

WILD GUANABANA WELCOMES YOU TO KENYA!

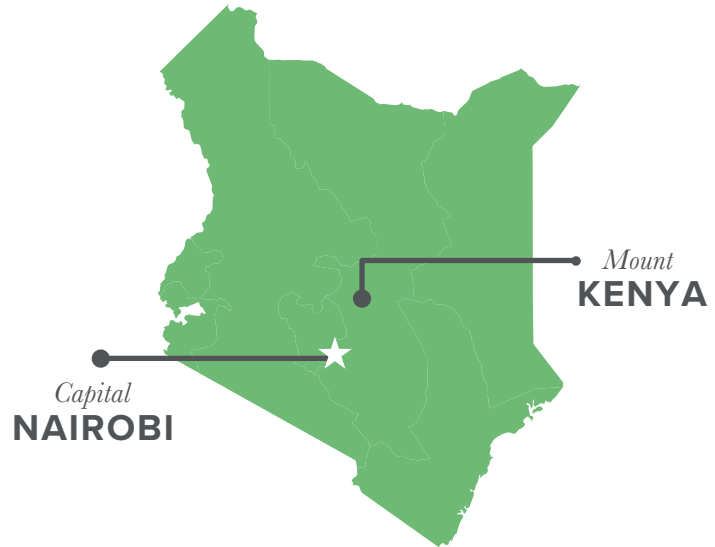


ENTERING KENYA

VISA

A valid passport is required to enter and depart Kenya. US/Canada/Australia/UK/EU passport holders can obtain a visa on arrival for a fee.

However, please contact the nearest Kenyan Consulate/Embassy to inquire about country specific visa formalities.



WEATHER IN THE MOUNTAINS

Jun - Oct
AVERAGE 10 °C

Apr - May
LONG RAINS

Nov
SHORT RAINS

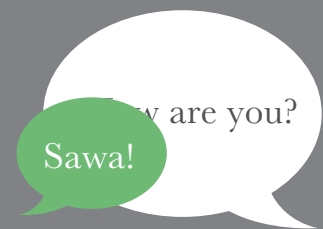
CURRENCY



KENYAN SHILLING

Exchange Rate
USD 1 = 100.16 KES

LANGUAGE



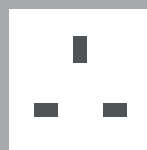
SWAHILI - ENGLISH

RELIGION



CHRISTIANITY - ISLAM

PLUGS & VOLTAGE



Plug
TYPE G

Voltage
240 V

DIALLING CODE



+254

STAYING SAFE!

Kenya is not a dangerous country to travel in, but it is not crime-free either

CHECK THE SAFETY LINK FOR MORE DETAILS

EMERGENCY CONTACTS:

Paul Kanja | WG's Local Partner

+254 721 386 811

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MOUNT KENYA

INTRODUCTION

Mount Kenya is the highest mountain in Kenya and the second-highest in Africa, after Kilimanjaro. The highest peaks of the mountain are Batian (5,199m), Nelion (5,188m) and Point Lenana (4,985m). Mount Kenya is the source of the name of the Republic of Kenya.

Mount Kenya is a stratovolcano created approximately 3 million years after the opening of the East African rift. Before glaciation, it was 7,000m high. It was covered by an ice cap for thousands of years. This has resulted in very eroded slopes and numerous valleys radiating from the center. There are currently 11 small glaciers. The forested slopes are an important source of water for much of Kenya.

There are several vegetation bands from the base to the summit. The lower slopes are covered by different types of forest. Many alpine species are endemic to Mount Kenya, such as the giant lobelias and senecios and a local subspecies of rock hyrax. An area of 715 km² around the center of the mountain was designated a National Park and listed as a UNESCO World Heritage Site in 1997. The park receives over 16,000 visitors per year.

THE ROUTE AND HOW THE EXPEDITION WILL OPERATE

Each day we climb for 4-8 hours between camps. Our final day begins in the early hours of the morning to reveal a magnificent sunrise and panoramic wonder from Point Lenana. This final day is the longest day, taking up to 12 hours round trip for some.

Porters, cooks and local guides accompany the group allowing you to enjoy the experience and focus on the climb. Our chief guide will assist you with the climb and oversee the entire staff, as well as provide an additional level of safety for you during the climb.

No trip to Africa is complete without experiencing a Safari and as Kenya has some of the most incredible animal populations on the continent, we highly recommend that after the climb you indulge in a Safari experience through the famous Masai Mara or even the less crowded Amboseli and Samburu!



A GUIDE TO TRAINING FOR MT. KENYA

GETTING YOUR BODY PREPARED

The best training for Mount Kenya would be to go on long hikes with a pack and even better to do that at altitude. However, very few people have this luxury and so we want to make sure you're fully prepared given the resources you would have access to in your own city or town; at a gym or even in an open space like a park or the track.

A good way to think about Mount Kenya from an effort point of view is that it's a long day hike that you get up the next day and do again several times. Essentially the only activity you're doing is walking which is why this mountain can be climbed by anyone who has the right determination and is willing to put in the effort to prepare – no previous experience is necessary. Please note that this document is a guideline on how you should approach your training. It's not a training program.

For an inclusive day to day training program, we partnered up with Uphill Athletes, the leading training provider used by the world's top alpinists and mountaineers developed by alpinist Steve House to give you the best possible coaching for our expeditions. Once you book your trip with us, let us know and we will provide you with a discount code specially for Wild Guanabana clients.

You can check the program through this link: <http://www.uphillathlete.com/wild-guanabana/>

As a general concept you should take note of the following:

- Hiking at altitude is different in that your heart rate is elevated constantly. To prepare for this you should engage in workouts that keep your heart rate elevated throughout. The ideal form of training is known as HIIT or High Intensity Interval Training. The idea is to do an exercise like burpees for 50 seconds non-stop then take a 10 second rest and repeat for 5 sets. Ideally you will have a group of exercises constituting a set with short breaks and repeat that group of workouts 4 to 6 times before moving on to something else.
- Do not train until the last day before the climb. Make sure to taper off your training a week before and just rest 3 days before your flight. Getting sports massages is excellent for taking away all the lactate acid build up in your system and sending off to the mountain is fresh as possible.
- Think of your whole day as an opportunity to get fitter and break in your hiking boots (to minimize the occurrence of blisters – wear them to work even!). For example walk or cycle to a meeting instead of driving or climb up the stairs regularly instead of taking the lift. Some clients completely stop taking lifts a couple of months before the climb. You will be amazed what something like that will do for your cardio and general well being.
- If you're working out well, make sure to eat well too. Don't approach this as an opportunity to lose weight by reducing your food intake. The more you exercise the higher your metabolism will get and you will be losing the right kind of weight regardless.
- In order not to get bored, you can mix up your workout routine with other aerobic sports you enjoy like swimming, tennis, basketball etc.

A POTENTIAL 3-MONTH TRAINING PROGRAM IS AS FOLLOWS:

Journey Date Minus 3 Months

- Gym / fitness class / any selection of fitness session x 2 times a week: choose workouts that make you work hard and increase fitness and push your heart rate up rather than build muscle.
- Walking: walk whenever possible – short 10 minute walks are fine, go to the shops, see friends, short trips you might normally take a bus or taxi for.
- Diet: cut out soft drinks with sugar or sweeteners and junk food. Remember this is a once in a lifetime event – use it as a great excuse to get healthy!

Journey Date Minus 2 Months

- Gym session x 3 times a week: again choose workouts that make you work hard and increase fitness rather than build muscle. No need to go crazy, but doing 3 workouts a week creates discipline and mental stamina as well as improving physical conditioning. You can even substitute 1 gym session for an alternative activity such as Yoga or swimming.
- Walking: keep walking – short 10 minute walks are good, but increase your distance to at least 1 hour once a week. That's only 4 x 1 hour walks for the whole month!
- Diet: keep healthy but remember to feed the fire! When you exercise you will burn lots of calories and so replace lost fuel and keep very well hydrated – water is life, drink, drink. Lots of water helps flush out toxins and maintains a healthy perfusion of the body's cells.

Journey Date Minus 1 Month

- Gym session x 3 times a week: no need to go crazy on the gym sessions, simply keep up a good routine. Do not over exercise! 4 times a week is also good but going over that will increase the risk of injury and muscle damage which may prevent you from even starting, which is not what we want.
- Walking: be realistic and set 4 hikes for this month of around 3 – 2 hours each. Keep walking whenever possible. Again, overexertion and strains should be avoided at all costs, but some hill work and distance will definitely help wear in those thighs and boots. It will also prepare you mentally.
- Diet: a good well balanced diet is the way to be. Any loss of body weight or toning should really have been done in the last couple of months and now keeping healthy and maintaining the status quo is our goal. Make sure to drink a lot of water and have enough calorie intake to complement your exercise routine.

Journey Date Minus 1 Week








- RELAX. No need for last minute blasts or burnouts. Exercise gently at the beginning of the week, take a good walk and then simply relax. If you haven't prepared up to this point then training one week from your arrival is not going to help (people that take that approach should expect to find the hike hard work and possibly be ready to fail). Being MENTALLY RELAXED is as important as physical conditioning. Even if you haven't managed to put in lots of training time the same applies.
- Many people work really hard right up to the night before they leave, and then arrive tired and start climbing tired. A stressed body will not acclimatize as well as a relaxed body so give your body a chance and try to prepare early. You can also spend extra days in Kenya relaxing or even doing light acclimatization walking if you have the time – there are a number of activity options in the Mount Kenya area from walking with Maasai in wilderness to seeing Bantu culture on foot. 2 or 3 nights before you climb can make a world of difference.

Note: wearing in your boots will avoid discomfort on the mountain – blisters can seriously affect your ability to walk and enjoy the experience.












MOUNT KENYA EQUIPMENT CHECKLIST



This list is only a guide. While you are required to bring everything on this list (unless otherwise stated), there are numerous options, brands, and versions of each piece of equipment. Please let us know if you need advice on what product to go with.












CLIMBING EQUIPMENT		
Adjustable Ski/Trekking poles. 1 pair.		
Head torch. Bring extra batteries (preferably Lithium).		
FOOTWEAR		
Running shoes and sandals. 1 pair to wear at the end of every day for comfort.		
Light Hiking Boots. 1 pair of sturdy boots in which you can wear a light synthetic sock (optional) under a heavy sock comfortably, either wool or synthetic. Shoes should be very <u>Water Proof</u> and <u>Warm</u> , and should cover your ankle for maximum protection.		
Wool or Synthetic Socks. 3 pair heavyweight socks (wool is warmer). If you're going to be layering socks, check fit over feet and inside boots. Remember to keep one fresh, dry pair of socks available for the summit.		
Liner Socks (optional). 3 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.		
Gaiters. 1 pair used to keep rocks/snow out of shoes and boots dry.		







TECHNICAL CLOTHING



<p>Thermal Underwear. 2 pairs of Tops & 1 pair of bottoms, Capilene, other synthetic or wool. No Cotton. Lightweight is preferable as it is more versatile. Zip-T-neck tops allow more ventilation options. If available, bring 1 set of white or light colored for intense sunny days and 1 pair of dark for other days.</p>		
<p>Synthetic Shirts. Sweat wicker material. No Cotton Preferably 1 short sleeved and 2 long sleeved. Light colors preferred.</p>		
<p>Fleece/Soft Shell jacket. 1 Mid and 1 Heavyweight fleece. A full-zip version is easier to put on and has better ventilation than a pullover. Zip-T's are also good.</p>		
<p>Down or Synthetic jacket (optional). Medium to heavy weight for summit day and evenings.</p>		
<p>Hard Shell jacket w/ hood. We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.</p>		
<p>Trekking Pants. Synthetic pants to be worn every day.</p>		
<p>Insulated Synthetic Pants (optional). Warmer mid-weight pants to be worn between long underwear and hardshell on summit day.</p>		
<p>Hard Shell Pants. Waterproof, breathable. Full-length side zippers preferred because it allows easy removal of pants.</p>		
<p>Underwear. Synthetic or cotton.</p>		

HANDWEAR

<p>Lightweight synthetic gloves. Quick drying material. Should fit comfortably inside heavy gloves.</p>		
<p>Heavy Gloves. A good pair of heavy gloves works well. Should not be too tight or too loose so that it's warm enough.</p>		

HEADWEAR		
Warm Lightweight synthetic/wool hat. Preferably hat should cover ears.		
Baseball cap/sun hat. One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly but not necessary.		
Bandana/Buff. Used to shade your neck from continuous sun exposure.		
Balaclava. Look for a simple lightweight model for windy days.		
Glacier glasses. 100% UV, IR, high quality optical lenses with no more than 8% light transmission (category 3 or 4). If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses.		
PERSONAL EQUIPMENT		
Trekking Backpack. A daypack big enough to carry water bottles, camera, lunch and extra clothing. Porters carry the rest. 40L is a good capacity.		
Water Bottles: 2 Wide mouth bottles with minimum 1 Litre capacity per bottle. 1 or 2L water bag or bladder systems is also good in the lower regions but tend to freeze higher up so not ideal on summit day. Total carrying capacity should be 2L.		
Sunscreen. SPF 30 or higher, Make sure that the sunscreen is not older than 6 months as it would lose half of its SPF rating.		
Lipscreen. SPF 40 or higher, again not older than 6 months.		
Sports Drink Mix (optional). Powdered electrolyte drink mix can help you rehydrate. Bring 1-2 Servings per day for 7 days.		
Sleeping bag. Expedition quality to at least -10c comfort rating. Down is lighter, warmer and less bulky, but more expensive than synthetics.		

TRAVELING		
Dry Sacks. Keeps clothing and other items dry and organized.		
Duffle Bag. A small duffel can be nice for storing things at the hotel during the expedition and extra clothing while traveling.		
Zip lock bags. To store food, tablets, documents, camera etc.		
Trail snack food items (optional). Bring your favorite energy bars, GU packets etc for the long days		
Travel clothes. Don't forget to bring clothing to wear after the climb on your return home. Otherwise, no one will want to sit next to you on the plane!		
Toiletries. Soap, wet wipes, toothbrush, towel, hand sanitizer, foot powder, dust mask, ear plugs etc.		

MEDICAL & SAFETY		
Small personal first-aid kit. The guides will have a first-aid kit. Please let us know about any medical issues before the climb.		
Drugs/Medications/Prescriptions. Climbers should bring Pepto Bismol, Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections, Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections, Acetazolamide (Diamox) 125 or 250 mg tablets for altitude sickness, Ibuprofen 200mg or Acetaminophen (Tylenol) tablets for altitude headaches, sprains, aches, etc.		

Gear and Equipment Rental from Kenya

Item	Price in USD
Thermal Hat	5
Wide Brimmed Hat	5
Sunglasses (must cover eyes completely)	20
Scarf / balaclava	2
Waterproof Jacket (Gore-Tex or similar with hood)	40
Thermal Jacket - down or synthetic down	50
Lightweight Fleece	10
Heavyweight Fleece	10
shirts x 2	5
Thermal Gloves (lightweight glove that can fit inside waterproof outer glove)	10
Waterproof outer glove / mitten	10
Thermal underwear	10
Lightweight trousers x 2 (NOT JEANS)	5
Waterproof / windproof trousers	20
Socks (1 pair per day trekking)	5
Waterproof hiking boots (worn in)	40
Lightweight hiking boots / shoes	30
Sandals / tevas	10
Headlamp + spare batteries	10
Day rucksack (around 30 liters for waterproofs / water and any other essentials when walking day to day)	30
Kit bag – preferably soft. On climbs porters put this in a waterproof bag.	20
Gaiters	10
Walking Poles (very useful on descents and helps reduce stress on knees) x 2	20
Water bottle 2 x 2liters (for instance Nalgene bottles as they can resist boiling water to freezing water)	2
Sleeping bag + thermal liner (-20C)	70

Prices mentioned above might vary more or less according to availability

Take nothing but memories and leave nothing but your footprint.



TIPS & TRICKS

HIKING PACK

Your hiking pack should only contain in it your water, your extra sweater/gloves/sunglasses/etc., waterproofs, and camera, snacks. Everything else will be in your main duffel bag, which will be carried by the porters. You wont even see your duffel bag as the porters are much faster and they will get to the camp before you to set up the tents. All you have to do is remember what tent you are in and you will find your duffel bag already inside it waiting for you :)

DUFFEL BAG

Please note that all of your items in the duffel bag cannot exceed 15kg as per regulations or else the porters will not carry them. Everything needs to fit in your duffel bag - the only items that should be in your hiking day pack are extra layers of clothing for the hike in case you get cold or feel hot, camera, snacks, medication, etc. - and that's all! You don't want it to be any more than that or else it will be too heavy for you since you will be walking for long hours.

Please make sure its a soft duffel bag and one that does not have wheels as that makes it hard for them to carry. Don't over pack! You will not be changing your clothes as often as you think! Especially the last few days you will be cold and tired so some have slept and woken up and hiked in the same clothes for 2 days straight and it was all good! :) So just bring what is necessary and if you follow the checklist you should be okay.

SLEEPING BAG

For those of you purchasing a sleeping bag - please note that it has to be -10c Comfort Rating. Sleeping bags have a comfort rating and an extreme rating -- most people make the mistake of reading the extreme rating and therefore end up buying the wrong sleeping bag. It needs to be -10c Comfort Rating or else you will get cold on the mountain.

HIKING SHOES

We hope you are wearing them daily! Make sure they are high enough to support your ankles and made out of an insulated material so that they can keep you warm and they also need to be waterproof. They also need to be a half size bigger as on summit night you will need to wear at least 2 socks to stay warm (it will feel very very cold!) so its important that your hiking boots have room for that.

GLOVES

This is a tip for gloves: What keeps your fingers warm is actually the air pockets between the gloves so make sure that you buy your gloves a bit bigger than normal so that when you wear them on top of each other there is still room in between them. If they are all too tight you won't feel warm - so you need to make sure the air pockets are there.

SOCKS

Your socks need to be made out of wool'ish material absolutely no cotton! -- They call them 3 season or 4 season socks, kind of like the ones you would wear for skiing. Keep a fresh pair in a zip lock bag

CAMERAS

Since this is a super awesome trip, you definitely want to bring a camera with you. Some of you if you are photo enthusiasts will want to bring your SLR. You can but we don't recommend it, as they are heavy and bulky. A normal digital camera will do. In the case of batteries, make sure you bring extras! The trick with camera batteries is to bring extras and always keep them in a warm place, like inside your socks in your duffel bag - as the cold makes the battery life deplete a lot faster. Also, interchanging the battery is believed to be better and also makes it last longer than using one full battery till it runs out and then switching to another one.

HYGIENE

As you all know there are no showers on this trip - so it's time to embrace the funk! :) The best thing to bring with you is Dettol wipes or baby wipes. These will be your new best friends on the mountain! So you can use them for obvious reasons and you can also use them in what we like to call «Dettol Showers» and just wipe yourself down in your tent to freshen up. Some people have also taken with them Dry Shampoo, so you can do that as well. Or you can just hide your hair under a hat that works as well!

NAILS

Make sure you cut your toe nails really short. This is important especially on the way down from the mountain, as the pressure on your toes from the boots have caused some people to lose their nails when they get home. It's not fun so if you keep them short you should be okay.

BLISTERS

Some people get them from the long hours of walking. The last thing you want on a trek is a blister as that can seriously make your life miserable when you are there. The trick we find best for this is «Pre-Emptive Behavior». That means you wrap your sensitive spots, like your heels, certain toes, etc. with gauze and medical white tape as soon as you start the trek. This will protect those areas from extra friction and save you from blisters. So you wrap them up like you already have a blister - before you get the blister. It works for us!

PHONES

You will get reception on the mountain, so feel free to bring your phones if you like. Some people take this as a chance to completely disconnect from the world and unplug but some of you have moms and dads who need that update so it's ok. The battery trick here is the same as the camera one so keep your phone in a dry and warm place so it lasts longer and keep it turned off when you are not using it. As you go up higher into camp the reception will get tricky and sometimes there won't be any. On certain camps you might have to walk around and find a certain rock to stand by that gets good reception :). As you go higher you might not have any but you can bring them along if you like.

CAMP SHOES/CLOTHES

Once you get to each camp you're going to want to take off your hiking boots and get into something comfortable. We suggest bringing something that's easy to slip on and off - versus something with laces. Since if you have to go to the bathroom at night the last thing you want to be doing is fumbling in pitch-black darkness with laces and the likes of.

GEAR LIST

Everything on our gear list is mandatory so we can't stress enough that you should go over it again and again and make sure you have everything, every little thing counts! Watch the videos as that also helps a lot.

SNACKS

The best snacks to bring are DATES - as they are small and packed with energy. We prefer these over the usual energy bars as sometimes they have not so friendly effects on your stomach and that's the last thing you want on the trail. Nuts are also a great option.

BRING A JOKE!

The trail is long so sometimes it's nice to share a joke or two :)

BRING SOME ENTERTAINMENT

Some people bring with them books (kindle is best so you don't have to worry about weight) or a journal - you're going to want to document this for your memories. Sometimes it will be cold to write so perhaps bringing a voice recorder is best to record your thoughts and memorable moments. Avoid bringing heavy items such as laptops as you won't get as much use out of those as you would think.

BRING AN AWESOME ATTITUDE

Climbing Mount Kenya is 60% mental so make sure you start visualizing yourself there - and bring with you a flag or a picture or whatever you want to take your photo with when you reach the summit!



EXTRAS

STAYING HEALTHY

Kenya requires a proof of Yellow Fever immunization upon entry to the country. Other vaccinations that are recommended before departing for Kenya include: Polio & Tetanus (if nil in last 10 years, Thyfoid (if nil in last 3 days, Hepatitis A&B, and Cholera. Since most vaccines don't provide immunity until at least two weeks after they're given, we recommend a visit to the doctor four to eight weeks before departure.

Traveler's diarrhea is the most common illness affecting travelers, involving a substantial number of international travelers each year. You can minimize the risk for Traveler's Diarrhea by avoiding to eat foods and drink beverages in places with poor hygienic conditions, abstaining from consuming raw or undercooked meat and seafood, and avoiding raw fruits and veggies unless they can be peeled. Drinking mineral water is also recommended. Needless to say that frequently washing your hands is the prudent thing to do, whether at home or abroad.

Altitude sickness can occur in high altitude regions from 3000 m upwards (Mount Kenya has three summits; Batian is at an altitude of 5,199 m, Nelian is at 5,188 m and Lenana is at 4,985 m) People who arrive from lower elevations may experience some shortness of breath, dizziness, insomnia, and a loss of appetite during the first couple of days as their bodies adjust. This can be prevented by appropriate acclimatization beforehand. The avoidance of alcohol, cigarettes and heavy food can also help prevent altitude sickness. If you have specific concerns about acclimatization or a history of altitude related problems, please let us know.

While on the trip, you will have access to an extensive first-aid kit, which includes meds such as Ibuprofen, Tylenol, Aspirin, Immodium, Pepto Bismol, Diamox, and some common broad spectrum antibiotics. If you wish to bring a small med kit of your own, feel free to do but keep it simple. Many over the counter and antibiotic medications are readily and cheaply available in the pharmacies in bigger towns.

If your health insurance doesn't cover you for medical expenses abroad, we recommend that you get extra travel insurance prior to departure.

CLIMATE

Kenya's climate varies from tropical along the coast to temperate inland to arid in the north and northeast parts of the country. The area receives a great deal of sunshine every month, and summer clothes are worn throughout the year. It is usually cool at night and early in the morning inland at higher elevations.

The "long rains" season occurs from March/April to May/June. The "short rains" season occurs from October to November/December. The rainfall is sometimes heavy and often falls in the afternoons and evenings. The temperature remains high throughout these months of tropical rain. The hottest period is February and March, leading into the season of the long rains, and the coldest is in July, until mid August.

SAFETY

Kenya is not a dangerous country to travel in, but it is not crime-free either. Petty crime is quite prevalent, particularly in poorer areas around bigger cities, in local markets, secluded beaches and in public transit. Be careful when using ATM machines and try not to walk alone at night. Do not exhibit valuable personal belongings (camera, iPod, passport, credit cards, watch, jewelry, etc when you don't need to. Never leave your bag(s) out of your sight or unattended. Be alert to the risk of thefts of personal property from cars and taxis stationary in traffic. Keep your important documents and money safely hidden under your clothes (not in your backpack or day pack or locked in a secure place. Care should be taken throughout your stay in Tanzania. Use your common sense and vigilance to minimize the risk of becoming victim to crime.

PEOPLE OF KENYA

Home to the Massai people who inhabited the area in the 18th century. Although human history in Kenya dates back millions of years - some of the earliest fossilized hominids were found by Richard Leakey there. Kenya has a very diverse community of people that come from 45 different ethnic groups, each group has its own unique language, culture and native foods. English and Swahili are Kenya's official languages.

TRAVEL GREEN TIPS

- Unplug your home and office appliances before leaving for the trip
- When researching your destination, try to go paperless and avoid printing unnecessary materials
- Pack lightly and leave the extra shoes and clothes at home
- Bring your own water bottle for filtered water instead of purchasing endless plastic bottles
- Pack a re-usable food container for snacks and meals on the go
- Bring a re-usable shopping bag to carry purchases made on the trip
- Bring rechargeable batteries and a battery charger
- Minimize your waste by not buying disposable items for which there are reusable alternatives
- Avoid pre-heating or pre-cooling your hotel room when you are not around
- Turn off the lights and appliances when you leave your hotel room
- Try to wash your own clothes as laundry service can waste a lot of precious water
- Eat local foods and order only ocean-friendly seafood
- Stay at small, locally owned and operated hotels
- Support sustainable tourism practices by forgoing certain comforts while on the journey
- Buy from local artisans and co-ops not department stores
- Do not purchase items made from endangered species
- Lend a helping hand to the communities you visit whenever you can - volunteer
- Stay on the trail - take only memories leave only footprints
- Respect the local culture and be mindful of cross-cultural differences when interacting with locals
- Plan your trip in conjunction with a local festival/event to get an insight into local culture and customs
- Try to fly with on-time airlines that fly non-stop whenever possible
- Consider offsetting your travel through carbon offset schemes or otherwise
- Share your knowledge and experiences with others

MEDICAL & TRAVEL INSURANCE

Climbing Mount Kenya is a strenuous adventure and should not be undertaken if you have any health condition which may put you at risk. You are advised to consult your physician for a thorough medical check-up and clearance before attempting the mountain. If you are over 50 years old, talk to your doctor about doing a stress EKG. Should you require any special medication whatsoever, you must provide your own and be able to administer it yourself. Medical supplies in Kenya are not reliable or guaranteed. The following are recommended for visiting Kenya; please do consult your local physician first.

The following vaccines can all be taken on the same day:

- **Tetanus Toxoid** – one injection + booster in 1 month + booster in 6 months
- **Yellow fever** – make sure you have a stamp saying you've taken it to be allowed entry into the country
- **Hepatitis A / Hepatitis B** - can be taken together in one injection called TwinRex, which is more expensive but worth it if you don't like injections. Note that TwinRex also needs a booster in 1 month + booster in 6 months
- **Typhoid** - one injection + booster in 28 days. Booster applies if you have not had one in the last 10 years
- **Polio**
- **Cholera**

Please note that there are possible side effects from the Typhoid vaccine and to a lesser extent Tetanus: you may get fever and a non-operational arm for a day or so

The following vaccine is optional

- **Rabies**

You have made a significant investment in your travel plans and while in most cases everything will run smoothly, situations may arise on or before your trip that are outside of our control and for which we cannot be held responsible. Travel insurance may help to make your trip more worry-free by protecting your investment and yourself.

Travel insurances can cover expenses resulting from situations such as:

- Trip Cancellation and Interruption due to sickness
- Emergency Medical Transportation
- Trip and Baggage Delay
- Lost or Stolen Baggage
- Doctor and Hospital Payments
- Travel Accidents
- Weather delays

There are plenty of options when it comes to travel insurance providers. We highly recommend World Nomad's single trip travel insurance. You can buy it here: <https://www.worldnomads.com/travel-insurance/> (make sure you go for the Explorer package as that covers a higher altitude)