.  
ATMs: ATMs can be found in larger towns.  
Credit Cards: Accepted in larger outlets.



Up-to-date information concerning global exchange rates can be obtained at [www.xe.com](http://www.xe.com).

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#### **Local Staff:**

Your local team will be made up of the head guide, assistant guides, porters and cooks. The guides and many of the porters will speak English very well. However, some of the porters may be trainees and therefore will have limited English. Please be patient and respectful towards all staff. The porters on Mt Kenya are notoriously friendly and extremely hard-working people and will go out of their way to assist you in reaching the summit. At Earth's Edge we take the treatment of our porters very seriously. For that reason, we limit the weight allowance of your duffel bag to 15kg to ensure the porters are not overloaded.

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#### **Discounts:**

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

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#### **Why Choose Earth's Edge:**

We are the only company in the world who send an international guide and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader from Ireland or the UK leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor from Ireland or the UK accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Our office staff volunteer their time to take students from an inner-city Dublin school into the outdoors for an immersive learning experience.
- Each year we plant three native trees for each person that has travelled with us in the preceding 12 months.

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Commission of Aviation Regulation in Dublin, our licence number is 0711.

- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our team in Dublin provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.
- We post daily updates of each expedition on our Facebook page so family and friends can monitor your progress.

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#### **Expedition FAQ:**

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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