



Say Yes To
Adventure!

2024



OUR CONTACTS:

+254 724 422 842

@Outdoor Kids Ke

www.outdoorkids.co.ke

JUNE '24



1ST

Outdoor kids Running club + Hangout.
📍 Nairobi Arboretum
KSH 1,200

8TH

Outdoor kids City Tour
📍 Sheldrick, Giraffe Centre, KICC
KSH 3,200

15TH

Outdoor kids Running club + Hangout
📍 Nairobi Arboretum
KSH 1,200

22ND

Outdoor kids City Tour
📍 Maasai Ostrich Farm
KSH 3,300

29TH

Tigoni Tea Farm Hike
KSH 3,200



JULY '24



WELCOME TO ARUSHA NATIONAL PARK
KARIBU HIFADHI YA TAIFA ARUSHA



ISO 9001:2015 certified

www.tanzania.gov.tz/nationalparks.gov.tz

NGONGONGOMBA GATE

RECEPTION/MAPOKEZI

6TH

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum

KSH 1,200

13TH

Outdoor kids City Tour

📍 Bomas of Kenya

KSH 2,500

20TH

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum

KSH 1,200

27TH

Mount Longonot Hike

KSH 3,300



AUGUST '24



**3RD
-
12TH**

**Outdoor kids
Summer Camp**
📍 Gatamaiyu Fishing Camp
KSH 39,500

17TH

**Outdoor kids Running club +
Hangout**
📍 Nairobi Arboretum
KSH 1,200

24TH

**Outdoor kids
Tree Planting**
KSH 3,300

31ST

Kimende Hill Hike
KSH 3,000



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RUNNING GEAR CHECKLIST

1. CLOTHES

- Running shoes
- Moisture-wicking socks
- Shorts or running tights
- Breathable, moisture-wicking shirt
- Hat or visor (optional)
- Gloves and/or arm sleeves (for cold weather)

2. ACCESSORIES

- Running watch or fitness tracker
- Sweatband or headband (optional)
- Compression sleeves or socks (optional, for muscle support)



RUNNING GEAR CHECKLIST

3. HYDRATION AND NUTRITION

- **Water bottle or hydration pack.**
- **Energy gels, bars, or snacks (for longer runs).**
- **Identification (e.g., ID bracelet or tag).**
- **Towel (for post-run cleanup).**
- **Change of clothes .**
- **Plastic bags (for wet or dirty clothes).**
- **Running journal or log (optional, for tracking progress).**



DAY HIKE CHECKLIST

1. CLOTHES

- **Hiking pants e.g Gym pants (avoid jeans) polyester preferably.**
- **T-shirt (like football jerseys).**
- **Comfortable waterproof hiking boots.**
- **Change of clothes after the hike.**
- **Poncho/Light rain jacket.**
- **Gaiters.**
- **Sunscreen (Arimis).**
- **Hat/Cap.**
- **Sun glasses.**
- **Gloves.**



DAY HIKE CHECKLIST

2. FOOD

- Picnic lunch or heavy snacks.
- Drinking water (2.5litres)
- Energy bars.
- Bananas and Apples
(Recommended over refined sugar).

3. SECURITY

- Evacuation cover (AMREF).
- Matchbox.
- Head torch.
- Whistle.



DAY HIKE CHECKLIST

4. BEGINNER PACK

- Waterproof hiking boots
- Backpack.
- Hiking pants.
- Woolen socks.
- Polyester T-shirt (like football jerseys).
- Thermal top.
- Water bladder (3litres capacity).
- Wind Jacket.
- Fleece Jacket.
- Rain Jacket and Rain trouser or poncho.
- Gaiters.
- Hiking Poles.

Contact [OutdoorKidsKenya](#) on where to buy these items.



ESSENTIAL HIKING 101 TIPS

- **Leave No Trace - Do Not Litter.**
- **Don't leave the official trail.**
- **Be considerate of other hikers (no loud music).**
- **Hiking is not a race, keep a comfortable pace.**
- **Tell someone where and when you'll be hiking.**
- **Carry the emergency pack package.**
- **Ensure you have the right hiking gear.**
- **Do not carry unnecessary items.**
- **Hydrate well a few days before the hiking and during the hike.**

Say Yes To Adventure!



**PAVING
THE WAY
FOR
CHILDREN
TO FIND
PASSION,
PURPOSE
AND VOICE.**