

The 10 to 4 2010

www.mountkenyatrust.org

www.10to4.org



Frequently Asked Questions (overseas participants)

Are we met at the Nairobi Airport?

If you have booked a Karisia Package or a Borana Package* then yes! If you are just taking part in the 10 to 4 then we expect you to make your own arrangements.

** Please ask Susie (email below) about these amazing 10 to 4 safari options which will make your trip to Kenya for the event even more memorable!*

In the 10 to 4 Mobile Camps are there showers and loos?

Each tent has a shower facility. A 'bush loo' will be provided with each tent. Please note that if you have asked for 'budget' accommodation you may have to share loos or showers.

Do you do laundry in camp?

We will not have a laundry facility for the 2 nights of the 10 to 4.

What is the approximate temperature?

From 35°C to 5°C. This is extreme range because of the start of the race which is at 10,000 ft on Mt Kenya. However apart from the start camp temperatures will vary between around 35° - 12°C.

What about insects & mosquito nets? The tents zip up all round and have insect proof windows.

Suggested Clothes list and useful things to bring:

Your cycling kit for race day including: your bike, a helmet, water bottle or camel pack, slime or tyre weld, basic tools, gloves and lightweight cycle gear.

General items for your entire trip:

- 2 – 3 pairs washable trousers
- 3 pairs shorts
- 4 lightweight shirts/T-shirts
- 2 long sleeved shirts
- 4 pairs light-weight socks
- 1 medium heavy sweater/sweatshirt
- 1 hat for sun protection
- 1 pair trainers or comfy shoes for walking
- Wind proof lightweight jacket
- Lightweight sleeping clothes
- Swimsuit
- Binoculars (7 x 50 suggested)
- Camera equipment and required adapter.
- Dust proof camera bag
- Insect repellent
- Sun screen high factor
- Lip salve with sunscreen
- Sunglasses

Pocket torch

Insurance

It is recommended that all personal effects including cameras, binoculars and film are separately insured, valid for the countries you will be visiting. A travel insurance is advisable, and accident insurance cover is a must.

Passports

Visas are required by all Nationalities to enter Kenya. Regulations can change at any time, but Visas can be obtained at the airport on arrival. It is recommended to obtain visas before arrival.

Health

Consult your own doctor for up to date details. W.H.O.Travel Clinics.

We include temporary membership to the Flying Doctor Society for emergency evacuation but you will be expected to be covered fully for any accidents or injuries by an insurer who will cover you for mountain biking specifically. You will need to give us the details of your policy in order to take part.

Electricity

There is no electricity in the 10 to 4 camps. Lanterns and torches will be provided but please make sure cameras, phones etc. are charged before you get to the 10 to 4.

*If you have further questions about the 10 to 4 itself please email them to susie@mountkenyatrust.org, if you have any questions about safaris or lodge stays you have booked contact **Karisia Walking Safaris** (www.karisia.com) or **Borana** (www.borana.co.ke) directly and say your are referring to the special 10 to 4 packages.*