

Kenyan Grandparents Study – 2006 Field Season

Things to do before you leave for Kenya

- Complete an International Programs Application. The form can be found online at www.oucom.ohiou.edu/international/Forms/International_app.pdf or from Cheri Sheets. This form includes basic student information, proof of insurance, emergency contact info, etc.
- Once you have returned the above application, Cheri will give you a liability form and forms to obtain an international student ID.
- Obtain a valid passport and visa (to be done in consultation with Dr. Ice).
- Make sure that you get all immunizations, including:
 - Hepatitis A & B
 - Yellow Fever
 - Typhoid
 - Booster MMR
 - Up to date tetanus
 - Possibly polio (check with your physician)
 - Others as physician recommends
 - Make sure that you have malaria prophylaxis – Kenya is a chloroquine-resistant area. The recommended anti-malarial medications are:
 - atovaquone/proguanil
 - doxycycline
 - mefloquine (not recommended for individuals with a history of mental health problems (including depression))
 - primaquine (in special circumstances)Prophylaxis guidelines change frequently, we recommend that you consult CDC guidelines at www.cdc.gov/travel/regionalmalaria/eafrica.htm, The Travel Doctor at www.traveldoctor.co.uk and Virtual Naval Hospital at www.vnh.org/Malaria/ch2.htm#2 before seeing a physician. Note that most regimens require starting prophylaxis prior to leaving the United States, but the time frames differ by medication; consult the references listed. You should review these websites as they provide good information on malaria biology, symptoms, prevention and treatment.
- Provide Dr. Ice and Cheri with contact information (yours and your designated family contact), including address, phone, cell phone and email. Cheri is our point of contact. In case of emergency, we will contact her and she will contact the families (and vice versa).
- Complete the embassy registration form online (http://travel.state.gov/travel/tips/registration/registration_1186.html). Dr. Ice will provide you with the Kenya information. Also, please allow information release to your family, Cheri Sheets and Dr. Norman Gevitz (Chair of the Department of Social Medicine). This allows them to work on our behalf with the university. All of your information is also sent to the head of the Office of Education Abroad who can also act on our behalf.

- Provide Cheri with a copy of your passport, your student ID card and itinerary (flights will be booked in coordination with Dr. Ice).
- Provide your parents or spouse with a copy of your passport, travel itinerary, student ID card, insurance information and any credit cards, ATM or traveler's check numbers (if you decide to use them, see below).
- Get a 2-month supply of all medications you are currently taking.
- Review information at the following sites: www.cdc.gov/travel/eafrica.htm and travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html
- Review Where there is No Doctor by David Warner as well as The Travel and Tropical Medicine Manual by Jong and McMullen (both are available at the university library).
- Review basic Dholuo phrases and basic information on Kenya (www.oucom.ohiou.edu/international/forms/about_kenya.pdf).

What to bring with you to Kenya

- Remember that you only have one suitcase and the current limit is 70 lbs not more than 62 linear inches (158 cm). You will be asked to carry a suitcase with research equipment which may weigh up to 70 lbs. Only two suitcases and one carry-on bag are allowed on the plane.
- Basic medical kit including: antibiotics (e.g. cipro), muscle relaxant, sleeping pills (over the counter or prescription), anti-diarrheal/nausea meds, a fiber laxative, hemorrhoid wipes, anti-gas medicine, antacid, antihistamine (topical and oral), motion sickness pills, cold medicine, antifungal cream or spray, antifungal for *Tinea cruris* for men, something to treat yeast infections for women, antibiotic cream, variety of bandaids, ace wraps or braces for existing joint problems, sunscreen, burn ointment, NSAIDS, multivitamins, q-tips, prescriptions and any other items that you use on a regular basis (including feminine hygiene products).
- Insect repellents with DEET (as high a % as you can tolerate), permethrin (to treat clothing and mosquito nets). You may want a general insecticide (like Raid).
- Powdered Gatorade.
- Money belt and/or passport holder. You can bring a fanny pack as well but you should not wear this in Nairobi and be careful in Kisumu.
- Backpack with a lock.
- I do not recommend wearing contacts given the challenges of keeping them clean. If you wear glasses, I suggest you bring a back-up pair.

- Clothing: COTTON is Key!!! You do not need to buy new clothing but if you would like to, I recommend looking on travelsmith.com. They have clothing with hidden pockets for safety. Do not bring anything that you can not part with. I do not know how frequently we will be able to do laundry so make sure you have enough clothing for a week but be conscious of not packing too much. You do not have to worry about making fashion statements! We will be there during Kenyan winter, just past the rainy season. Daytime temps will be around 85°F (with very direct sun) and in the 50-60's at night. You will need to be prepared for rain and mud. Bring the following items:
 - cotton underwear (enough for at least two weeks), I highly recommend sports bras for women. Boxers rather than briefs are recommended for men.
 - cotton short and long sleeve shirts, NO tank tops. Women may want to bring a loose/comfortable cotton dress.
 - pants, long skirts, shorts (shorts can only be worn in the city and they should not be skimpy).
 - one professional outfit, one “night out” outfit, one “church” outfit.
 - scrubs for the field work (six days worth to be safe)
 - PJs (something you don't mind the rest of us seeing you in – privacy will be minimal)
 - sneakers, comfortable sandals, rain boots, flip flops
 - bathing suit
 - rain coat or poncho
 - light jacket, sweater and/or sweatshirt
 - a hat, either ball cap or one with a wide brim
 - in your backpack, you will want to pack: a clean pair of underwear, socks, shorts/pants/skirt and a t-shirt in a plastic bag for back-up.

To bring for data collection

- Stethoscope
- Penlight
- OU-COM name tag
- Ophthalmoscope/Otoscope (if you already have one)
- Palm Pilot (if you already have one)
- Percussion hammer (if you already have one)
- Field notebook and protocol book (to be provided by Dr. Ice)

Miscellaneous

- Water bottle
- Travel alarm
- Towel, hand towel and wash cloth
- Laundry bag
- Sunscreen
- Sunglasses
- Flashlight and extra batteries
- High protein snacks or comfort food (protein bars or trail mix)
- Journal, address book
- Basic toiletries (soap, shampoo, toothpaste etc.), you may want no-rinse shampoo. You can get all of this in Kenya but they may not have the brand you like.
- Plastic baggies of different sizes.
- Baby wipes (one large and one travel pack or several individually wrapped), hand sanitizer (one large and one small minimum), rubbing alcohol

- Kleenex and toilet paper (only if you are particular, you can get it there but it is not made for sensitive skin). You may want to bring small packets of Kleenex
- Camera and batteries, film or if digital - computer connector (and software), CDs or something for back-up
- Voltage converter
- Watch
- Mosquito net
- Sheets (can buy in Kenya if preferred)
- Comfort items/entertainment (e.g. CD or MP3 player, books, DVDs, games)
- Spending money: for safari (\$600), alcohol, gifts/souvenirs, snacks, entertainment, email communication (approx. \$1/hour), phone cards (calls cost approximately \$2/minute). You can bring cash, travelers checks (although you will pay an extra fee, it is the safest), you can also withdraw money from an ATM (this gives you the best exchange rate).
- ATM card, credit card for emergencies.

You do not need to bring a laptop. Do not bring makeup. The only place that you could wear it would be on safari.

DO NOT BRING ANY JEWELRY OR ANYTHING WITH WHICH YOU CAN NOT PART.