



Kit List

This document is designed to help visiting researchers, interns and volunteers coming to Save the Elephants research camp to bring the correct items to make the most out of your visit.

Working Essentials

- Personal Laptop with wireless internet capabilities
- Memory stick or back up hard drive
- Camera with zoom lens and leads for downloading images to laptop
- Binoculars
- GPS (only if needed for specific field work)
- Photocopies of all your documents: passport, country visa, travel insurance, inoculations
- US\$ cash or Kenyan Shillings for park/camp fees. Credit cards can only be used in the lodges.
- Small day backpack for hiking and carrying equipment safely in research car
- "Ziplock" plastic bags to keep dust out of equipment
- Water bottle(s) (you should be able to carry 2 litres of water with you)
- Notebook and pens
- Torch with spare batteries
- Penknife or Leatherman (optional due to expense but often very useful)
- Sunglasses with UV protection
- Sun hat. Best variety has a brim to cover the ears and neck but peaked caps/scarves are also useful.
- High factor sun cream, lip slave & aftersun
- Mosquito repellent (be careful with high level Deet bottles which can dissolve/rot your clothes)
- Hiking boots (light version) or enclosed strong walking shoes/cross trainers with socks
- Strong sandals
- Waterproofs

FIRST AID KIT

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|-----------------------------------|---|--|
| <input type="checkbox"/> Bandages | <input type="checkbox"/> Antiseptic cream | <input type="checkbox"/> Dehydration salts |
| <input type="checkbox"/> Plasters | <input type="checkbox"/> Painkillers | <input type="checkbox"/> Antihistamine tablets / cream |
| <input type="checkbox"/> Tape | <input type="checkbox"/> Throat lozenges | <input type="checkbox"/> Indigestants |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Tweezers | <input type="checkbox"/> |

Malaria pills **Protection against malaria is essential as the disease is endemic in Africa. It is vital to take anti-malarial tablets (consult your doctor as to which brand is currently considered the most effective).**

You should also wear anti-insect sprays / creams in the evening and wear long-sleeved garments and full-length trousers or skirts after dusk. Mosquito nets are provided. You must inform Camp Manager, David Daballen, which brand you are taking.

Personal Items

- Variety of light t-shirts or short-sleeved collar shirts for working in
- At least one smart long-sleeved t-shirt or shirt for evenings
- One jumper or light fleece
- Long shorts (no hot pants please!)
- Long trousers made of light material for working in
- Pair of jeans or trousers
- Pyjamas
- Swim suit or trunks (there is a pool at the nearby lodge where you can pay \$10 to swim)
- Bath towel
- Kikoi or sarong
- Combination padlock
- Personal wash kit (there is a simple shop in the nearby lodge for extra supplies)
- Plastic flip flops for wearing in the shower
- Books, DVD's, ipod, radio, games, sketching materials etc for your evening entertainment
- Personal snacks or favourite treats (e.g. biscuits, sweets, marmite, Tabasco, red wine....)

What NOT to bring

- Hairdryer or any heating appliances (this burns out our solar power system)
- Skimpy/revealing clothing is not appropriate for wearing around camp
- Illegal drugs of any kind are not permitted or tolerated

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