



## Kenya Trip Frequently Asked Questions

*Question 1: Do you have a recommendation regarding a packing list for a Kenya Trip?*

*Answer: Here is a suggested Kenya 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, and electronics except a camera or unlocked GSM Phone.
- 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!
- Airline weight allowance for international travel is 2 pieces each weighing 23 kg (50.6 lbs.) donations. Weapons, Liquids or sharp objects are not allowed into the plane. Go to airline website for details. We are using Qatar Airways.
- No need to bring bed- sheets and blankets, they are provided by the hotels, you can pack one towel, although they will be provided at the hotels as well.

### ***NECESSITIES***

1. Passport (and a copy carried separately).
2. Some personal spending money during the trip, at least 100 USD, for souvenirs, bring bills 2006 or newer (we will help you convert it to Kenya shillings).
3. You can also bring ATM card (ATMs are available at most towns both in Nairobi and outside Nairobi) as well as credit cards if needed.
4. Photo copy of passport front page with bio data and your credit cards along with phone and fax numbers to report if stolen (carry separate from passport and credit cards).
5. Notebook/journal, pen/pencil to do reflections and record trip experiences.
6. Good Camera with charger and adequate storage. (You shall take plenty of photos to share with your family).

7. One or two UK (3-prong) adapter plugs. (You can get this at Amazon or other stores).
8. Voltage converter (240 to 120V) if you have any chargeable devices that need 120 volts, most devices have internal converters, check with the device manufacturer.
9. Flashlight with batteries (this will be a life saver when we experience blackouts in some hotels). Electricity can go off when you least expect and the room gets quite dark).

### **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 or something to protect you from the hot sun during the Safari rides.

Portable water bottle to refill as we work (we will supply you with clean bottled water).

Washcloth.

Travel-size Kleenex (useful as toilet paper backup when none is available).

Anti-bacterial wipes (small packets for carrying) and antibacterial hand gel (small bottle for carrying).

Waist/fanny pack and/or backpack to carry items each day to site

### **CLOTHING**

Note: The average daytime temperature for Nairobi is 65° to 76°F and the average night temp is 53°F. Elevation is 5,450 ft. It's "winter" in Kenya in July, so plan to layer clothes—even at night since there's no heat in the hotel rooms. In the hotel room 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. Our program is quite busy so carry enough clothes, so you don't need to wash them. Other than Mombasa and Masai Mara, where it would be much warmer, most of the places we are visiting fall within the Nairobi temperature range. Kenyans dress more conservatively in general especially in the rural areas where we will be spending most of the time so it is important to respect local cultures.

If we do Outside Work during the trip:

You must wear work gloves that shall be provided.

Wear strong athletic shoes or light hiking boots. Open shoes **MUST NOT BE WORN** during any outside work.

Typical outfit: short/long sleeve shirt (nothing sleeveless), sweat shirt, long pants, socks, work boots or athletic shoes, hat and work gloves

Women or girls can wear a skirt or dress which should be below the knee or longer.

Men: shirts and long pants

**Sleeping:**

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

**Safari: If you would like to swim**

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.

6-8 cotton T-shirts

2 long-sleeved cotton shirts (cotton blends are best) or flannel shirts

1 pair of pants for work outside.

2 comfortable and loose-fitting trousers; avoid tight-fitting jeans.

1 pair walking shorts; long cut for modesty

At least 1 skirt or dress for women to wear at formal events (there will be 3 events- you can wear the same dress since it is at different times and places).

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 sweatshirts or sweaters (at least one for one for evenings).

Other walking shoes.

### **DONATIONS FOR KENYANS**

School Supplies such as pencil erasers and educational posters.  
Soccer Balls.

### **OPTIONAL**

Your laptop or iPad for contacting the US at night from the hotel, which has wireless internet in the lobby area.

Ear plugs for the airplane and barking dogs at night

Ziploc bags for leaky items

Any musical instruments that you are willing to play with team singing.

Small English - Swahili dictionary

Photo of yourself with your family, Photos of your school, 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.

### ***Question 2: Do I need travel Insurance for the Kenya Trip?***

Yes, it is highly recommended that you take out adequate travel insurance at the time of confirming your booking. This should cover any medical situation (such as hospitalization), as well as cancellation or curtailment of arrangements and loss of your baggage. Global Connections Kenya uses Travel Guard Insurance. This insurance provides emergency medical services/evacuation to hospital should you suffer either severe illness or an injury whilst travelling with us.

***Question 3: Is it safe to travel to Kenya?***

Kenya is one of Africa's top tourist destinations. It is a perfectly safe country to visit, although the usual safety guidelines apply – don't leave your luggage unattended and always keep your valuables close by or locked away. We continue to monitor travel advisories and always maintain our focus on a safe trip.

***Question 4: Do I need a visa to travel to Kenya?***

Visas are compulsory for all visitors, including those from countries that were previously exempt, such as the USA, UK, Germany and Belgium. Visas may be applied for at a Kenyan embassy in your home country or upon arrival at Jomo Kenyatta or Wilson Airports. However, it is recommended that visitors obtain their visas prior to arrival to avoid the possibility of long queues at the airport. Passports are required by all foreign visitors and must be valid for six months beyond the intended length of stay. Please ensure that there are sufficient blank pages in your passport (a minimum of two is required) for any visas as well as for entry stamps upon arrival.

***Question 5: Are banking services available in Kenya?***

National and international banks have branches in Mombasa, Nairobi, Nakuru, Kisumu, Thika, Eldoret, Kericho, Kisii, Nyeri as well as most other major towns. Banks and bureaux de change at international airports are open 24 hours a day.

***Question 6: Can I use my credit card or ATM in Kenya?***

All major credit cards (MasterCard, Visa, Diners Club and American Express) are widely accepted.

***Question 7: What languages are spoken in Kenya?***

More than 40 ethnic languages are spoken in Kenya, although the national language is Swahili. Most Kenyans also understand English as it is the official language.

***Question 8: Is there Ebola in Kenya?***

No, there is no Ebola risk in Kenya.

Kenya is located in East Africa and there have been no reported cases of Ebola. East Africa and Southern Africa therefore remain safe travel destinations as they are situated thousands of miles from the affected areas. The Ebola outbreak was contained in West Africa, affecting only Guinea, Sierra Leone and Liberia.

Global Connections Kenya will continue to monitor the situation on a daily basis to ensure the health and safety of all our students at all times.

***Question 9: Is Kenyan coast a good destination for a visit?***

The Kenyan Coast is a beautiful and idyllic region that is extremely popular for its white sandy beaches, palm trees and relaxed holiday feel. The balmy waters of the Indian Ocean are perfect for swimming, snorkeling, diving, fishing and other water sports. GCK includes a visit to the coast after our Kenya village trip so that you are able to experience all that magical Kenya has to offer.