



# Packing List

Kenya Challenge 2024

**FARM AFRICA**

## ESSENTIALS LIST

#	Item	Quantity	✓
1	Sun Hat	1	
2	Sun Block	NA*	
3	Sunglasses	1	
4	Scarf / Buff (non thermal) for dust	1	
5	Headlamp + spare batteries	1	
6	Waterproof Jacket	1	
7	Lightweight Fleece	1	
8	T-Shirts / Hiking Style Shirts	3	
9	Shorts	1	
10	Trousers	2	
11	Swimming Costume	1	
12	Pants	6**	
13	Socks	4**	
14	Trail Shoes	1	
15	Camp Shoes	1	
16	Water Bottle	2	
17	Towel	1	
18	Duffle Bag	1	
19	Daysack	1	
20	Insurance Details & Emergency Contact Information	NA	

\*\*As a minimum

**SUPPLEMENTARY ITEMS**

#	Item	Quantity	✓
1	Cycling Gloves	1	
2	Mountain Biking Shorts (padded a good idea)	1	
3	Snacks	NA*	
4	Wet Wipes	NA*	
5	First Aid Kit	1	
6	Water Flavouring	NA*	
7	Electrolytes	NA*	
8	Dry Bags	NA*	
9	Ear Plugs (if you are a light sleeper)	1	
10	Sandwich Bags (used for personal rubbish on the trail)	NA*	

\*Bring as many as you see fit.

## NOTES

Some notes on the packing list above.

- **Sun Hat.** A full brimmed hat is good for added shade and increased sun protection. Additionally, a neck scarf should also be considered to protect the back of the neck. Too much exposure to direct sunlight can lead to sun stroke and being very uncomfortable during your trip. Sun block is essential too but a hat will provide the best protection from the sun.
- **Waterproofs.** Your waterproof jacket is your outer water-repellent layer used for when it rains and as a possible extra thermal layer if required. Your jacket should **not** be insulated to keep the weight in your daypack down and should be used in conjunction with thermal layers beneath the jacket for full effect. The jacket should be Gore-Tex® or something similar but must be windproof as well as waterproof and breathable.
- **Trousers.** They should be of a lightweight, quick drying nylon material. Some come with UPF protection and mosquito protection, which especially useful in the evenings when mosquitos are more active.
- **Socks.** You should look for socks that are designed for warm weather. CoolMax® wicks moisture, dries quickly and breathes well, keeping your feet dry and preventing blisters. **Tip:** Pack your socks into a dry bag with some foot powder. That way if the powder leaks it only leaks on to your socks...where it's meant to be!
- **Shoes.** Our recommendation would be to have an approach or trail shoe over trainers. They are generally more robust and will be suitable for the ride and working on the farms in the afternoon. A lighter shoe in the evenings to let your feet breathe are also advisable. Flip flops / sandals are generally not advised in case of scorpions and mosquitoes.
- **Water Bottles.** We love Nalgene® 1 litre water bottles because they can be used for a variety of different things, they are clear and hold 1 litre, which is great for tracking the amount of water you have taken on board. They are robust and easy to keep on your person without the need to carry your daypack with you everywhere. Stay away from glass and heavy metals. The bikes will also have a water bottle attachment on the frame if you want to bring a bike specific water bottle.
- **Camp Towel.** Your camp towel should be of a polyester nylon blend that dries quickly and compacts tightly in your pack. The large (50 X 27 inches) is a good size and can be used to wash up at the end of the day. Stay away from house or beach towels as these will stay damp and start to smell quickly.
- **Bag Recommendations.**
  - **Main Bag.** We recommend using a soft sided duffel bag over a hard suitcase as they are much more hardy. We always recommend keeping the contents inside a dry bag as well. While we do not expect too much rain on the trip, having wet clothes can become miserable very quickly. This bag needs to be big enough for the cycling challenge and your time in Nairobi afterwards. Check with your airline as you may get 2 hold all bags as standard. If you want to store a bag with the team during the challenge section and keep a bag with Nairobi clothes separate, this is absolutely fine.
  - **Daypack.** A Daypack should comfortably fit: warm kit, wet kit, head torch, water, sun cream, hat, snacks and anything else you want to keep on you. E.g. Your camera etc.
- **Medication.** Any specific medication you need to take should be kept in your daypack or on your person at all times. Make sure your guide is aware of the medication you are taking so that in the unlikely event that something does go wrong they can pass it on to the medical team.
- **Personal First Aid Kit.** Your team will have a centralised medical kit but small gauzes for cleaning grazes, non-stick patches and bandages to keep minor injuries out of the dust to prevent infection are also advisable. Keeping Paracetamol, Ibuprofen and Imodium in your personal kit are a good idea too.
- **Insurance and Emergencies.** Your guide should already have your insurance and emergency contact details but you should always keep the details either in your daypack or on your person as well.