

# Kenya Short-term Trip Travel Tips and Packing List

## Fast Facts

**Currency:** Kenyan Shilling (1 USD = 103 KES), note: this rate changes daily.

**Electrical:** 240v, when electricity is available a converter and plug adapter are required.

**Languages Spoken:** Official languages are English and Swahili. Regional language of the Pokot is Pokot.

**Time Zone:** East African Time, UTC+3 (8 hours ahead of EST, 7 hours ahead during daylight savings mid-March – early November)

### Weather/Climate:

- Nairobi, Kapenguria: Highs in the 80s, lows in the 60s.
- Children's Homes: Highs in the 90s, lows in the 70s.
- Could be significantly cooler at night, at higher elevations, and at game park, so pack a few items to layer.

**Lodging:** You will be staying at churches or children's homes. You will sleep on bunk beds or benches with foam mattresses, so you will need to bring bedding. Mosquito nets will be provided.

**Meals:** Some meals will be prepared where you'll be staying, some will be on the road, but for the most part the team will bring all its own food. Plan to allocate most of your luggage space to team supplies.

**Water:** Only use bottled water for drinking and brushing your teeth. Bottled water will be provided so be sure to bring a refillable water bottle.

**Spending Money:** Your basic expenses will be covered; however, you may want personal cash for snacks, souvenirs, or love offerings. \$100-200 is recommended.

**Currency Exchange:** The best location to exchange money is at the airport upon arriving in Kenya, unless your team leader has made other arrangements.

**Shopping:** There will be an opportunity to shop for souvenirs towards the end of the trip.

## What to Wear

While in Kenya, tastefulness and modesty is key, and we will be following the lead of our hosts when it comes to what to wear. Generally speaking, the Pokot dress more conservatively than Americans. Therefore, we ask that there be no tank tops, nothing sleeveless or low-cut, no clothing that contains innuendos/political messages/profanity or rips/holes.

- **Air Travel:** Dress comfortably. No leggings or clothing with rips or holes.
- **Children's Home:** Men should wear long pants or long shorts, and a casual shirt. Women should wear a long skirt and casual shirt, or casual dress (non-sleeveless). Skirts must be below the knees, covering the knees when seated.
- **Church Service:** Men should wear long pants and a collared shirt. Women should wear a skirt and nicer shirt/blouse or dress (non-sleeveless). Skirts must be below the knees, covering the knees when seated.
- **Touring/Game Park:** When in Nairobi, traveling to Kapenguria or in the Game Park, pants, capris or long shorts are acceptable for women. Note: it may be cooler at these locations.

## Packing

- Keep your passport and immunization record (yellow card) in your backpack, do not pack in checked baggage.
- Carry-ons: One suitcase that fits in overhead compartment, and one backpack that fits under seat in front of you.
  - Be sure to follow airlines size and weight guidelines.
  - Also pack everything you need for the first 2 days in your carry-on bags. This includes food items and medications.
- Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: Plan to bring 2 large suitcases.
  - Be sure to follow airlines size and weight guidelines.
  - Also leave 1 ½ bags for team supplies, ½ bag for your personal items.
- Be sure to include identification on and inside each piece of luggage.
- Be sure to weigh and measure your bags before travel day.

## Other Travel Tips

- Watch your luggage, passport, and valuables at all times. Pickpockets and petty thefts are common within airports and tourist areas. Keep valuables secured while at children's homes as well.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American. And no diamonds. If your wedding ring has diamonds switch to a simple band.
- For days on the road, you'll want to bring snacks for lunch and dinner, including some extras to share with our drivers. Suggested snacks include cheese/peanut butter crackers, trail mix, canned meats and tuna, meat sticks/jerky, etc.
- If you are bringing a credit card, remember to notify your credit card company that you will be traveling.

## Travel Items

- Passport
- Insurance card
- Immunization card
- Backpack, passport pack
- \$100-\$200 (personal spending)
- Credit card
- Flight schedule, emergency contacts
- Travel toilet paper, Kleenex
- Plane neck pillow
- Personal snacks, gum

## Linens

- Light sleeping bag/liner
- Fitted/flat sheet
- Camping pillow
- Light blanket
- Bath towel, wash cloth
- Bag for laundry

## Clothing

### *Women:*

- 2-3 skirts (below the knee)
- Tees, blouses, shirts (1/day)
- Long pants, capris, long shorts (game park)

### *Men:*

- 2-3 pants, long shorts (may prefer long pants for game park)
- Tees, shirts (1/day)
- Long pants, collared shirt (church)

### *All:*

- Long sleeve shirt
- Light jacket, sweater, hoodie
- Sleepwear
- Underwear, socks
- Bandana(s)
- Hat (sport or wide brimmed)
- Sandals, shoes (sturdy, comfortable for walking)
- Flip flops, shower shoes
- Outfit for plane home

## Other Items

- Toiletries: soap, shampoo, shaving, feminine prods, etc.
- Glasses, contacts, solution
- Sleep aids: meds, earplugs, mask, etc.
- Personal meds/prescriptions (pack in carry-on)
- Malarone – Rx
- Cipro – Rx
- Motion Sickness meds/patches
- Hand Sanitizer, Wipes
- Sunscreen, Sunglasses, Chapstick
- Bug repellent, repel wipes (containing DEET)
- Reusable water bottle
- Headlamp, flashlight, batteries
- Alarm clock (Battery)
- Rain Gear: jacket, umbrella, poncho (dollar store)
- Bible
- Notebook, notepad, journal
- Devotion for day scheduled
- Pens, pencils
- Life token
- Playing cards, games
- Headphones
- Fan, Batteries
- Camera, Batteries
- Phone, charger, cord, portable charger
- Power convertor, plug adapter
- Family photos
- Food items: personal, items designated by team
- Ministry supplies as designated by team