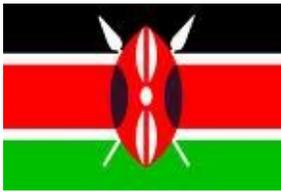




Kenya Travel and Packing Information

COUNTRY MAP



Capital: Nairobi / **Population:** 40+ million / **Area:** 224,080 sq. miles
Language: Swahili, English / **Government:** Semi-Presidential Republic
Neighboring Countries: Somalia, Ethiopia, Sudan, Uganda, Tanzania



International Airports:
 Mombasa: Moi Airport (MBA)
 Nairobi: Jomo Kenyatta Airport (NBO)

Area of CHOICE Focus: Samburu District, Kinango District (Coast Province)

Volunteers participating in CHOICE Expeditions will arrive and depart in Mombasa (Moi International Airport – MBA) unless indicated otherwise. Expeditions take place in the rural villages of the Kinango and Samburu Districts with increasing elevations between 200-600 feet above sea level. Frequent expedition projects include the construction of village schoolhouses and health clinics. You are invited to join CHOICE in building people, not just projects!

TRAVEL REQUIREMENTS

PASSPORT

A valid international passport is required for all volunteers traveling to Kenya. Your passport must be valid for at least **6 months BEYOND** the date of the international return airline ticket. Your passport must have **2 blank pages**.

VISA

A travel visa is required for US citizens visiting Kenya. Kenya Immigration recommended that travelers apply for their visa using the e-visa online application. This application and other information pertaining to the visa can be found at <http://evisa.go.ke/single-entry-visa.html>. Unless you plan to stay longer than 90 days, or anticipate multiple visits, you will apply for a single-entry visa. The e-visa is only valid for 3 months so do not apply more than 3 months before your trip. At least 1 week prior to your trip, you must follow these steps:

1. Visit <http://evisa.go.ke/evisa.html> and create an online account
2. Be prepared to upload the following items:
 - Clear color photo of your face
 - The expedition trip itinerary
 - Clear image of passport bio data page
3. Pay the \$51 online e-visa fee
4. Download and print your completed e-visa form

Please note to bring the following items when arriving in country:

- Completed and printed e-visa form (see above)
- Proof of \$51 payment (done as part of the e-visa online process)
- Copy of complete flight return itinerary
- Valid passport

Citizens of other countries might be subject to different requirements to enter Kenya. Please consult international embassies and/or consulates for further information.

If traveling to other nations in transit to/from Kenya (including connections), you are responsible for researching the proper passport and visa requirements to avoid immigration problems and issues.

TAXES

In most cases, international airline tickets include other arrival taxes and fees for Kenya. However, please consult with the airline and/or travel agent to be sure. These charges are subject to modification.

Upon departure from Kenya, a required airport tax could be charged: **approx \$40.00** (cash) per person. However, some international airline tickets include these taxes, so please consult with the airline and/or travel agent to be sure. These charges are subject to modification.

VACCINES & IMMUNIZATIONS

There are no *required* vaccinations for entry into Kenya. A complete review of *recommended* vaccinations through the Centers for Disease Control and Prevention. [CDC Kenya Website](#)

CHOICE also recommends that all volunteers be up-to-date with routine vaccinations (MMR, DPT, Hepatitis A, Hepatitis B, Typhoid). Yellow fever can be required *if* traveling from a country that is considered at risk (not applicable to US travelers). CHOICE suggests that each volunteer consult with an international travel clinic for professional medical advice regarding travel vaccines and immunizations. For the most benefit, please see a health-care provider at least 4-6 weeks prior to departure for vaccines to take full effect. Please consider your comprehensive travel plans when consulting a health-care provider for those vaccines required across multiple countries and destinations.

Anti-malarial medication is recommended to all passengers visiting eastern Africa. CHOICE suggests that passengers consult with medical experts to learn more about anti-malarial pills and possible side effects.

TRAVEL INFORMATION

CURRENCY

Kenyan Shilling (KES)

1.00 US Dollar = 102.80 *Shillings* (2018)

ELECTRICITY

220-240 volts AC (50 Hertz)

Plugs: round 2-pin / flat 3-pin (same as United Kingdom)

WEATHER

DRY "HOT" SEASON: December - March (hot and humid in the afternoons, cooler in the evenings)

**rain is intermittent*

HIGH: 90°F – 95°F / LOW: 75°F – 80°F

DRY "COOL" SEASON: June - September (warm and humid in the afternoons, cooler in the evenings)

**rain is intermittent*

HIGH: 80°F – 85°F / LOW: 70°F – 75°F

RAINY SEASON: October - November/ April - May (warm and humid in the afternoons, cooler in the evenings)

**rain is heavier and more frequent*

HIGH: 85°F – 90°F / LOW: 70°F – 75°F

FOOD

During the expedition, CHOICE will provide 3 daily meals to all volunteers while in the village. The local diet consists of vegetables, rice, potatoes, chicken, *nyama choma* (roasted meat), and possible *mandaaazi* (fried dough cakes). Expedition participants can expect to eat standard American foods combined with local elements: cereals, breads, salads, soups, chicken, fruits, salsas, etc. CHOICE will also provide drinks such as milk, fruit juices, and soda pop. Participants are encouraged to bring personal food and snacks that will not be available in the villages (supplement bars, sweets, etc). Drinkable water will be provided in the village. We encourage each participant to bring a reusable water bottle.

PACKING LIST

This comprehensive packing list has been prepared as a convenience. The recommendations reflect the experience of CHOICE as well as recommendations from previous expedition participants. If you have questions about anything on the packing list, feel free to ask the Expedition Staff, the Expedition Leaders, or post a question in the expedition Facebook group.

When reviewing this list, please **refer to the weather information provided above to coordinate which items to pack and take on a specific expedition (according to the month/season)**. CHOICE recommends that all volunteers check the weather forecast prior to departure to ensure appropriate packing. It is wise to think in **LAYERS** when preparing for a service trip abroad. **All volunteers are expected to bring a comfortable sleeping bag and foam pad (inflatable air mattresses optional)**.

CHOICE recommends that all volunteers pack as light as possible (since brief hikes might be required before entering and/or departing from the village). CHOICE also suggests duffle bags and camping backpacks as ideal packing equipment (instead of suitcases). **Please check with the airlines regarding baggage allowances and excess baggage fees. CHOICE will not be responsible for such fees.**

Please note: Since 2017, Kenya has placed a ban on all plastic bags. Please be sure to pack your clothing and valuables in cloth, reusable bags.

*One golden piece of advice: Leave behind a clean change of clothes at the hotel or keep a clean change of clothes inside a bag during the entire expedition. Why? So that there is a fresh outfit to wear when boarding the international flight home! You'll thank us later!

NECESSARY ITEMS

- durable walking shoes (hiking boots or well-built tennis shoes)
- sandals or flip-flops (for use in shower and inside sleeping area)
- swimsuit (for use in shower)
- multiple pairs of socks (lightweight long socks protect ankles from insect bites)
- three (3) pair of work pants or knee-length shorts (casual, quick-dry)
- four (4) or five (5) t-shirts or work shirts (casual, quick-dry – not sleeveless)

- sweatshirt and/or light jacket
- one (1) long-sleeve shirt for the evenings
- rain poncho or rain jacket
- underclothing (enough for entire trip without washing)
- pajamas appropriate for group sleeping
- hat or sun visor
- antibacterial wet wipe packets and antibacterial hand gel
- toothbrush and toothpaste
- deodorant
- pocket size packs of tissue
- water bottle (plastic or aluminum)
- inexpensive durable watch
- change of clothes that will be functional in the village (packed in carry-on luggage)
- travel pillow
- camera (plus extra battery and extra film/disk)
- extra prescription medicine (packed in carry-on luggage)
- sunscreen (SPF 15 or higher)
- lip balm
- minor blister/wound care (band-aids, moleskin, triple antibiotic cream etc.)
- pain reliever (ibuprofen, etc.)
- diarrhea medication (imodium, etc.)
- constipation medicine
- decongestant or allergy medication
- personal prescriptions
- mosquito repellent with at least 20% DEET
- chigger cream
- medium to warm sleeping bag (lightweight bag is easier to manage and pack)
- small inflatable mattress or foam pad
- headlamp with new batteries
- good work gloves
- personal hygiene items: towel, washcloth, soap, shampoo, toilet paper, etc.
- day bag (to transport water, jacket, hat, gloves, camera, snacks to worksite)
- personal journal and pen
- passport and visa documents
- Sunglasses

RECOMMENDED ITEMS

- sleep aids (ear plugs, etc.)
- book about Kenya (pocket guide)
- cultural sharing items (small musical instruments, photo albums, etc.)
- supplies and games for village activities (fingernail polish, materials for necklaces and bracelets, frisbees, soccer balls/ pumps, etc.)
- small multi-tool or pocket knife
- compact travel games or cards
- small calculator (to calculate currency exchanges)

OPTIONAL ITEMS

- bandana (used around head or neck)
- snacks (granola bars, fruit leather, etc.), sweets, powder juices
- clothes pins or safety pins (for hanging clothes)
- compact indoor games or projects

LANGUAGE

While serving on a CHOICE expedition to Kenya, some rural villagers might speak English. However, *Swahili* is the predominant dialect of the Coast Province communities.

(Y = “i” sound / M/N at beginning of word alongside another consonant = prolonged or hummed m/n)

ENGLISH	SWAHILI
Hello - How Are You?	Habari. Habari Gani?
I Am Fine	Mzuri
What’s Up?	Vipi
How Is Your Family?	Habari Ya Familia Yako, Vipi Familia Yako
How Are Your Children?	Habari Za Watoto, Vipi Watoto Wako
My Name Is <u>Joanne</u>	Gina Langu Ni Joanne
What Is Your Name?	Gina Lako Nani?
Mother	Mama
Father	Baba
Brother	Kaka
Sister	Dada
Children	Watoto
Grandmother	Nyanya
Grandfather	Babu
Yes	Ndio
No	La, Hapana
Thank You	Asante
You’re Welcome	Karibu
Pardon Me (I’m Sorry)	Unisamehi, Pole
I Don’t Understand	Sielewi
Good	Nzuri, Sawa Sawa
Pretty	Mrembo, Vizuri
Water	Maji
Food	Chakula
Good (Delicious)	Tamu
Goodbye	Kwaheri
Good Morning	Habari Za Subuhi
Good Evening	Habari Za Gioni