Geography practical performance has been poor and this has prompted the researcher to investigate the utilization of teaching and learning resources in Practical Geography. The objective of the study will be to establish instructional resources for Practical Geography; investigate to what extent the teaching and learning resources are used; find out the views of the teachers and students towards use of instructional resources and establish the challenges faced by teachers when teaching Practical Geography. The research will be based on the assumptions that the respondents will participate freely without fear, favour, bias or prejudice by the presence of the researcher in class, the area to be covered will be a representation of the entire District. The theoretical framework of the study will be based on Edgar Dale's cone of experience. The researcher will use descriptive survey research for this study. The study population will be comprised of Geography students and teachers in secondary schools. A sample of 5 schools, 150 form three students, 5 Geography HOD's and Geography teachers will be selected using both stratified and random sampling. Data will be collected using students and teacher's questionnaire and interview schedule and checklist. Analysis of data will be done using both descriptive and inferential statistics. For descriptive statistics frequency tables, means and standard deviation will be used. Data collected will then be coded using Statistical Package for Social Science. Analysis of data will be descriptive and inferential. The results from the study will be important in bringing to light what has been the cause of poor performance in Geography in Kipkelion District. This study will be useful to lecturers and tutors when training Geography teachers, policy formulators in recommending appropriate resources when developing Geography curriculum and other commercial publishers to come up with relevant instructional resources to be used in teaching Practical Geography.