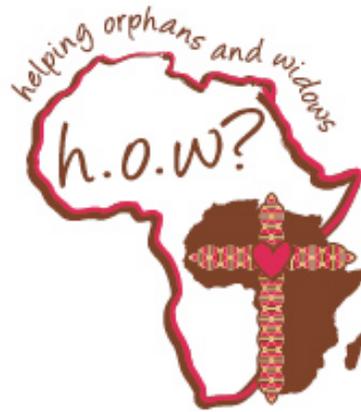


# My Trip to Kenya

## Packing List

Packing for your trip to Africa can be an intimidating task. Here is our prepared recommended packing list to help you.



### AIRPLANE:

- \* neck pillow
- \* earplugs
- \* warm socks
- \* sleep aids, ALL needed medication
- \* Bible, books, journals, magazines
- \* headphones, music, playing cards...
- \* any must haves: contact lens supplies, medication, toiletries, snacks...
- \* change of clothes

### CLOTHES:

- \*In all cases modesty is the best policy
- \*warm jacket or fleece
- \*rain jacket or poncho
- \*underwear/socks/you may want long socks
- \*shirts, short sleeves recommended (no tube tops, crop tops, or spaghetti straps)
- \*comfortable footwear (sneakers, sandals, rainboots or all terrain boots)

Ladies:

- \*capri or long pants - no shorts please
- \*modest dresses or long skirts to wear in rural communities and to church

Men:

- \*long pants or knee length shorts
- \*collared shirt for church

### TOILETRIES:

- \*toothbrush/toothpaste
- \*pocket size tissues/toilet paper mini pack/wipes/feminine monthly supplies
- \*brush/comb/hair dryer
- \*shampoo/soap/scrubie/washcloths
- \*DEODORANT
- \*shaving supplies

## **OTHER IMPORTANT ITEMS:**

- \*Bible
- \*journal
- \*pens and sharpie
- \*backpack or fanny pack to keep with you during the day
- \*gardening/work gloves
- \*hat/cap/sunglasses    The sun is strong regardless of temperature.
- \*hand sanitizer/hand wipes/anti-bacterial disinfectant wipes
- \*water bottle
- \*electric voltage converter/adapters
- \*digital camera            Polaroid cameras are great to give children a picture of themselves immediately.
- \*extra memory cards and batteries for digital cameras
- \*flashlight
- \*watch and/or alarm clock
- \*lip balm/sunscreen
- \*bug repellent with Deet
- \*basic first aid items and over the counter medications such as bandaids, antibiotic cream, Tylenol, Airborne, Zicam, Halls, vitamin C, decongestant, Imodium, Pepto Bismal, Dulcolax
- \*prescription medication in original bottles
- \*binoculars
- \*snacks such as chips, crackers, cereal bars, granola, power bars, protein bars, tuna packets, beef jerkey, peanut M&M's, Lifesavers . . .
- \*stain stick/travel size laundry detergent for hand washing
- \*beach balls, stickers, coloring books, frisbees, jump ropes, bubbles, songs, games, Bible stories, books, and soccer balls with hand air pumps are great to bring to play with the children.
- \*toothbrushes, toothpaste, small bars of soap, small perfume samples, small lotions, scarves, pens, pencils, notepads...are all things the widows would enjoy.

# PACKING TIPS:

## DON'T FORGET TO PACK THESE MOST IMPORTANT THINGS

1. Your plane TICKET/E-TICKET and travel/flight SCHEDULE
2. Your PASSPORT Please remember your passport needs at least 4 blank pages and must be valid for 6 months after your return date. Make 2 color copies of your passport. Keep one at home with family. Keep a copy in a separate place in your luggage or on your person along with I.D.
3. VISA to enter Kenya

\*Pack your carry-on with all of your "must have" items such as medications, change of clothing, important documents... If your luggage is delayed for any reason it will be important to have these with you.

\*Take older clothes to work in and bring casual clothing to change into for the evening, if you choose. Many people shower and change before dinner after a long day of work.

\*Pack toiletries in quart sized zip lock bags to avoid leakage and meet airlines rules. See airline rules for size limitations for these items.

\*All medications including vitamins must be in their original container.

\*Leave all expensive jewelry at home.

\*Remember to leave room for souvenirs and gifts that you will be bringing back with you. You may consider packing bubble wrap for breakables traveling back in your suitcase. You will also need to leave room to bring back items for h.o.w?

\*Space bags are great for packing. Find them Walmart/Target.

\*You will have the option of leaving your used work clothes (without stains or holes) and shoes to be given away after your departure.

\*Your luggage can also be donated if you choose.

\*Pack valuable items such as cameras in carry-on to avoid possibility of theft.

\*Use TSA locks when flying.

\*If you bring extra money to be exchanged to Kenyan shillings - bring crisp, uncreased \$100 bills dated 2000 and later.

# DELTA AIRLINES

Check-in at [delta.com](https://www.delta.com) 24 hours or less before you fly to save time at the airport:

<https://www.delta.com/myitinerary/itinLanding.action>

CHECKED BAGGAGE must weigh 50 lbs (23 kg) or less and its combined length, width, and height must measure 62 inches (158 linear cm) or less. You may check up to 2 bags that meet these size and weight restrictions.

Pack your things in your carry-on and one 50 lb checked bag. Please bring donations for the widows/orphans/school supplies in your second 50 lb checked bag. On the return trip, you will be asked to pack your donation suitcase with jewelry, crafts, baskets...for h.o.w? Ministry. This is an important need as we save thousands of dollars each year on shipping costs. Thank you.

## **Serving with excellence**

\*Let whatever you say be pure and holy unto the glory of the Lord. You are a guest in the country of Kenya and should act with grace at all times.

\*Flexibility is the key to having a successful mission trip experience. While much planning goes into each trip, things may change and be out of our control.

\*Ladies must wear below knee length skirt at all times while out in the rural community.

\*Please avoid using sarcasm, as it may not be understood cross-culturally and can cause unnecessary conflict.

\*Respect and honor everyone in the rural community as well as your own team members, other visitors and volunteers. Refrain from using the word “orphan”, especially around the children.

\*Do not hand out gifts to widows, orphans, or anyone else as that will cause conflict. Gift distribution will be handled by the mission trip coordinator or in-country coordinator.

\*Pointing at or to a person is offensive. Giving and receiving is done with the right hand or both hands, NEVER give or receive with the left hand.

\*Do not walk off from the group without another team member and first always let the team coordinator know where you are going and when you will return.

\*Do not make promises to do things that you may not be able to follow through with. h.o.w? Ministry will be held accountable for all of your promises.