

KENYA

GENERAL PACKING GUIDE

Depending on the airline, your maximum amount you are able to pack as part of your airfare is one bag with 50lbs or 2 bags totaling 100 lbs. However, you may also pay additionally to bring extra resources for the people in the area. Some of the most helpful items to bring would include any type of sports equipment, like deflated soccer balls, basketballs, tennis balls, baseball bats, baseball mitts, baseball helmets, jump rope, frisbees, etc. Other items, which are helpful would include children's sportswear such as uniforms, shoes, children's clothes, etc.

Since out flights are quite long, everyone should also carry a backpack with your critical items, as well as a change of clothes???? Unfortunately, this can be a challenge, as there is usually a weight limit to carry-ons. (15 lbs??) I have seen carry-ons weighed on full flights, and if they are too heavy, they have to be checked for an additional fee, so please be aware of this.

Also, if you think of something else to add to this list, please share with everyone.

Critical items

- Plane Ticket
- Passport
- VISA paperwork (received from Dr. Scott) and passport sized photo
- \$50.00 in new bills, for Kenyan VISA just in case there is an issue with the one's we prepaid for
- Malarial prophylaxis
- Eye glasses, hearing aids, etc.
- Some cash-all bills in good condition, 2012 series or newer
- Hidden Money belt

Clothing (Expected 80's and sunny in the daytime, 60s at night, some rain??)

- Clothing for days off, hiking, travel , fast dry and cotton recommended
- Sweatshirt or sweater for evenings, does get cool !!
- Hiking boots, sneakers
- Bathing suit, safari hotels have pools
- Light poncho or rain jacket
- Sandals
- Ball cap or safari hat, sun glasses

Other

- Flashlight
- Cell phone
- Travel alarm
- Camera and supplies
- Insect repellent
- Pocket knife (in checked luggage)
- Sun block
- Some comfort food and snacks ???
- Baby wipes, deodorant and soap

Clinical Items: (If providing chiropractic care)

Hand held massage tools

Tepperwedge for anterior dorsals

Cervical roll wrapped in plastic with rubber bands around it

Pettibon Tendon Ligament Muscle Stimulator if you have one

Finger cots

Any specific healing tool that helps you provide the most powerful healing care and is extremely portable!

We will also discuss other items that are good to bring for donation purposes including education materials, sports items, medical etc.