



HATTERS ESU KENYA EXPEDITION 2026 – KIT LIST

All items are required unless stated as optional. Pack light, quick-drying layers. Aim to keep your checked bag under **15kg** and hand luggage within...

Commented [D11]: To update after flights are booked

Typical August Conditions (Kenya) – Plan Your Layers

Cool, dry highlands (Nairobi/Maasai Mara mornings and evenings can be chilly), warm days in the 20s °C, and cooler nights near 10–13 °C.

Uniform

- Uniform shirt
- UK Scarf/Necker (will be issued in 2026)
- Purple and White Scarf/Necker
- UK Badge sewn on to uniform (will be issued in 2026)
- Expedition badge sewn on to uniform (will be issued in 2026)

Documents & Admin

- Passport (valid 6+ months from arrival, with 2 blank pages)
- Spending money (kept secure – belts recommended)
- Zip card/means to pay for public transport in London

Bags & Packing

- Main kit bag/duffel (~80 L), soft-sided, lockable
- Daypack (~30 L) for daily carry (*fits waterproofs, 2 L water, hat, snacks, camera, documents*)
- Small padlock for kit bag
- Dry bags / heavy-duty liners for clothing & sleeping bag (*bags are not waterproof; organise kit in roll-tops or bin liners*)
- Name tags on all bags inside and out

Clothing

Choose breathable, quick-drying fabrics; avoid cotton where possible. Follow modest dress in communities.

- Waterproof jacket with hood (lightweight shell)
- Warm insulated jacket (down/synthetic) for cool evenings
- 1 fleece or soft-shell mid-layer
- 1 long-sleeve base layer/thermal (not cotton)
- 3–4 quick-drying shirts or T-shirts
- 1 long-sleeve collared shirt (*sun protection and community settings*)
- 2 pairs activity style trousers (*at least one zip-off if possible*)
- 1 pair knee-length shorts (*optional; leaders will advise where culturally appropriate*)
- Lightweight waterproof over-trousers
- Sleepwear / spare lightweight shorts
- Underwear 5–7 pairs; sports bras as needed
- Hiking socks 2–3 pairs + casual socks 2 pairs

Modesty note: leggings are not culturally appropriate in many community settings; avoid.



Footwear

- Lightweight hiking boots, ankle-high, worn-in
- Trainers for camp/sightseeing (good tread)
- Closed-toe work shoes for volunteering (*can be your trainers*)
- Camp sandals/crocs (*optional*)

Head & Extremities

- Wide-brimmed sunhat
- Warm hat/beanie for cool nights
- Neck scarf/buff (*optional*)
- Good UV-blocking sunglasses
- Gardening Gloves

Sleep & Camp

- 2-season sleeping bag (comfort ~10 °C)
- Sleeping mat
- Sleeping bag liner (*optional*)
- Compact travel pillow (*optional*)
- Head torch + spare batteries
- Earplugs and eye mask (*optional*)
- Personal mosquito net (*optional; many sites provide nets—leaders will confirm*)

Hydration & Food

- Water capacity ≥ 2 litres (*either 2×1 L bottles or 1×2 L; if using a bladder, also carry at least one rigid 1 L bottle*)
- Snacks for long travel days (*leaders will advise if any nut allergies are present*)

Toiletries & Hygiene

- Quick-dry travel towel
- Travel-size toiletries (*minimal liquids in hand luggage*)
- High-SPF sunscreen (face & body) and lip balm
- Toilet roll & resealable bags
- Bar soap or biodegradable wash; flannel (*helpful for limited water*)
- Personal laundry soap/travel wash (*optional*)
- Elastic travel clothesline + a few pegs
- Antibacterial hand gel

Medical & Bite Prevention

- Personal first-aid kit (*plasters, blister care, antiseptic wipes/cream, painkillers, cold remedy, throat lozenges*)
- Oral Rehydration Salts (e.g., Dioralyte)
- Personal medication in original packaging + copies of prescriptions
- Insect repellent (DEET or picaridin)
- Tick remover & after-bite cream (*optional*)
- Water purification tablets
- Motion sickness tablets (*if needed*)

Please refer to travel clinic or travel nurse at your GP's Practice for vaccination advice. We are not allowed to advise (The Scouts' rules).



Volunteering & Activity PPE

- Work gloves (durable)
- Lightweight long-sleeve shirt and long trousers for workdays

Tech & Power

- Mobile phone + charging cable (*optional*)
- Power bank (*optional*)
- Camera + spare memory cards/batteries (*optional*)
- **UK Type G plugs are standard in Kenya** (*no adapter needed for UK plugs*)
- Head torch (*listed above*) – *keep accessible*

Money & Valuables

- Money belt or pouch for valuables
- Small padlock (*listed above*)
- Keep jewellery to a minimum, if any, no flashy items

Optional Nice-to-Haves

- Lightweight binoculars
- Notebook & pen; small games/pack of cards
- Small, culturally appropriate gifts for hosts (*leaders will advise*)

Leader/Group-Issued (no action for participants)

Trauma and group first-aid kits; comms (dual-SIM phones/radios/satellite device); water-treatment backup; medical forms; incident and safeguarding reporting materials.

In addition the Leader Team will carry and/or issue the following, per person:

- Kenya eTA approval printout (and digital copy) *carry*
- Travel insurance certificate & 24/7 assistance numbers *carry*
- Parental/guardian consent letters and medical consent for minors *carry*
- Two spare passport photos + photocopies of passport ID page *carry*
- Emergency contacts list (leaders/insurer/consulate) *issue*
- Itinerary & accommodation contacts (paper and digital) *issue*
- Luggage labels *issue*