

# SAFARI BOYS



**MT.KENYA SIRIMON UP – SIRIMON  
DOWN**

# 3 DAY MT. KENYA EXPEDITION

## General Information & Joining Instructions for Prospective Participants

We are pleased to offer you the opportunity to join us on a 3 Day Expedition on Mt. Kenya destined to conquer one of East Africa's greatest peaks.

---

---

### Programme

**Summary:** We propose a 3 - Day walking expedition with grade C climbing.

We need you on this expedition if you are adventurous, like to push yourself to extend perceived personal limits, or simply want the thrill and satisfaction that comes with conquering one of the world's most challenging mountains.

The excursion includes scaling Mt. Kenya to the 'Hikers summit' (Point Lenana 4,985 M).

The climb will be a non-technical ascent with the approach trail to Lenana following the popular Sirimon route. We will then descend via the same trail; in time for motorized transfer back to Nairobi town.

We promise you a euphoric journey that will surely stick to you as a once in a lifetime experience.

### Fees Inclusive of:

- Transportation from Nairobi to Mt Kenya gate and back.
- Instructional fees and expenses.
- Guides, cooks, porters.
- Meals and/or catering during the program
- Mt. Kenya National Park related levies.
- Bunk beds fees while in the mountain
- First Aid

## SAMPLE PROGRAMME/SCHEDULE

*This is tentative! Finer details can/may change with time as dictated by weather and/or other conditions dependent on administrative and logistical possibilities at the time of excursion.*

<b>DAY</b>	<b>ACTIVITY</b>
<b>DAY 1</b>	<ul style="list-style-type: none"><li>• 6:00 AM departure from pick-up (point Nairobi).</li><li>• Motorized transfer to Sirimon KWS Gate.</li><li>• Admin and logistics finalization.</li><li>• Mountain talk.</li><li>• Lunch and snacks.</li><li>• Hike from Gate to Old Moses (3300M) 9km, 680m ascent 4 hrs.</li><li>• Dinner and sleep at Old Moses.</li></ul>
<b>DAY 2</b>	<ul style="list-style-type: none"><li>• 6:30 AM wake-up call.</li><li>• Breakfast</li><li>• Start hike at 8:00AM to Shiptons camp (4200M) 14km, 900m ascent, 8 hrs</li><li>• Arrive at Shiptons by 4:00PM for tea &amp; Snacks</li><li>• Early dinner and Sleep.</li></ul>
<b>DAY 3</b>	<ul style="list-style-type: none"><li>• 2:00A.M wake up call for PEAK ATTACK.</li><li>• Hot Beverages and light snacks</li><li>• 2:30A.M Final ascent to Point Lenana (4985M) 785m ascent, 4hrs.</li><li>• Arrive at the peak in time for sunrise and photo session.</li><li>• Descent to Shiptons for Bfast (4200M)</li><li>• Descent to Old Moses in time for motorized transport to NBI</li></ul>

# MT. KENYA ASCENT EXPEDITION

3 DAY OPEN ENROLLMENT SCHEDULE CLIMB

## Field Medical Form

TO BE COMPLETED BY A MEDICAL PRACTITIONER

CONFIDENTIAL

Dear physician,

Your client is due to undertake a rigorous outdoor excursion. To help ensure his/her safety and enjoyment, it is essential that our field staff be aware of any Medical or other condition that may affect his/her participation. We thus request you to complete this form on your client's behalf. All information will remain confidential to other relevant Care, Rescue, Evacuation or Response personnel.

Participant's Name:..... Sex:.....

Present School/Employment/Occupation: .....

Age: ..... Height: ..... Weight: .....

Usual exercise: .....

History of past illnesses, accidents and/or operations:

.....

Any congenial abnormalities: .....

Any special conditions such as rupture, varicose, piles fistula, skins disease etc;

.....

Is he/she free from infection: .....

### STATE OF:

Nervous systems: (e.g. epilepsy, etc.)

.....

Lungs (e.g. T.B. Asthma, etc.)

.....

Heart-pulse rate: ..... Heart Sounds: .....

Added sounds or murmurs: ..... Blood Pressure: .....

Digestive system (e.g. ulcers, etc.): .....

Eyesight: (Any corrective procedures or notable cases of night blindness?)

.....

### EXAMINATION:

Urine-Alba: .....

Ear, Nose, and Throat: .....

State of hands and feet: .....

Any evidence of malaria: ..... Sickle cells: .....

**Any recent illness with particular reference to respiratory diseases and associated bronchi spasm:**

.....  
.....

**Any other diseases/ pertinent Conditions:**

.....

**Is he/she fit in your opinion to undergo a course involving strenuous physical exertion, including high altitude mountain expedition?:-**

.....

**DOCTOR / PHYSICIAN'S NAME & SIGNATURE:**

.....

**ADDRESS: .....**

# **Gear for Climbing Mt. Kenya**

What to Take on a Climb of Africa's Second Highest Mountain

## **Equipment check list**

- Headlamp/torch
- Sleeping Bag.
- Hiking Boots: This is the most important item on the list. You'll need a comfortable/waterproof pair of hiking boots which offer plenty of support. Make sure they are broken in before you get to Mt. Kenya.
- 1 to 2ltr Water Bottle.
- 1 set of thermal underwear/innern (top & bottom)
- 1 warm jersey/sweater (wool)
- 1 pair of track suit top & bottom
- 1 light towel
- 1 waterproof summit jacket (with a hood) & pants.
- 2 long sleeves T-shirts (cotton/wool)
- 3 trekking tshirts
- 5 pairs of thermal hiking socks
- 1 cap
- 2 track pants.
- 1 pair of Slippers.
- 1 pair of warm gloves.
- 1 pair of waterproof gloves
- 1 pair of sunglasses/mountaineering glasses
- 1 balaclava/ monkey cap.
- 1 warm scarf
- Rain poncho
- Sunscreen
- Personal toiletries
- spare batteries & bulb
- 1 pocket swiss army knife (optional)
- 2 - 3 packets of moist towelettes. (Wet ones)/Tissue
- 1 travel pillow (optional)
- Personal Medications.
- Snacks (chocolates,nuts,dates,glucose & dextrose Etc.)
- Walking poles
- 1 backpack for day carry
- 1 backpack for porters to carry

**NB:- ABOVE EQUIPMENTS ARE AVAILABLE ON HIRE AT REASONABLE RATE.FEEL FREE TO CONTACT FOR ANY QUERIES.**