



Kenya packing checklist

Terrain runs from 1,000 to 2,000m. It can be hot in the lowlands and cold at height, so pack for both. Six items are marked essential. Tick these boxes in any PDF reader and save, or print it and use a pen.

ALTITUDE

Takeoffs sit between 1,000 and 2,000m, and you can expect to climb to 4,000m, where it is cold.

CONDITIONS

Kenyan conditions are stronger than most home sites. Bring gear you trust.

IF IT GOES WRONG

Helicopter rescue and good healthcare are both available.

Documents and money 5

Passport, and a photo of it on your phone

IPII 2 card or national licence

This is a tour for autonomous pilots

Insurance covering paragliding to 4,000m **ESSENTIAL**

It must include helicopter rescue and medical evacuation

Policy number and rescue hotline, saved offline **ESSENTIAL**

You will want these at the moment you have no signal

Cash in small notes

For tips and porters. Agree the price first

Clothing 8

Long trousers

Against thorns, sunburn and mosquitoes

Long sleeved shirts

Hiking shoes

Comfortable, already broken in

Flying gloves

It is cold at 4,000m

Warm flying jacket

Sunscreen and sunglasses

Buff

For the dusty roads

Ear plugs

Hotels can be noisy

On you 5

Offline maps on your phone

Download the region before you fly out

Powerbank and cables

Headlamp

Pepper spray

Against dogs or wild animals

Pocket knife

Flying gear 9

Wing you know well

EN or LTF certified

Harness with back or airbag protection **ESSENTIAL**

Reserve **ESSENTIAL**

Repacked and in date

Helmet **ESSENTIAL**

Vario or GPS

Load the airspace file before you travel

2m radio, 144 to 146 MHz **ESSENTIAL**

Yaesu, Icom or Kenwood. Avoid Baofeng, reliable communication can save your life

Tracker or a live tracking app

So retrieve knows where you came down

Spare lines

Ripstop tape

Takeoffs and landings can be bushy and thorny

Health and stomach 6

DEET repellent

Malaria pre-medication

Low risk in the dry season above 2,000m. Can be bought locally

High socks and long layers

Prevention beats treatment

Mosquito net

Hotel beds usually have one

FloraNorm probiotic

Saccharomyces boulardii, available locally

Rehydration salts