



Tembea Na Mimi

An Adventure for a Cause

Participant Handbook

Welcome to Tembea Na Mimi! This document provides an overview of Lalmba Canada's Tembea Na Mimi walk, information on costs, and what to expect. We hope you find it useful.

INTRODUCTION:

Higher Education in Southwest Kenya

Lalmba Canada provides funding for students to attend either high school (grades 10-12) or vocational college (masons, seamstresses and tailors, hairdressers, welders, etc.). Our students are those with the highest of needs who are either partial or total orphans, who without this support would end their education after completing grade 9.

Education does not come automatically for students in this area, instead the Kenyan government will fund the majority of the costs for students through grade 9, with a minimal expenditure required from the family. After grade 9, a student must fund their schooling themselves which is close to impossible for students to do in the impoverished area that Lalmba Canada works in. Due to illnesses like HIV, many youths in the area are being raised by either a single parent, a grandparent, or others in their community. Add to this lack of funding, changes to government and political turmoil, absence of qualified teachers, and viable classrooms, an education is highly sought after by students as a means to end poverty.

Each student must pass a national exam to prove their academic ability prior to advancing into grade 10. Should a student not successfully pass the exam, they may opt to continue to vocational college to learn a trade in lieu of their high school education. Trades in this area may be considered more advantageous, as skilled trades workers are sought after and help to sustain their communities.



Lalmaba Canada currently sends 150 students to both high school and vocational college with over 80 high school and vocational training graduates. Our goal is to send more students and slowly change history one student at a time.

Tembea Na Mimi is a program of Lalmaba Canada to raise funds for our student's education. The money we raise through Tembea Na Mimi is held by Lalmaba Canada and then dispersed each year to pay for school fees, school supplies, and school uniforms.

About Tembea Na Mimi?

Tembea Na Mimi means "walk with me" in Kiswahili (the common language in east Africa). This walk is an 11 day walk through the Maasai Mara wildlife area (first 5 days) and then through rural Kenya (last 5 days) to a small fishing village on the shores of Lake Victoria where our project is administered. We will be walking for 10 days and adding a rest day after day four in one of the more scenic stops along our journey. Tembea Na Mimi is a walk for those who are looking for adventure, are in good physical shape, and want to help us make a difference for impoverished youth in southwest Kenya.

We will be escorted during the walk by a team of drovers and camels from [Bobong Camels](#). The drovers are Kenyan tribesman who are experts in guiding us through these areas safely, and eager to pass on their tribal knowledge. The camels will be carrying our overnight gear. Each walker will have a light backpack for carrying water and any personal items you require (camera, sunscreen, fresh socks etc.) during the day.

Each walker is responsible for providing their own tent, sleeping bag, sleeping mat, and other recommended supplies (see Appendix A).

Where will we be walking?

The Maasai Mara is a vast wildlife preserve comprised of the National Park and a number of conservancies. The National Park itself does not permit livestock, including camels, or any humans on foot, so we will be walking through the Maasai Mara conservancies. These are managed by the Maasai people and have a mix of Maasai homes & villages, livestock, and lots of wildlife. The terrain throughout the walk is made up of rolling hills, with two significant hill climbs (typically on day 2 and day 5 of the walk) over various grasslands, forests, volcanic rock, dirt trails and roads, and the occasional paved section of road. However, this can change depending on the route chosen by Bobong Camels for various reasons. We call this the "ish"



factor. In addition, if we are lucky, we will complete a proper river crossing (on foot) of the Mara River and the Migori River (depending on water levels).

What wildlife will we see?

There is no way to predict this since they are wild. On every walk so far, we have seen lots of wild animals including giraffes, wildebeests, zebras, a variety of antelope, cape buffalo, elephants, warthogs, hippos, hyenas, crocodiles and even on occasion a lion, cheetah, or a leopard. However, as we are walking with camels, the drovers typically try to avoid the big cats for the safety of everyone. That typically doesn't stop them from being curious about our camp and grunting and growling around our camp perimeter at night.

What about security on the walks? The drovers are incredibly skilled at dealing with the wild animals in the way the people there have interacted with them for ages. Generally, we will interact with the animals with mutual respect and at a comfortable distance. Should a situation arise that requires an animal be chased away, the drovers carry a whip which when cracked is incredibly effective at scaring the animals away. At night, we will be given instructions on how to set up our camp and to best handle whatever animals are around. Depending on the wildlife in the area, drovers may be posted throughout the night as well.

Expect to hear lots of nearby animals call out at night, including lions, hyenas, and elephants. The loudest though are the camels we travel with. It's a rather unique and soothing symphony of gastric sounds.

How safe is Kenya?

Generally speaking, the areas through which we will be walking are very safe and away from some of the more political/tension filled areas that tend to occur from time to time within Kenya. However, like any form of travel, it's important to be well informed and not take any chances while away. In Nairobi during the day, we ensure that we tour the city in groups of 3 or more and ensure that we keep valuables out of sight. We have drivers who we trust and have used repeatedly for all transportation within the city. We also ensure that once night falls, we stay within the gated security of the Jacaranda Hotel where we stay before leaving for basecamp.

During the walk we are escorted by the drovers who are very security conscious both with respect to the wildlife we encounter as well as the rural areas that we traverse. These men put our security and comfort first throughout the trip, and they are amazing to get to know and learn



from. We have walked on many walks through this area and have never felt unsafe before, during, or after a walk.

BEFORE YOU GO:

Fundraising

Each walker has a goal of raising \$10,000 for Lalmaba Canada. Tembea Na Mimi is one of Lalmaba Canada's most significant fundraisers, held only once every other year. It plays a vital role in sustaining our scholarship/bursary program in Kenya. We are indebted to our walkers for their willingness to support our incredible charity and for embarking on the adventure of a lifetime in the process!

Fundraising can feel overwhelming, especially if it's your first time. You're not alone if the \$10,000 goal seems daunting. We've done this several times ourselves and are encouraged by the generosity of our supporters especially when they hear about the adventure you are about to be a part of.

To help you with your fundraising efforts:

- 1) We will be setting up a custom donation page on Lalmaba Canada's website with your name, photo, and a short bio so your supporters can go online and easily donate. They can always send in cheques and donate cash too.
- 2) We will be giving you a package of brochures explaining Tembea Na Mimi to hand out to your potential donors and a Lalmaba Canada t-shirt which helps you be identified as a walker during fundraising events.
- 3) We will also attend and speak at your fundraising events and provide your supporters with more information about what you are about to do and about Lalmaba Canada.
- 4) As a registered Canadian charity all donations will receive an official tax receipt.

Will I still be able to walk if I don't raise \$10,000 before the trip?

We value any and all fundraising that you do for Lalmaba Canada and encourage you to try your best in reaching your goal. We would never stop anyone from joining us if it wasn't reached. That said, while this is an incredible adventure for all of us, it's also a vital fundraiser that supports our student bursary/scholarship program which currently funds 170 students in rural Kenya. We ask you to please take the goal seriously and keep trying your hardest, even after



you reach your goal. Every donation makes a difference to our students, and we are thankful for every dollar received!

One of the amazing aspects of this fundraiser is the generosity of Lalmba Canada's donor base. Additionally, donations often continue to roll in while we're out on the trail, inspired by the journey we're taking. This means your efforts to share the story — even during the walk — can still bring in donations! We think you will be amazed at just how generous people are when they hear about our cause and the adventure.

Who should I talk to for donations?

The short answer is everyone! Friends and family are the easiest. Your place of work, social groups, corporate entities, and any other clubs you're involved in work well too. Every walker has a network that they have been able to tap into in one way or another.

Some walkers throw bigger events, others just keep it simple. There really isn't a common strategy. Here are a couple of examples of the things prior walkers have done that have been successful:

- Bottle drives
- Garage sales
- Casino nights
- Raffles
- Silent auctions
- Inviting friends and colleagues for an informative wine and cheese night where we talked about the walk and solicited donations during the evening.
- Fundraising walks
- Arts and craft sales

It costs \$400 to send a student to school for a year which includes their school fees, supplies and uniform. Many walkers have had amazing success in asking donors to support a student for a year. Just a little more than a dollar a day makes a difference in the life of a young Kenyan girl or boy!

You'll likely find that many people will say they want to support you but drag their feet on donating until the very end. In your own way, and your own style, remind them as the date gets



close. Many donations come in right at the last minute or even while we are walking. Don't be afraid to just ask – what you are doing is an amazing accomplishment for an incredible reason!

Estimated Walker Costs

We estimate that each walker expenses will be \$6500 per walker as follows:

- Brochures to assist you with your fundraising.
- Transportation between Jomo Kenyata Airport and the Jacaranda Hotel (where we stay in Nairobi before leaving for basecamp)
- Team dinner prior to leaving for basecamp
- Transportation from Nairobi to basecamp with lunch along the way
- Bobong Camels Safari (camels which will carry our gear and supplies, drovers who will guide us every day, all meals and snacks, all drinks (soda, tea, coffee, beer, cider, red wine, and entertainment)
- Accommodation and meals at the Victoria See Lodge in Matoso
- End of walk celebration (dinner and 2 drinks per walker) in Matoso
- Emergency evacuation insurance (this is in addition to your own travel insurance)
- Transportation to the nearest departure airport for your return home or other destination

There are a number of things that we can't negotiate up front, (e.g. exact transportation costs etc.) so we budget based on past experiences and then as the costs become clearer, we adjust the final payment accordingly.

There are still a lot of unknowns, so we build in a \$200 contingency per walker and either refund that or consider it a donation depending on what each walker wants. This contingency fund will also be used should we encounter any unforeseen expenses along the way as a group.

Additional costs covered by each walker during the trip depending on your travel plans and personal preferences:

Return flights to/from Nairobi

Lodging at the Jacaranda

Food, beverages, and entertainment in Nairobi (breakfast is included at the Jacaranda hotel)

Personal shopping in Kenya

Camping gear (see gear Appendix A)



Packing

Plan your packing around the walk. You will be able to load two bags (maximum) on the camels and carry a backpack. We like to pack using a large waterproof/resistant duffle-like bag for our gear (approximately 90 litres) and a smaller waterproof/resistant duffle-like bag for our clothes (approximately 60 litres) and the backpack we plan to carry while walking. Please avoid bags with wheels and handles as they may break going on and off the camels. Dry bags are also recommended to store items (electronics etc.) for added protection if it rains. Please see Appendix A for a list of recommended items to bring.

Vaccinations and other Medicines

There is currently only one required vaccination in Kenya and that is for yellow fever and only if you are traveling between countries in eastern Africa. There are a variety of other recommended vaccinations though that you should consider getting. Seek advice from your doctor or a travel clinic on what you should get.

Some other vaccinations to consider:

Hepatitis A
Hepatitis B
Typhoid
Tetanus
Meningococcal

Anti-Malarial Medications

Malaria is endemic in the areas we will be traveling, especially in and around Matoso. Malaria prophylaxis **is a must** and you should plan to take it the whole time you are in Kenya. Please see your doctor or travel clinic to obtain this and receive instructions for taking the medicine.

Imodium and other stomach medications

Imodium ... just in case. We have to keep walking each day, and sometimes a bad case of the "harakas" makes that very difficult. There will also be two camels for riding if anyone feels tired, sick, or simply wants to experience a different vantage point.

You should also consider asking your doctor for a prescription for Ciprofloxacin or Azithromycin for travelers' diarrhea.



ONCE YOU'RE THERE:

Code Of Conduct

Please remember that you are entering a different country with its own rich culture. In general Kenya is more conservative than Canada though the major metropolitan areas are becoming more and more like every other global city each year.

Always remember that you are representing Lalmab Canada as you travel, especially in and around Matoso. Please see Lalmab Canada's Walker Code of Conduct attached as Appendix B.

Travel To/From Kenya

Nairobi's Jomo Kenyatta International Airport is a major hub in Africa for many airlines. As a result, there are a lot of great flight options to Nairobi from all over the world.

With this in mind, please plan to arrive in Nairobi a few days before we leave Nairobi for basecamp. This will allow time to recover from jet lag and handle any unforeseen issues, such as flight delays or lost luggage should they occur as well as get any last minute needed supplies.

You will also need to get a Kenyan ETA (Electronic Travel Authorization). You will need your flight information and hotel reservation prior to applying. Lately these have been taking about a day or two and can be applied for online here:

Some useful Information and Links:

- [Kenya ETA](#)
- [Jacaranda Hotel](#)
- [Jomo Kenyatta International Airport](#)

Nairobi

Nairobi is a major metropolitan city with lots of opportunities for entertainment, sightseeing, dining etc. The Westlands neighbourhood, where we are staying, is relatively safe. Nairobi can



be known for crime though, and while we haven't had any trouble, when walking or travelling in Nairobi make sure to secure any valuables you are carrying in shoulder bags / closed pockets etc. and be sure to have your passport with you in case you are asked to show it by authorities. It's not advised to walk alone during the day, and we typically stay at the hotel once night falls.

For those with a couple of free days, here are some things you might consider doing:

- Elephant Orphanage (need to book in advance) <https://visit.sheldrickwildlifetrust.org/>
- Giraffe Center
<https://www.giraffecentre.org/>
- Walk through Nairobi
 - The City Market and Maasai Markets are great for souvenirs
- National Museum and Snake Park
<https://museums.or.ke/nairobi-national-museum/>
- Bomas of Kenya
<https://www.bomasofkenya.co.ke/>
- Nairobi Tourist Information <https://independenttravelcats.com/things-to-do-in-nairobi-kenya/> <https://www.tripadvisor.com/Tourism-g294207-Nairobi-Vacations.html>

Cell Phones & Internet Access

Consider using the walk as a time to disconnect. We have a no cell phone policy during the days and around the campfire. Your family at home will know you are safe as the journey is being tracked by satellite so they can follow you from home. When in your tent at night of course use of your phone is up to you. If you are using your phone for photos during the day, that of course is absolutely fine.

Cell phones have spread across Africa like wildfire. In Kenya, we should have cell service most of the time. You will even see that most people we pass will have a cell phone of some sort, even taking pictures of us with their smartphones. There will however be places in the Mara and elsewhere that, just like here in Canada, the coverage is poor.

You likely can get international coverage through your cell service provider. If your phone is not locked to a provider, you can purchase a [Safaricom](#) SIM card and data packages in Nairobi. These are available at the Sarit Center across the street from the Jacaranda Hotel. There are also a number of eSIM apps that provide international eSIM cards that work quite well. We have used Airalo which works very well.



Money and Currency Exchange

Kenya's national currency is the Kenyan Shilling. Typically, the exchange rate for one Canadian dollar is 90 Kenyan Shillings.

In Nairobi credit cards are accepted at most places. However, transportation within Nairobi, souvenirs, and most transactions outside of the major cities are still predominantly cash based in shillings. Hotels will also accept US dollars.

How much will you need?

Here are some examples for reference (prices change regularly):

- A taxi ride from our hotel into Nairobi is normally around 500-1500 ksh. Though you can Uber for around 200-400 ksh
- A meal in Westlands (near the Jacaranda) is about 1000-2000 ksh
- A beer in Nairobi is about 450 ksh
- A beer at the See Lodge is about 250 ksh
- The price of souvenirs varies significantly and negotiating the price is an artform. Please remember however that the locals are trying to make a living.

General schedule for Tembea Na Mimi:

Day	Activity	Sleep At	Notes
Day 1	Walkers Arrive in Nairobi	Jacaranda Hotel	Walkers may choose to arrive on day 1 or 2. Time to get over jet lag, purchase needed supplies, and sightseeing in Nairobi
Day 2	Walkers Continue to arrive in Nairobi	Jacaranda Hotel	Time to get over jet lag, purchase needed supplies, and sightseeing in Nairobi
Day 3	Prep day in Nairobi Team Dinner	Jacaranda Hotel	Time to get over jet lag, purchase needed supplies, sightseeing in



Day	Activity	Sleep At	Notes
			Nairobi, and get ready to leave for the walk!
Day 4	Board vehicles (9:00 AM) and leave for Basecamp Lunch in Narok Arrive at basecamp	Basecamp	Meet Bobong Camels team including the camels1
Day 5	Walking Day 1	Maasai Mara	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 6	Walking Day 2	Maasai Mara	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 7	Walking Day 3	Maasai Mara	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 8	Walking Day 4	Maasai Mara	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 9	Rest Day	Maasai Mara along the banks of the Mara River	
Day 10	Walking Day 5 (possible river crossing if water is low enough)	Maasai Mara (on top of the Escarpment)	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 11	Walking day 6	Rural Kenya	Length of walk each day will vary but will increase in length generally as the walk progresses.



Day	Activity	Sleep At	Notes
Day 12	Walking day 7	Rural Kenya	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 13	Walking Day 8	Rural Kenya	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 14	Walking Day 9	Rural Kenya	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 15	Walking Day 10 – Walk into Matoso Celebration party	Matoso See Lodge	Length of walk each day will vary but will increase in length generally as the walk progresses.
Day 16	Rest Day (meet with students, visit Ongoro Children's Home, tour Lalmaba facilities)	Matoso See Lodge	
Day 17	Rest Day (meet with students, visit Ongoro Children's Home, tour Lalmaba facilities)	Matoso See Lodge	
Day 18	Walkers Depart Matoso (head home, sightseeing etc.)		

Drinking Water

In Nairobi and throughout the trip you should pay special attention to your drinking water.



Bottled water is readily available throughout Nairobi. You should never drink water from the tap.

Staying well hydrated is the most important thing to pay attention to during the walk.

Temperatures can vary from 20 degrees Celsius to 30+ degrees during the day and we are often walking in direct sunlight.

We bring an MSR Guardian water filter to filter drinking water for the group. We use this to fill our bottles/water bladders at night. It becomes a bit of a social activity as we share in the task of filtering large jugs of water around the campfire.

The water you drink is fundamentally your responsibility. The pump is a shared resource and can clog, break etc. It is good to plan for your own needs as a backup. Some use water purification tablets or gravity filters, as well as Steripens. We have found that the inline water bladder filters tend to clog and aren't as useful. We highly recommend the MSR Guardian filter.

The Choo (aka toilet) and Bush Shower

At each camp the drovers dig a hole, place a metal frame with a toilet seat over it, a roll of toilet paper and a small spade next to it, and a tarp around it. This is our choo (pronounced Ch-Oh). When you are finished using the choo, please cover your fresh deposits with some dirt to keep the bugs and smell to a minimum.

There may be an opportunity to shower during the walk – that's right you read that correctly, however this is dependent on water availability and camp location. You may also be able to wash in a basin if water levels permit. Feel free to pack a travel towel, soap etc. and baby wipes are a must. Keep in mind at all times we practice no trace camping meaning that we leave no signs that we were there.

What is the food like on the walk:

Bobong Camels does an amazing job ensuring we are well fed with just the right nutrition to support the physical demands of the walk. Simply put, the food is amazing and Bobong Camels caters to most dietary needs. If you have any allergies or require any diet modifications (vegan etc.) please let us know in advance.

What does a typical day on the walk look like?

Each day on the walk itself normally follows the same schedule:



Tembea Na Mimi Walking Days

- 5:00 – 7:00 am – pack up our tents, deliver our gear to the drovers for loading onto the camels, and enjoy a light breakfast
- Step off ~7:00 am as the sun is rising (we leave early to beat the heat)
- 10:00 am (ish) - stop for breakfast
- Snacks & light lunch on the trail during a midday break
- Arrive at camp around 3:00 – 5:00 pm (ish)
- Help unload camels
- Set up your tent, eat a light meal, and enjoy camp
- Filter water for the next day
- 8:00 pm (ish) dinner & sit around the fire until we head to bed

You should expect to carry about 2-4 liters of water, camera gear, a small first aid kit and anything else you want during the day in your backpack, as your bags will be loaded on camels and won't be accessible unless in an emergency. Feel free to bring your own snacks too! For us, as the food supplied is plentiful and so good, we stopped bringing our own snacks, although you may wish to have some on hand for when we arrive in Matoso (see below).

The drovers are very hard working, friendly and there to help us in any way they can. But remember they are walking too and get tired just like us. So, at the end of each day's walk, if you are able, we ask everyone to help unload the camels and set up camp. We also encourage you all to get to know them, ask them about their own lives, families, and dreams. They really are great people, and we consider all of those who have walked with us before life-long friends.

Please see Appendix A and B attached below.

APPENDIX A – Supply List

Gear

- Waterproof Tent
- Pillow (inflatable is best)
- Light weight sleeping bag
- Day Pack to carry your first aid, rain jacket, camera gear, change of socks, extra water purification tablets, phone, etc. (your clothes and gear bag(s) are carried by the camels)



- Wide-mouth water bottles (1 or 2) and/or a camel-back water bladder (2-3 liters). We typically carry 3 litres each day and bring electrolyte tablets for flavour.
- Sleeping pad/thermarest (good idea to bring a repair kit as well - the Mara is known for its very spiky plants and those spikes can work their way through your tent and puncture your sleeping pad)
- Dry bags are useful for electronics to keep dust and water out. You may also use plastic zip lock bags but the Kenyan govt have made plastic bags illegal so they can confiscate them if they check your luggage - small dry bags are probably safest.
- Waterproof gear and clothes bags in case of rain - they will get wet on the back of the camels. We take a 90-litre bag (gear) and a 60-litre bag (clothes) which provides ample room and room for shopping when I come home!! Please no wheels and telescoping handles as these are difficult to load on the camels and probably will break. The bags are pushed into burlap sacks on the camels so soft sided is a must.
- Headlamp with extra batteries or solar powered headlamp (Biolite is the one that we use <https://ca.bioliteenergy.com/collections#headlamps> it's rechargeable so no need for batteries and we pair this with a solar lantern from Luminaid <https://luminaid.com> we hang our solar lantern on our packs during the day and trickle charge or headlamps - works well). If you prefer a battery-operated light, please try to find one that has the red light as well as this is much nicer around the campfire when a little extra light is needed without blinding everyone!)

Clothes

- Good walking shoes or sandals and a comfortable pair of camp shoes or sandals to slip on at the end of the day. (camp shoes are optional).
- Good walking clothes, lightweight and ventilated. Good socks are a must (for most people) - recommend Merino wool or other performance sock - avoid cotton – it's warm out there and cotton isn't your friend.
- Rain jacket and an extra layer for if gets cold at night.
- Wide-brimmed hat for sun protection (a must).
- Ladies a sarong in your day pack is always a good idea. We walk for long days and sometimes bushes are hard to find and if you need to "go" a sarong is your only privacy.
- Clothing that covers your knees and shoulders for our time in Matoso when we arrive. We usually bring a pair of light capris and a top that covers my shoulders when we are in Matoso as western dress is somewhat frowned upon – shorts and tank tops. Of course, while we are on the walk shorts and tank tops are fine but once we arrive, we should be dressing more conservatively please. Also, more exposed skin means more chance of sun related burns and illness.

Food/Water



- Water purifying tablets or filter - recommend Pristine tablets as they work well out there and probably taste better than the rest. Bev will bring a very good (military grade) water filter for filtering our water while out on safari. It's a game changer out there. If anyone is interested it's the MSR Guardian filter. We have one for the camp but if anyone else would like to bring one as a backup or simply to get our filtering done sooner that would be great! All water provided must be treated before drinking which includes the tap water in Nairobi and Matoso
- Electrolyte to flavour water if desired.
- You may wish to bring food to snack on while walking (this is optional – The guides usually pass around fresh fruit, nuts, granola bars, and other snacks during breaks and there is always plenty of food. Time permitting, these options can be purchased in Nairobi too, but selection is somewhat limited – please check what you can and cannot bring into the country.)

Personal Hygiene/First Aid

- First aid kit (should include: blister repair bandages, antibiotic cream, band aids - waterproof recommended, tape, gauze pads, scissors or pocketknife, antiseptic or alcohol swabs, pain relief, water purifying tabs). Plenty of blister repair product - we like Nexcare waterproof tape and find that moleskin doesn't work as well due to the amount of sweat. Alcohol swabs are great for cleaning cuts and blisters too.
- Imodium, just in case. We must keep walking each day and sometimes a bad case of the "harakas" makes that very difficult. There will be two camels for riding if anyone feels tired, sick, or simply wants to experience a different vantage point – we love it up there you get such a great view.
- Optional - Gravol, Benadryl, ibuprofen, Tylenol
- Personal medication if appropriate – please note that walkers are responsible for providing any medications that they may require themselves
- Sunscreen (lots)
- Personal hygiene (deodorant, soap, shampoo, toothbrush, toothpaste, floss)
- Baby wipes for personal hygiene (1-2 packs) (they may set up a shower on some nights but not all and baby wipes are the only way to get clean sometimes)
- Bug spray (recommend Ben's Deet - you will use this mostly in Nairobi and Matoso)
- Lightweight microfibre towel

Other

- Sunglasses
- Camera (optional)
- Binoculars (optional)
- After sun lotion (aloe)

Electronics



- Our walk is considered an electronics free walk meaning that when we are walking and socializing around the campfire electronics are away. Once we retire to our tents at the end of the day you may connect. Not only do we recommend this for your own relaxation and disconnection while we are in such an amazing place, but also for the relaxation of others. We will carry a satellite communication radio that will be sending out our location for your friends and loved ones to follow us along. As well Kathy and I will be communicating at the end of each day to send an update and photos that will be posted on Lalmba Canada's Facebook and Instagram pages. Please tell your friends and loved ones to follow us on those pages and that they will receive daily updates from us and will be able to send inspirational messages to you along the way! Trust us there is nothing quite like a message from home cheering you on when your body aches and your feet are blistered! We will send out the Garmin satellite link and social media links closer to our departure.
- Power: we have received a few questions about options for power and the simple answer is that once we leave Nairobi there isn't any so bring a charging block and all the necessary cords, etc. you need for charging your phone and camera batteries, etc. You will need an international power adaptor, and if you need to use your hairdryer you will also need a power converter (usually converters are built in adaptors, too). There is also a slight chance that we will have power in Matoso.

Vaccines/Medications

- Check with your doctor for recommended vaccines. The only one currently required for Kenya is Yellow Fever. This is a vaccine that you get once for life and has been known to go on shortage so best to get this when you can, and it is available.
- Malaria prophylaxis (Malarone or generic) is a must; we'll be walking through many areas where Malaria is endemic. We take this prior to leaving, each day while in Kenya and for a few days after we get home.
- Recommend an oral antibiotic (Azithromycin) in case you pick up an amoeba along the way, antibiotic ointment (Bactroban), and Dukoral which you take before you go (no prescription this one is over the counter just ask at your pharmacy). You may also wish to bring any other natural remedies that work for you if desired.
- We also recommend boosting your gut health by taking a probiotic one month prior and during the time that we are in Kenya.

Travel Documents

- Valid passport.
- You may be asked to produce the yellow card that you received when you got your yellow fever vaccine.
- You will also need to apply for and print a colour copy of your Kenyan Electronic Travel Authorization. To apply for your ETA, you will need to provide a photo of your passport cover and inside information page, a photo of yourself against a light neutral background



(like a passport photo), a copy of your flight itinerary, the address of our hotel in Nairobi as well as answer several questions about your family, etc. It's lengthy but it seems to work well. You will get your ETA once you pay in about 2 - 3 days all going well. We will provide more information on this closer to the time. Please check the timeline for obtaining a copy of your ETA but it is usually within 90 days of your departure.

Appendix B – Code of Conduct

Volunteer/Tembea Na Mimi Code of Conduct While in Kenya

Purpose and Background:

Lalmaba Canada provides secondary and vocational school scholarships for children with the highest of needs. These children are either total or partial orphans and are some of the most vulnerable in this area of southwest Kenya.

Our mission is to empower rural communities in Africa by providing student education. This *Code of Conduct* applies to all Lalmaba Canada volunteers while in Kenya including individuals participating in Tembea Na Mimi fundraising walks.

Cultural Sensitivity:

Tembea Na Mimi is a biannual walk that terminates in Matoso, Kenya. This area has many cultural differences that we as Canadians are not accustomed to, and as guests in their community, it is important to recognize and respect these differences. Lalmaba volunteers and visitors provide very valuable services to the people of Kenya. However, we are also "guests" in their country and need to treat the local people and culture with appropriate respect – this includes respect for their religious beliefs and traditions as well as dress code.



Dress while in Matoso should be conservative, in keeping with the common local dress (i.e., shoulders and knees covered, conservative neckline). If you are questioning whether you might be showing too much skin, you likely are. As Kathy and Bev will be representing Lalmba Canada professionally, their dress will match the standards set by the Kenyan staff. As visitors while in Matoso and its surrounding areas, please ensure that shoulders are covered, and we recommend pants/capris or skirts (shorts that are on the longer side closer to the knee are acceptable) if possible. While we are on the walk and in camp a more relaxed dress code is completely fine.

While on the walk and in Matoso, behaviour should also be conservative, fitting with the social norms of the community. It is against Lalmba policy to engage in a romantic and/or sexual relationship with our guides or with a local from within the community.

Requests:

It is not a question of “if” you will receive a request for a special favour from someone during your trip to Africa – the question is “when”. You will almost certainly receive a request for money, gifts, or other forms of help from our guides or members of the local communities. The problem involves two basic scenarios:

1. Kenyans who ask visitors for money or items.
2. Generous visitors who unknowingly do more harm than good in offering to help others.

Visitors should never give money to our guides or any local people or staff and should not give out any “gifts” no matter how small, without prior agreement from Lalmba Canada. The provision of gifts or money does not foster an independent sustainable community but rather fosters a community that is reliant on North American influence. This may seem extreme, but we have had experience with visitors giving away small items, and locals then expecting this from other visitors. Again, this is a cultural difference and not an indication of disrespect, however providing “gifts” has impacts to our goal of fostering an independent community that can sustain itself for years to come.

Some potential harmful consequences of not following this guidance:

1. In cases involving children, the community and other family members take advantage of the child by asking for more and pressuring the child to ask for more.
2. Individuals, both children and adults, are ostracized or otherwise identified as having an unfair advantage.
3. Future visitors and volunteers are pressured to help or give.

Requests to Come to Canada:

This is one of the most common requests. Complete strangers or our guides may ask you to help them immigrate to Canada. As an organization, we are not involved in bringing people to Canada. It is our goal to do our very best to educate young Kenyans, to have a better life where they live, and to become an important part of their own society.



We can't wait to take our first steps with you! By reading, understanding, and adhering to this code of conduct you are supporting the goals of Lalmба Canada and the goals of the communities that we serve.

As always if you have any questions or concerns, please do not hesitate to contact either Kathy Moore or Bev Hooper.

I have read and agree to this code of conduct:

Signature

Date