



## Butterfly 208: Kenya 2006 Suggested Packing List

A good place to start is to remember the overview that we discussed during the conference call:

1. Dress modestly: Bring long skirts & pants, and shirts covering the shoulders.
2. Leave unnecessary valuables at home. Theft is rare, but possible, as are lost items.
3. Pack light with 'minis': toiletries, towel, books, etc.

You should plan to have all your gear fit in one bag - one that you can carry yourself en route, as we will be doing a lot of travelling. A suitcase, duffle bag, or backpack are all suitable. If you have a small lock for your bag, make sure to bring it along.

The weather will be cooler in Nairobi (low 20s Celsius) as it is in the highlands, but much warmer on the coast; Mombassa will reach 30 degrees this time of year. You will need to bring gear to prepare yourself for hot weather, cool weather, mosquitoes (where it gets hot), while ensuring modest dress. We will not be there during rainy season, so you shouldn't need rain wear.

While all of your travel expenses will be covered by YCI, you may wish to bring some money for extras such as souvenirs or snacks. We would recommend that you bring American cash in denominations of 20s or 50s, not older than 1993 (this will make it easier at the exchange bureau). In general, we suggest that you carry as little cash as possible with you; it is hard to see why you would need more than US\$50-\$100 unless you plan to make a very large purchase.

Here is a suggested list of items, grouped by purpose to help organize your packing:

- Regular daily wear: shirts to cover tops of arms, shoulders and belly; long but light comfortable pants or skirt; good walking shoes and/or sandals
- Toiletries: toothpaste & brush, soap, contact lenses with solution, any prescription medication you are taking, anti-malarial prophylactics
- Protectors from the sun: lip balm, sun-screen, a good sun hat; sunglasses; pocket handkerchiefs
- Protectors from mosquitoes: insect repellent, socks, long sleeve shirts and pants, bug net (only if you have)
- For cool nights: warm socks, sleepwear, fleece or light jacket
- Items for safari: Small flashlight, camera, binoculars (optional),
- General travelling items: Money belt; Battery alarm clock (you will need to be punctual in the mornings); bathing suit (we may have a chance to swim in the ocean)
- Items to share: *Who am I* kit; small, special gift to present to a friend

Happy packing!