

Kenya



AFRICAN EXPERTS
AFRICAN JOURNEYS. DESIGNED IN AFRICA

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Capital: Nairobi
Language: Swahili & English
Timezone: GMT +3hrs
Electricity: 220/240volts
Plugs: 3 pin British sockets
Dialling code: +254

LAYOUT & CLIMATE



Climate

Kenya sits squarely on the Equator and so the country's climate is mostly tropical. For the most part you will enjoy toasty weather and sunshine all year round.

Although Kenya seems hot and sunny and wonderful all the time there are significant regional variations. These can be divided into two main belts: the coastal areas is hot and humid year round, but going inland you will find temperatures drop significantly. When travelling to Kenya's central highlands you will find temperatures ranging from 35degrees during the day, to below 5degrees at night.

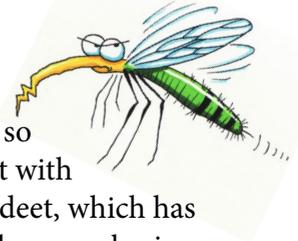
YOUR HEALTH

Before travelling it is recommended you speak with your GP about the necessary vaccinations and anti malarials that you may need before embarking on your trip. Standard vaccinations include tetanus, polio, typhoid and hepatitis A. Also make sure to discuss with him the latest advice on carrying yellow fever certificates, which are essential when travelling to most of Southern and Eastern Africa. Some of these vaccinations are a course of injections so make sure you visit your doctor well in advance.

**A note on drinking water. In Kenya water from the taps is often untreated or tastes unpleasant so it is recommended that you only drink from sealed bottled water, which is available at almost all stores, airports and camps.*

Mosquitoes & Malaria

You will find mosquitoes in most parts of Kenya so we recommend you carry some form of repellent with you. Most modern mosquito repellents contain deet, which has proven highly effective against mosquitoes, so when purchasing your repellent be sure to check the ingredients and make sure the repellent contains at least 15% deet. When choosing your repellent, test it beforehand to make sure that you don't have any negative reactions, common side effects include irritation in sensitive areas and skin reactions.



We highly recommend taking a course of anti malarials when travelling to Kenya. Various products are available, most people use Malarone although it is quite expensive. Discuss with your doctor which would be the best choice for you, bearing in mind most anti malarial drugs are known to have different side effects.

MONEY

The currency of Kenya is the Kenya Shilling, often written as KSH or with a /= symbol at the end of a figure. Currently the exchange rate is £1 = KSH136 and US\$1 = KSH88.

When shopping in Kenya you will often hear “four hundred bob” or “one thousand bob.” Don’t be alarmed, you aren’t being asked for your husband, Bob, instead ‘bob’ is a term carried over from colonial times. It is a word that the English used to use for a shilling.

We recommend you take US dollars for your trip, as most camps and lodges prefer dollars. Please note that only US\$ notes newer than 2003 will be accepted.

Kenya shillings will be needed for your personal expenses such as curio shopping, eating out in Nairobi, any excursion fees if you decide on an outing whilst in Nairobi and buying drinks and snacks at airports. We recommend you change a number of your dollars to shillings at the start of your trip so that you have both currencies in hand.

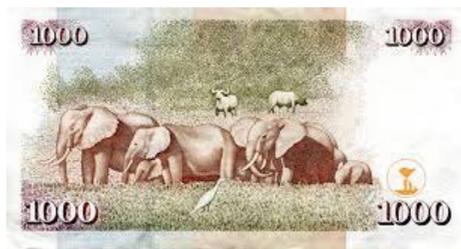
Useful Tips on Currency

- Travellers cheques are not widely accepted in Kenya and cash is generally the best way to go. You may find you end up carrying a lot of cash on you so be sure to store it different locations in your purse, bags and on your person.
- Major credit cards are accepted in most large hotels and shops in Nairobi but not widely accepted in more remote areas of the country. The most accepted cards are Visa and Mastercard.
- A few restaurants and shops may accept payment in US\$ but most take Kenya Shillings.

- A 5-10% surcharge is usually added to any credit card payments you make at most major hotels.
- There are ATM's in most banks in Kenya so you can withdraw cash however we don't recommend this as international transfer fees can be high and PIN fraud has been known to occur.

Tiping

Camps and hotels all have different methods for leaving tips so be sure to check this on arrival. Tipping is an entirely at your own discretion so if you don't feel you have received sufficient service feel free not to. As a general guideline we would recommend around \$10 - \$15 per day for your guide and \$5 - \$10 per day for camp staff communally. When eating out at restaurants 10% of the bill is the tipping standard, and it is handy to have a few \$1 notes ready to tip porters.



AIRPORTS & LUGGAGE

Luggage Restrictions

When you are flying around Kenya you will mostly be using light aircrafts that have a maximum luggage restriction of 15kg including hand luggage. If you are carrying large, heavy bags such as camera equipment it is recommended that you book two seats – allowing 30kgs of luggage or else travel by road. If this is the case be sure to mention this to your agent so they can make the necessary adjustments.

Because most internal flights use small aircrafts its best to use soft case bags instead of hard case bags, these are normally stored in the nose, tail and underbelly of the plane.

Kenya Airports

Jomo Kenyatta International Airport lies on the edge of Nairobi and receives most international flights (a few airlines use Mombasa Airport, on the coast as an international airport). International departure taxes are US\$30 and domestic departure taxes are US\$5, although these should be included in your package and your flight ticket it is best to carry the extra with you just incase.

Wilson Aerodrome lies about 45minutes (entirely dependant on traffic) from JKIA into the city and services most local flights.



LOCAL FLIGHTS



INTERNATIONAL FLIGHTS

SAFETY & SAFARI ETIQUETTE

For the majority of your Kenyan safari you will be enjoying the country's rich wildlife. It must be remembered that these animals are all in fact very wild, and although you have no reason to fear you do need to show them, their families and their personal space some respect.

Most safari camps are unfenced so animals will pass through as they please. Attacks by wild animals are extremely rare however safety precautions around camps will be outlined for you on arrival and it is essential that you comply with these.

Whilst on your game drives observe animals quietly with as little disturbance as possible and never try to attract their attention your way. Also be sure to respect your drivers judgement with regards to proximity and don't insist he move the vehicle closer.

Litter

Disposal methods in Kenya are very limited and waste/recycling production is mostly inadequate. Do your best to reduce your litter and do not throw it overboard – not only is it very unsightly but animals can also choke on it.

Water

Water is often scarce and highly appreciated so please take care to use only what you need to. Here are some guidelines to help minimize the amount of water you use:

- Do not ask for your towels and bedding to be washed everyday, instead only ask when it is necessary.
- Take showers instead of baths when you can and try not to linger too long in the shower.
- Do not leave taps running unnecessarily

**Do not drink water from the taps as it is mostly untreated. Fresh bottled water is available for sale at most locations and camps will supply you with fresh drinking water during your stay.*

What not to wear around town

When wandering through markets and shops in Nairobi or elsewhere try to avoid top to toe safari gear, which makes you stand out as a tourist and advertise that you may be carrying valuable items. Try to leave your passport and credit card locked away in your hotel safe and avoid large cameras and money belts hanging on display outside your clothes, opt instead for a small, old bag which will not look like it filled with expensive goods.

If you wish to explore the city by foot ask a local guide – your hotel host or hostess ideally – about security and safety in the surrounding area. If you wish to explore by taxi the hotel will be able to advise you on the best local attractions and organize your taxi for you, if you find the hotel unhelpful you can always ring us on the number provided on the back.

We recommend you avoid walking around after dark unless you absolutely have to! Again, ask locally and if in doubt, arrange transport.

FOOD & DRINK

Food

Kenya abounds in fresh produce from local farms which is sweet and plentiful. When staying at camps and lodges the food is mostly cooked from fresh and with an international appeal. The local food is Ugali which is made from maize meal, like a thick porridge and served with a selection of meat and vegetables mainly sukuma wiki, githeri and nyama choma(roasted meat – often goat).

Drinks

Kenya is world renowned for their delicious tea and coffee so be sure to try some on your trip. Fresh fruit juices are wonderful as the fruits are sweet and large – the best are mango, orange and pineapple.

Tusker is the local beer, which is great served cold after a long hot day on safari. If you are wine drinker you will find a variety of international wines, Kenya currently produces one local wine called Leleshwa which is available in most hotels and some camps.

You will find a wide range of spirits, the locals drink changaa,(this is a lethal spirit we wouldn't recommend trying as it has some horrible side effects), soft drinks and boxed fruit juices.



OUT & ABOUT

Best places to eat out in Nairobi

The Talisman is located in Nairobi leafy Karen suburb and serves a wide range of western style cuisine. Seating is outside under a covered verandah or inside beside the fire, depending on the weather. *The Talisman is closed on Mondays.

The Carnivore Restaurant is one of Kenya's most famous restaurants and specializes in game meat including beef, camel and crocodile. Servers come by with huge skewers and carve as much as you desire onto your plate. The atmosphere is fantastic and be sure to try a Dawa Cocktail – they are just the best!

Haandi is one of Kenya's top indian restaurants serving light curries, strong curries with a mix of meat and vegetarian dishes. Haandi is very popular with local Nairobi residents and comes highly recommended.

Shopping in Nairobi

Nairobi has several large, modern shopping malls and if you would like to go to a mall we recommend The Village Market in Nairobi's Muthaiga Area. This is a large open plan mall complete with patio eating area and some lovely restaurants and shops.

If you are not a fan of large shopping malls we have compiled a list of shops around Nairobi that we particularly enjoy:

- **Marula Studios** is a small centre in Karen suburb catering to a few small shops producing fair trade, handmade goods and organic food.

- **Kazuri Beads**, also based in Karen makes beautiful handmade ceramic beads, jewelry and pottery.

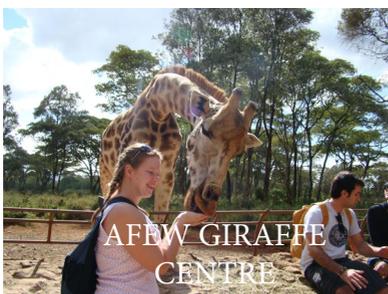
- **Spinners Web** is based along the road between Lavington and Muthaiga and abounds in various local goodies. There is also a small café here serving delicious fresh sandwiches, juices and coffee.

- **Gemini Jewelers** near Muthaiga Mini Market is popular with the ladies. Gemini makes stunning jewelry pieces from local precious stones and hand painted fabrics and pottery.

Other places of interest

- **Daphne Sheldricks Elephant Orphanage** is one the most successful orphan-elephant rescue and rehabilitation programs in the world and one of the pioneering conservation organisations for wildlife and habitat protection in East Africa. The sanctuary is open to visitors twice a day.

- AFEW **Giraffe Centre** is an education centre and Rothschild Breeding initiative. Here you can visit and feed the giraffes and learn more about the conservation issues surrounding this endangered species.



KIT LIST

Despite common assumption you don't actually need to spend thousands on safari gear, we have put together a guideline list of essentials to add to your checklist:

THE ESSENTIALS

Flight Tickets

Passports – make sure these are valid for atleast 6months from the date you are due to leave Kenya and have atleast two blank pages.

Visas – standard holidays visas to Kenya are available for purchase on arrival for US\$50, they can also be purchased ahead of time which may also save time at immigration on arrival.

Cash and credit cards

Insurance details

Medical cards and/or evidence of vaccinations

CLOTHING

Lightweight t-shirts and long sleeve cotton shirts

Lightweight trousers and shorts

Trousers, jeans and tops for evenings

Pyjamas

Underwear – we recommend sports bras for the ladies as the roads can be quite bumpy

Cotton scarf or bandana to keep the sun off

Walking shoes or trainers

Sandals or flip flops

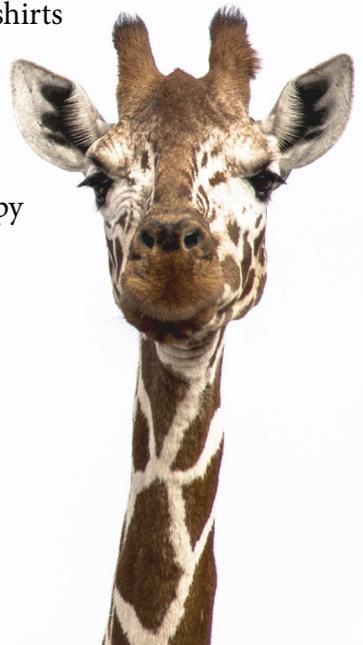
Swimming costume

Old t-shirt for snorkeling if you are going to the coast

Jersey/fleece

Sunglasses

Sunhat/cap



TOILETRIES & FIRST AID

Personal toiletries

Sun lotion SPF25 or above

Chapstick/lipcare SPF15 or above

Antihistamine tablets or cream for insect bites

Malaria tablets

Mosquito/insect repellent

If you wear contact lenses be sure take glasses with you

Basic medical kit

Tissues/wet wipes

Eye drops – usefull as the dust can irritate your eyes

EXTRAS

Animal & bird identification books

Camera with memory cards – we recommend two 8GB cards for a week long safari

Extra batteries and a charger

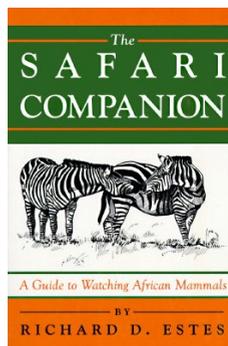
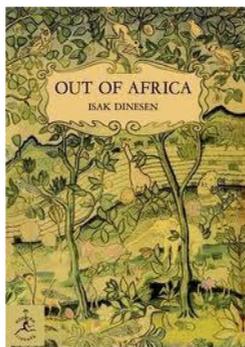
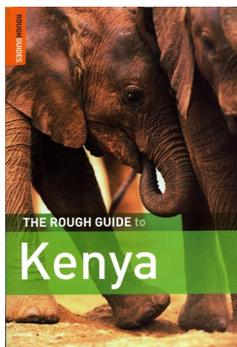
A torch and spare batteries

Binoculars

A small backpack or bag for use during the day

Most important is a good sense of humor – this is Africa and things go wrong all the time.

RECOMMENDED READING



TALK THE TALK

English is widely spoken in Kenya, but knowledge of a the basics goes down very well with the locals. Here are a few guidelines to get you started:

BASIC GREETINGS

Hello	Jambo
How are you?	Habari?
Good/Very Good	Nzuri/Nzuri sana
Please	Tafadali
Thank you/Thank you very much	Asante/Asante Sana
Goodbye	Kwaheri
You are welcome	Karibu
Sleep Well	Lala Salama

GETTING AROUND

Where is the taci?	Ni wapi teksi?
How much is the fare?	Nauli ni kiasi gani?
Where are you going?	Unakwenda wapi?
I'd like some food.	Nataka chakula.
I'd like some water.	Natake maji.
Where is a hospital?	Wapi hospitali?
Where is a hotel?	Wapi hoteli?
What time is the plane leaving?	Inaondoka saa ndege ngapi?



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