

## What to pack for Kenya to be SLIK!

No special clothing or equipment is required for your SLIK program. The items on this list would apply to a trip of similar length to many other places, and most, if not all of the items, you already have.

This is a basic list and you are free to adjust this based on personal preferences. This information will help you compare notes with your peers and also have enough time to decide what you do NOT need to bring. If you know someone who has been a SLIK student before, ask for his or her input. All you need to bring should fit into a medium sized duffle bag, a small backpack (like the one you use at school) and a small bag for the plane. Your laundry will be done for you every other day, so keep this in mind when packing. (I may ask for help in taking over school supplies and gear, so leave a bit of space to add things if you can help.)

If you need special clothing for an activity you do regularly at home, like running or yoga, this will be in addition to what is listed here.

For our time on Mt. Kenya we will provide all of the warm layers, backpacking equipment, and camping gear.

A few photos are included at the end to give you an idea of what is worn in different settings.

**DRESS CODE:** Kenya is a conservative country and Kenyans dress modestly. As visitors with a goal of interacting closely with students and residents of the Naro Moru area, you will be expected to dress in a fashion more modest than in at home. While at Batian's View you can wear appropriately fitting shorts, t-shirts, and tank tops with wide shoulder straps. Jeans sweat pants are fine as long as they do not have any holes in them. While teaching, it is customary for men to wear a collared shirt and pants. For women, nice looking pants or a skirt that extends just below the knees with a nice blouse is the norm.

**Shoes:** One nicer pair for travel and/or teaching.

One pair athletic shoes or running shoes: For hikes around Batian's View, running shoes will be adequate if you don't mind them getting muddy.

One pair sandals or Tevas: To wear while at Batian's View.

**Hiking boots for Mt. Kenya:** Light weight hiking boots that go above the ankles work well. If you have heavier boots that are broken in, all the better. We will be hiking an average of six miles a day and you want your feet to be happy!

**Socks:** 3-4 pair. Bring one pair of heavy wool socks as the evenings can get chilly.

**Shorts:** Two pair of cotton shorts for wearing at Batian's View or on safari.

One pair of nylon shorts or a swim suit in case anyone wants to take a dip in the Naro Moru River or in the event we can go swimming elsewhere.

**Nice pants/skirt/dress:** Two. This will be for international travel and teaching. Pants such as Gramicci or Dockers are good choices. Nice looking jeans are okay for travel and teaching.

Causal pants: One. For wear at Batian's View or while on safari. The pants listed above can also serve this purpose.

Sweatpants/PJs: Bring what you are used to sleeping in. It can get into the 40's at night, so bring something warm.

Underwear: 4 - 5 pair or as many as you are comfortable with.

Shirts:

- Two collared shirts for travel and for teaching.
- Three t-shirts for weekend activities, hikes, or free time at Batian's View.
- One long sleeve cotton shirt for the cooler evenings or for when we will be outside in the sun all day.
- One warm pull over or sweat shirt. The nights will be cold and the cabins do not have heating. We do, however, have extra blankets or sleeping bags available to those who need more warmth.

Wind Shirt: One. A hooded nylon wind shell that is not water proof. It should be roomy enough to fit comfortably over all upper-body layers. A breathable nylon (non coated) material is adequate and less expensive. This will be for the cooler mornings getting to and from school and for the evenings.

Raingear: June is normally a dry month but to be on the safe side, this can be an important item. Whatever raincoat you already have will be fine. \*If you don't have one we can provide one for you.

Day Pack or Bookbag: One. Used for day hikes and to carry personal items. Should be lightweight and about 1,600 cubic inch capacity.

Toiletries: Bring enough for the entire trip. If you can't live without a hair dryer, know that the electricity in Kenya is 240 volts, unlike the US where it is 110 volts.

Towel: One medium-sized.

Sunglasses: One pair.

Watch: One. Be sure to have an alarm and light.

Sunscreen: One bottle - 12 oz. We will be at 7,000' and the sun is much more intense than in the US.

Water Bottle: Two. Should have capacity of 1 or 1-1/2 liters.

Notebook and Pen: Two of each.

Lunchbox (optional): While teaching you will pack your own lunch each morning. A lunchbox is much more convenient than plastic bags.

Flashlight or Headlamp: One with extra bulbs and three sets of extra batteries. Be aware there are 12 hours of night year-round at the equator. Headlamps work great.

Camera: The type of camera you bring will depend on your experience with photography and budget. I would not recommend buying an expensive camera just for this trip as a simple snap and

shoot with a flash will be fine. An iPhone or Android is also fine but be sure to bring a cable so you can download your photos to a computer.

Binoculars: Your enjoyment in viewing birds and wildlife will increase greatly with a simple pair of binoculars. If you have some that are not too big, bring them.

Lightweight inflatable mattress (optional but HIGHLY recommended): For the hike on Mt. Kenya. Thermarest is a well known brand. Foam sleeping pads will be available, but an air mattress will make your sleeping experience on the mountain **much** more pleasant.

Below are photos of what students have worn in the past.

A good teaching outfit for men.



A good teaching outfit for women, and pants are fine as well.



While on a walking tour of Naro Moru.



Evening clothing for a discussion with a local elder.



A day visiting the town of Nanyuki.