

Packing List

SHARE Kenya – Ohio

What to Bring With You to Kenya

- Remember that for checked bags the current limit is 50 lbs. not more than 62 linear inches (158 cm). You will be asked to carry a box or suitcase with medical supplies which may weigh up to 50 lbs. The airlines vary on what they allow you to check: some allow two, some just one. On most airlines you can carry-on one bag that will fit in the overhead compartment plus one small bag, such as a book bag that will fit under your suit. Kenya Air, however, only allows you to carry-on one bag.
 - We ask that you take at least one checked bag with supplies.
 - Many participants in the past used their carry-on luggage for personal supplies and most or all of the checked bags for supplies.
- Check with your airline to be sure of the number of checked bags and weight limit has not changed.
- Items that you have packed in the past may no longer pass through security. Knives of any sort are unacceptable. Regulations regarding liquids and gels frequently change. Remove items that may appear to be threatening (e.g. scissors). Visit the Transportation Security Administration's website (www.tsa.gov) for a complete list of restricted items.
- Basic medical kit including: antibiotics (e.g. Xifaxan), sleeping pills, anti-diarrheal/nausea meds, a fiber laxative, anti-gas medicine, antacid, antihistamine (topical and oral), motion sickness pills, cold medicine, cough drops, antifungal cream or spray, antifungal for *Tinea cruris* for men, something to treat yeast infections for women, antibiotic cream, variety of Band-Aids, ace wraps or braces for existing joint problems, burn ointment, NSAIDS, multivitamins, saline nasal spray, eye drops, prescriptions and any other items that you use on a regular basis (including feminine hygiene products).
 - You may want to **team up** with another participant and share supplies.
 - It is important that all prescription medication be in the original container and match the name of the traveler. You may also want to bring a letter from your physician for prescription medication, although this is not a requirement.
- Anti-malarial medication. Please note that Lariam (mefloquine) is not recommended for individuals with a history of mental health problems (including depression).
- Lip balm with SPF protection.
- Passport, immunization card, two extra passport photos and a copy of the first page of your passport (program director also carries a copy).
- Insect repellents with DEET (35-50% is adequate for several hours of protection from Anopheles mosquitosas), permethrin (to treat clothing and mosquito nets – pre-treat before you go). 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. **DO NOT** bring a purse.
- Backpack with a lock.

- Contact lenses are not recommended given the challenges of keeping them clean. If you wear glasses, I suggest you bring a back-up pair. Eyeglass cleaner and wipes are recommended.
- Clothing: COTTON is Key!!! You do not need to buy new clothing, but if you would like to, we recommend clothing with hidden pockets for safety and clothing impregnated with permethrin. **Do not bring anything that you cannot part with.** Make sure you have enough clothing for a week but be conscious of not packing too much. You can have laundry done at the hotel or you can wash your own clothes in a basin. You do not have to worry about making fashion statements! You will be in Kenya during the hot season – daytime temps will be in the 90°F (with very direct sun) and in the 60-70s at night. Bring the following items:
 - Comfortable cotton underwear.
 - 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 – mid-thigh or knee length)
 - One professional outfit, one “night out” outfit, one “church” outfit – this can be the same outfit since space is limited.
 - Scrubs for the clinic
 - Pajamas (something you don’t mind others seeing you in – you will be sharing a room)
 - Sneakers, comfortable sandals, flip flops – no open-toed shoes in the clinic!
 - Bathing suit – ONE PIECE ONLY
 - Light jacket, sweater and/or sweatshirt, raincoat or poncho
 - 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 (in case of rain or an accident)

To bring for clinic (for those providing clinical care)

- Stethoscope
- Penlight or flashlight – camping lights work well (extra batteries)
- Blood pressure cuff
- Eye protection – you MUST wear eye and face protection during procedures
- Ophthalmoscope/Otoscope and ear specula
- Percussion hammer
- Sanford/Pharmacopeia – any small references
- Tropical disease reference book, such as the Oxford text

Miscellaneous

- Refillable water bottle (Containers of safe drinking water are available at the grocery store for refilling)
- Travel alarm
- Sunscreen (the highest SPF you can find)
- Sunglasses

- Ink pens
- Flashlight and extra batteries
- High protein snacks or comfort food (such as protein bars or trail mix)
- Journal, address book
- Basic toiletries (soap, shampoo, toothpaste, etc.) in travel size only, you can buy all of this in Kenya – although it might not be the brand you like. Unscented recommended to keep mosquitoes away.
- Ear plugs if you are a light sleeper
- Plastic baggies of different sizes
- Baby wipes (one large and one travel pack or several individually wrapped)
- Hand sanitizer (two large and two small minimum)
- You may want to bring small packets of Kleenex
- Crayons, pens, stickers and/or bubbles for the kids
- Camera and batteries, film or if digital – computer connector (and software), CDs or something for back-up (if a team member has a laptop) and/or extra SD cards
- Voltage converter and adapter
- Watch
- Small calculator for conversions
- Comfort items/entertainment (e.g. CD or MP3 player, books, DVDs, games, cards)
- Spending money: withdrawing money from an ATM gives you the best exchange rate.
- You might need money for alcohol, gifts/souvenirs, snacks, water, entertainment, laundry, phone cards (calls cost approximately \$2/minute), other excursions/entertainment. \$200-\$300 should be sufficient.
- Do not bring makeup. The only place that you are likely to wear it is on safari.

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

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