



The Sustainable Birding Company's Tour Kit List!

1. Shorts and t-shirts or light trousers for the daytime. Neutral tones like beige, khaki, stone and light brown don't show the dirt and dust to which you'll be exposed.
2. A pair of good walking boots.
3. We will provide you with a complementary SBC wide brimmed hat to shade you from the sun – which should be worn whenever exposed to the African sun to protect you from heat exhaustion and sun burn.
4. Plenty of high factor sun protection lotion/cream (High SPF).
5. A good pair of binoculars.
6. Long trousers and long- or short-sleeved shirts for the evening, for men, as protection from mosquitoes, similarly, for the ladies, maxi dresses are popular, plus a pashmina, if chilly.
7. A fleece/jumper/sweater for the early morning (or a safari jacket) and evening drives, as it tends to get a bit chilly, especially in the Great Rift Valley.
8. Plenty of film or flash card memory for your camera and a battery charger.
9. A small first aid kit.
10. Swimming costumes/bathing suits as most of the lodges and camps have swimming pools.
11. A book on East African Birds and Wildlife to allow you to identify what you see on safari and from your lodge.
12. Good pair of sun glasses as you are on the equator where the sun is very powerful. Prescription sun spectacles are not recommended as may scratch or fall off in the van.
13. A pack of wet wipes.
14. Drink lots of mineral water. Our vehicles will have coolers with water available.

15. Toilet roll and plastic bag in which to place rubbish/trash.

16. Mosquito repellent.

17. Malaria Tablets.

