

## Kenya Packing List

These are only suggested items, edit as you see fit. You are allowed 2 carry-ons with no weight restrictions. Suggested carry-ons: backpack and duffle bag.

### For the Plane:

#### Pouch to hold:

Passport

International Health Certificate

Money (credit or debit card recommended for adults)

Small neck pillow

Sleep aids (ear plugs, Ambien)

Gum

Small pack of tissues

Items to freshen up:

Antibacterial wipes or small bottle of gel

Toothbrush and small toothpaste (3 oz. or less)

Deodorant (no gel)

(Liquids or gels must be 3 oz. or less and in a clear qt. Ziploc bag)

Book

Compact travel games

Inexpensive watch with alarm

Snacks

Change of clothes

Camera

Prescription medicine

Anything you cannot afford to lose or will need before picking up checked luggage in Africa.

### Clothing for the village: (Can be laundered by women in village)

Light durable walking shoes (hiking boots or sturdy tennis shoes)

Waterproof sandals (thongs , Texas)

Cotton socks and underclothes (7 day supply)

2 pairs comfortable pants (zip off to shorts are good) for men

2 Kanga cloths with shorts or running pants underneath for women

Pants for safari (women)

7 day supply of comfortable t-shirts for work in village

Long sleeve shirt

Hat with brim for sun screen

Sleeping clothes

Jacket, sweatshirt or fleece layer

Compact rain poncho

### Personal Medical Pouch

Sunscreen

Insect repellent and anti-itch balm  
Chapstick  
Eye drops  
Minor wound/blister care such as band-aids and antibiotic ointment  
Pain reliever (i.e. ibuprofen)  
Diarrhea medication (i.e. Immodium)  
Constipation medication  
Cold and allergy medication  
Throat lozenges or cough drops  
Malaria medication  
Personal prescriptions as needed

Other Necessities:

Full or queen size flat sheet for sleeping – light blanket for covering  
Pillow case, small camping pillow  
Sunglasses  
Flashlight and additional batteries  
Good work gloves, leather recommended  
Protective eyewear if working with wood  
Dust mask or bandana  
Pocket knife with tweezers  
Travel alarm (your watch if it has an alarm)  
Cold water soap (like Woolite) to hand wash clothes (dish soap will be available for you)  
Hotel size sewing kit  
Plastic bags: 2 big garbage bags with drawstring, 2-4 plastic grocery bags, a variety of Ziploc bags. These are good for many things, dirty clothes, keeping items dry, sealing up leaky items, etc.  
Small roll of bubblewrap to bring home wood souvenirs.  
Small roll of packing or duct tape for wrapping souvenirs

Personal Toiletries:

Personal hygiene items—towel, washcloth, soap, deodorant, lotion  
Water bottle  
Antiseptic gel and/or wipes

Miscellaneous:

Cultural sharing items, i.e. small musical instrument you play, magic tricks,  
Compact indoor games or projects, i.e. cards, beads, yarn, nail polish, word search puzzles  
Compact outdoor games i.e. Frisbee, baseball, bubbles  
Personal snack supply i.e. granola bars, fruit snacks, mints, breakfast cereals

DO NOT BRING

Jewelry or expensive watches or clothing

At the end of the trip you may want to leave clothing items in village. Pack accordingly.