



CHECKLIST

To help you with your travel preparation Sand Dollar has prepared a checklist to ensure you have all the essentials. Sand Dollar Kayak Expeditions provide all necessary camping and kayaking equipment. They also have a selection of snorkelling and fishing equipment for activities. You will only need to bring clothes and a few toiletries. Please note that space on the internal flights is limited to 15kgs per person in soft bags.

Travel Documents

- Air tickets** or other transport to Nairobi
- Internal air tickets** from Nairobi Wilson Airport to Kiwaiyu (Sand Dollar will arrange upon reservation)
- Transfers** from Nairobi International Airport to Wilson Airport if required (Sand Dollar can arrange upon reservation = approx. 30min drive)
- Valid **passport and visa** (can also obtain visa upon arrival at International Airport = \$50)
- Travel Insurance** (must cover duration of your time with Sand Dollar)
- Yellow Fever** Vaccination Certificate
- Confirmation** of any pre and onward travel bookings
- Confirmation** of your booking with Sand Dollar
- Copies** of your travel documents stored safely in the event of loss or theft. A good tip is to scan these and send them to your global email address so you can access them wherever you travel.
- Money** – Major currencies can be exchanged to Kenya Shillings at local Banks or Forex Bureaux's within Kenya and its international airports (only during working hours!). Most hotels and tourist shops will accept credit cards as well as US\$ cash (at slightly lower exchange rates). Traveller's cheques and credit cards are less useful out of major cities so be sure to have some cash for souvenirs, tips, etc.

Toiletries

- General** items to include toothpaste, toothbrush, deodorant, brush/comb, make-up, shaving kit (electric = easiest) and cream
- Suntan lotion** and/or sunblock (min SPF15 and water-resistant)
- Malaria tablets**
- Insect repellent**
- Personal **medication**, e.g. for allergies, asthma, migraines and other personal use. Keep essential medication in hand luggage in the event of lost bags.

Sand Dollar carries a comprehensive First Aid kit.

Clothing

Most people make the mistake of taking along too much clothing. Take comfortable, casual, easy to wash and wear clothing.

- Casual trousers**
- Shirts** (remember for kayaking shirts should be comfortable, non-chaffing and easy to wash and dry, examples are cotton surf/beach shirts, fishing shirts with sun protective long sleeves and dry-fit shirts/vests)
- Shorts**
- Swimming costume**
- Kikoi** or **sarong** (useful as a wrap and to protect your legs from the sun whilst paddling)
- A **light jumper** or pullover
- Beach **sandals**/strops/Tivas – essential for walking on rocks and around camp
- Sunglasses**

Other

- Small sports or **kit bag**. Suitcases are not appropriate for internal flights.
- Binoculars**
- Camera**
- Spare batteries** for camera and shaver
- 1L cycling/sports **drink bottle** you can take with you whilst kayaking.
- Any **personal** snorkelling or fishing kit if preferred (Sand Dollar will have a selection)
- Reading** material
- Whilst soft drinks and wine will be available please feel free to bring a bottle of your **favourite** something.
- Completed **checklist**

Useful Contact numbers whilst in Kenya

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