



Kenya info note

Medication & health

To ensure that your trip is as comfortable and enjoyable as possible, there are a few essentials that we strongly recommend including in your travel kit.

- Personal medications
- Medicines for stomach ailments
- Insect repellent - optional.

Malaria information. Nairobi is deemed a low-risk area for malaria, making anti-malaria tablets less vital than in higher-risk regions of Kenya. Ultimately, the decision to use medication is up to you. However, if you encounter symptoms like fever, headaches, nausea, or body aches after visiting malaria-prone zones, seek medical attention promptly. Remember, malaria symptoms can appear up to a year after exposure, emphasizing the importance of caution post-travel.

Vaccines. There are no mandatory vaccinations required for travel to Kenya. However, the country is in an endemic yellow fever area, so it is recommended to get vaccinated as early as possible (ideally at least 4 weeks before the trip; the vaccine provides lifelong protection). Other vaccines can also be recommended (like hepatitis A, hepatitis B, typhoid fever, meningococcal infection, and diphtheria-tetanus booster shots for adults), but it is up to you if you want to get them.

Water drinking. Rule No. 1: Do not drink tap water. The hotels provide safe, bottled drinking water. Additionally, many restaurants outside offer filtered water (if you don't want to buy it). However, we recommend sticking to your own bottled water.

Transportation options

For individual transportation within the city, we highly recommend using Uber ([Google Play](#) / [App Store](#)) or Bolt ([Google Play](#) / [App Store](#)). Not only is it affordable, with fares as low as €2 to €3, but it also offers a more secure and convenient way to navigate the city.

Safety

Nairobi is generally considered a safe destination for travelers, if one practices common sense and maintains a state of relaxed alertness. While walking through the city's streets is possible, it's not always advisable, which depends on the neighborhood. The risk of pickpocketing and unwanted attention exists, as in any large city. These incidents are typically non-aggressive but can nonetheless detract from your overall experience.

Public spaces, including museums and shopping malls, are generally safe and welcoming to visitors. We encountered no issues during our visits, suggesting these locations maintain high standards of security and visitor safety.

However, we recommend not walking alone at night. If you plan to leave the hotel on your own - please inform at least one member of the OSMOS team of your planned whereabouts.

Areas to avoid: Eastleigh and Kibera.

Find out more (but read it with a grain of salt) [here](#).

Payments

For payments in Kenya, [Revolut](#) should work smoothly. For instances where cash is necessary, such as in markets or for smaller purchases, withdrawing from ATMs is

straightforward. However, it's worth noting that aside from these specific situations, there is little need for cash.

For the ones looking to experience Africa's most successful mobile money service, [M-Pesa](#) is the way to go. Reach out to a happy customer Žilvinas (+37062517291) to hear more about it.

Power sockets & power bank

Kenya uses type G (used in the UK) power socket; therefore, you will need a power plug adapter for this type of outlet. Also pack a power bank in case there might be electricity interruptions or for the trips outside the hotel.

SIM cards

[Safaricom](#) is the leading provider of SIM cards in the country. While there are other providers available, their performance may not be as consistent. You have the option of purchasing a SIM card upon arrival at the airport (you might need to pay in cash).

Additionally, e-SIM options are available ([Airalo](#), [Saily](#) etc.) – both work perfectly well and give you access to internet upon your arrival without any additional fuss.

Some additional things to note:

- Taking photos of public buildings, including embassies, may result in detention – if you have any doubts about whether filming or photography is allowed, it's best to refrain entirely.
- Smoking in public places is prohibited except in designated smoking areas – violations may result in fines or arrest.
- Plastic bags are banned in Kenya, it's best to leave yours at home to avoid any trouble (though we haven't seen this being imposed on people arriving to the country). Just don't be surprised when you get a reusable bag in a shop.