Embodied energy is an important consideration in discussions related to the sustainability of the construction sector. As part of this dialogue, this paper presents a developing country context of how these can values of energy for construction. The study investigated different housing sizes and typologies. Data collected from various embodied energy databases was the basis of an initial investigation, followed by serve to enable a transition in energy related discourse. In East Africa, the energy related discourse is largely concerned with the reduction in the use of wood fuel, which is the predominant energy source for cooking, with little attention to the an in depth exploration of values for specific building materials used in a typical rural building, with two materials, fired clay bricks, and cement standing out. The investigation of the fired clay bricks current and future impact of the buildings themselves, that is, lifetime energy consumption. The primary goal of this study was to determine the embodied energy (EE) of low-income tropical housing to better appreciate the relative suggested slightly lower embodied energy values that found in the literature, although it is evident that the sources of energy used for the processing of the bricks is of concern for embodied carbon.