



OUTDOOR
KIDS KENYA 

*Say Yes To
Adventure!*

2024



@Outdoor Kids Ke

OUR CONTACTS:

+254 724 422 842 

www.outdoorkids.co.ke 

SEPTEMBER '24



7TH

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum
KSH 1,200

14TH

Outdoor kids City Tour

📍 Nairobi Safari Walk
KSH 2,500

21ST

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum
KSH 1,200

28TH

Outdoorman Cabin Fun Day Hike & Swim

KSH 4,000



OCTOBER '24

5TH

Annual Outdoor Kids Cross - Country Run

📍 Langata Road Prison

KSH 2,500

12TH

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum

KSH 1,200

19TH

Outdoor kids Tree Planting

KSH 3,300

26TH

Olkaria Geothermal Spa Fun Day Hike

KSH 3,500



NOVEMBER '24



2ND

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum
KSH 1,200

**4TH
-
13TH**

Outdoor kids Summer Camp

📍 Gatamaiyu Fishing Camp
KSH 39,500

16TH

Outdoor kids City Tour

📍 Sheldrick, Giraffe center, KICC
KSH 3,200

23RD

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum
KSH 1,200

30TH

Kilimambogo Hill Hike

KSH 3,000



DECEMBER '24



7TH

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum

KSH 1,200

14TH

Outdoor kids Tree Planting

KSH 3,300

21ST

Outdoor kids Running club + Hangout

📍 Nairobi Arboretum

KSH 1,200

28TH

Kiima Kimwe Hike

KSH 3,000





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.**

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Adventure!



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