

What to pack for Kenya to be SLIK! 2024

Even though you are traveling to Kenya and will be doing a lot of new things, no special clothing or equipment is required for your SLIK course. The items listed would apply to a trip of similar length and most of the items you probably already have.

This is a basic list and you are free to adjust this based on personal preferences. If you know someone who has been a SLIK student before, ask for their input. All you need to bring should fit into a medium sized duffle bag and a small backpack (like the one you use at school) for the plane. Your laundry will be done for you every other day, so keep this in mind when packing.

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 the warm layers, backpacking equipment, and camping gear needed. The one item you will need to bring are hiking boots, with details below.

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. At Batian's View things are more relaxed and you can wear appropriately fitting shorts, t-shirts, and tank tops with wide shoulder straps. 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. These don't have to be fancy shoes and what you wear to school are fine.

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 and on safari.

Hiking boots for Mt. Kenya: Light weight hiking boots that go above the ankles for added support. If you have heavier boots that are broken in, all the better. On Mt. Kenya 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.

Swimming suit: One pair of nylon shorts or a swimsuit 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.

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.
- One warm pull over, sweatshirt or Hoodie. The nights will be cold and the cabins do not have heating. We do, however, have extra blankets or sleeping bags if needed.

Wind Shirt: One. A hooded nylon wind shell that is not waterproof. 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 are helpful around Batian's View and on the mountain hike.

Camera: The type of camera you bring will depend on your experience with photography and budget. It is not recommended to buy 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): 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.