



Kenya Mission Trip Packing List

Carry everything on the plane you will need for the first 48 hours, in case of loss/delay of luggage.

- Leave ALL valuables at home: jewelry, expensive watches, electronics, etc.
- Consider packing old clothes to leave behind.
- Minimize disposable items you bring (i.e. boxes, plastic wrap, etc.)
- Less is better. You can probably get by with a lot less than you think.
- Lay out all items well ahead of time. Avoid last minute packing! You will want to know how much space and weight allowance you have for donations.
- No need to bring towels, pillow, sheets and blankets, they are provided by the guesthouse.

NECESSITIES

- Passport (and a copy carried separately)
- \$50 cash (US) for entry tax; departure tax is included in your airline ticket.
- Spending money during the mission trip, at least \$200 USD, (some in small bills) for souvenirs. Bring bills 2006 or newer.
- For the safari, budget \$80 for tips for waitstaff and guides.
- Bring cash, ATM card (ATMs available at the airport and in Nairobi) and/or credit cards (good for safari shopping).
- Photo copy of passport front page and your credit cards along with phone and fax numbers to report if stolen (carry separate from passport and credit cards)
- Bible, notebook/journal, pen/pencil
- Camera with charger and photo transfer cable
- One or two UK (3-prong) adapter plugs (see Kenya FAQ's for photo of plug)
- Voltage converter (240 to 120V) if you have any chargeable devices that need 120 volts
- Flashlight with batteries

PERSONAL ITEMS

- Toiletries: shampoo, toothpaste, deodorant, etc.; think small and about the minimum (ladies, little make-up is best)

- Medications including Malarone (anti-malaria prescription) if indicated due to safari attendance
- Mosquito repellent containing DEET (Cutter, Advanced) and bite relief lotion (Calamine, Benadryl)
- Sunscreen and lip balm with sunscreen
- Sunglasses
- Wide-brim hat
- Portable water bottle to refill as we work
- Washcloth
- Travel-size Kleenex (useful as toilet paper backup when none is available)
- Anti-bacterial wipes (small packets for carrying and larger containers for medical clinic, etc.) and anti-bacterial hand gel (small bottle for carrying and large bottle for refills, you can leave remainder behind or for medical clinic)
- Waist/fanny pack and/or backpack to carry items each day to site

CLOTHING

Note: The average daytime temperature for Nairobi is 69° to 76°F and the average night temp is 53°F. Elevation is 5,450 ft. It's winter in Kenya, so plan to layer clothes—even at night since there's no heat in the guest rooms. In the guesthouse you can pay a small fee (~300ksh per load) to have clothes washed. It may take several days and they do not wash underwear/bras due to cultural sensitivities.

Construction (for 4-5 days of work):

- At least 4 pair of sturdy work gloves to wear and share (we will leave them there when finished)
- Sturdy work shoes, strong athletic shoes or light hiking boots (we'll be working with wet concrete and stones) that can be left there at the end
- Typical outfit: short/long sleeve shirt (nothing sleeveless), sweat shirt, long pants, socks, work boots or athletic shoes, hat and work gloves

Worship and VBS (for 3 days):

- Church shoes or nice pair of walking shoes
- Women:** must have skirt or dress below the knee or longer
- Men:** shirt with collar and long pants



Sleeping:

- Sweat pants (or long underwear), light sweat shirt and socks for sleeping at night.

Safari:

- 1-piece swimsuit or tankini (no bikinis)
- Casual dining outfits
- Comfortable clothes in layers for touring. (Masai Mara is typically much warmer than Nairobi)
- Lightweight binoculars

SUGGESTED QUANTITIES OF CLOTHING

- 2 short-sleeved polo-type cotton shirts for men to wear in church
- 6-8 cotton T-shirts
- 3-4 long-sleeved cotton shirts (cotton blends are best) or flannel shirts
- 4-5 pairs of pants for construction
- 3-4 comfortable and loose-fitting trousers; avoid tight-fitting jeans
- 1 pair walking shorts; long cut for modesty
- 3 long skirts for women to wear at church and trainings
- 1-2 casual dinner outfits (for safari restaurants)
- 15 changes of underwear
- 15 pairs of socks (7-8 pairs of dark socks that don't show dirt (the clay in the soil permanently stains light-colored socks) for construction
- Lightweight jacket
- 2-3 sweatshirts or sweaters (at least one for construction and one for evenings)
- 2 pair of light ankle-high hiking boots or strong athletic shoes
- Church shoes
- Sport sandals or other walking shoes
- Bandanas

DONATIONS FOR KENYANS

- Medical supplies
- Gifts for home health care aids for AIDS patients (e.g. umbrellas, examination gloves,

shoulder bags, brief cases, money). Actual items to be confirmed in pre-trip meetings

- Gifts for bus driver and Living Word Church co-workers (e.g. candles, toiletries, scarves, picture frames to fill there with their photos). Actual items to be confirmed in pre-trip meetings
- VBS supplies to be confirmed in pre-trip meetings (usually include crayons, color pages, craft materials, etc.)
- Needs for ByGrace Orphanage and Living Word Church as discussed in pre-trip meetings (e.g. musical instruments, school supplies)
- 1-2 permanent markers for a variety of purposes (to be left behind)
- 20 plastic grocery bags to carry medicines and other supplies
- Candy for children

Note: Due to packing limitations, you may prefer to reserve some money to buy some of these items there.

OPTIONAL

- Your laptop or iPad for contacting the US at night from the guesthouse, which has wireless internet in the lobby area.
- Decaffeinated coffee and/or tea
- Ear plugs for the airplane and barking dogs at night
- Melatonin (over the counter dietary supplement to help with changing sleep schedules)
- Ziploc bags for leaky items
- Any musical instruments that you are willing to play with team singing (e.g. tambourines)
- English - Swahili dictionary
- Swiss Army-type pocket knife (put in your checked luggage!)
- Photo of yourself with your family (be sensitive to not showing affluence). Photos of your church, pets, local scenery, etc.
- Peanut butter and favorite snacks, (especially protein bars or nuts), and especially if you have strong food preferences.

**MOST IMPORTANT: Be sure to pack a good attitude and remain flexible.
This trip is NOT about us. Our first priority is to serve!**