

christchurch

Kenya Mission Suggested Packing List

You will find your trip much more pleasant and comfortable if you follow the recommended packing list. This list will keep you from over-packing.

Necessities:

- Bible
- Passport
- Backpack
- Hidden money pouch (No fanny packs)
- Writing Journal
- Anti-bacterial Hand wipes or small bottles of Purell hand gel
- Kleenex (small, pocket sized)
- Toothbrush/toothpaste
- Comb/brush
- 2 large plastic garbage bags
- Shampoo (travel sized)
- Liquid bath gel (do not bring bar soap)
- 1 roll of toilet paper (or 2 small travel sized rolls)
- Bottle of pain reliever (Tylenol, Advil, Aspirin, etc.)
- Breathe Right Nasal Strips, and throat spray if you snore
- Prescription medicines (two week supply in original containers)
- Eyeglasses (WARNING: Contact wearers must be extra careful to prevent eye infections)
- Sunglasses
- Towel and washcloth
- Bed sheets and pillowcase
- Travel Alarm clock
- Electrical Converter (about 1600 watts)
- Two or three pair of pants (plan to wash them at the hotel)
- Two shirts
- Your Mission logo shirt(s)
- 3 sets of scrubs (tops and bottoms)
- Women: A dress or skirt for Sunday worship
- Shoes for Sunday
- Comfortable shoes for walking and working (do not bring open-toed flip-flops)
- Sleeping clothes (you will share a room two nights in Nairobi)
- Socks
- Brand new bills \$20, \$50 or \$100 bills (No tears, no marks) Exchange rate is better for \$100 bills. Make sure the larger bills are dated 2005 or higher.
- Plastic, sealable water bottle
- Insect Repellent (Highest DEET content you can find is suggested)
- Sun block (30 spf or higher -The sun is intense!)
- Light jacket or rain poncho

Nice To Have Items:

- Flashlight (small travel sized)
- Flat sink stopper
- Small photo album of your family, home, church, and community
- Camera (suggest bring extra battery pack)

- Film (I suggest at least four rolls of 36 or Extra Memory Sticks)
- X-ray safe bags for film (The new x-ray machines will ruin your film)
- Hat
- Chewing gum
- Prescription Medicine for diarrhea (Lomotil or Immodium)
- Prescription Medicine to help you sleep
- Deck of cards, reading material, music, etc for evening down time.
- Hair dryer (Can you share with someone? Electrical converter required)
- Visa/Mastercard for emergency

General

Do not over pack!! You do not need a lot of clothes, especially since we will be wearing scrubs during the camp. You will also want to save room for souvenirs.

Everyone should plan on travelling with TWO large suitcases (50 lb limit per bag) – ideally our personal items will take half to two-thirds of one and the remainder of the luggage will be filled with mission supplies. In the past, we have suggested that people find one suitcase at Salvation Army or Goodwill so that you can leave it at the mission site. Another idea is to use a collapsible rolling duffle bag so that you can bring it home inside your main suitcase once we have left behind the donated supplies. People at Christ Church have been donating some unused suitcases in anticipation of our trip – see Debra if you want to use one.

Remember, you are responsible for carrying your own luggage.