

## Packing List – Kenya 2004

<input type="checkbox"/>	Twin sheet and pillow case set (suggestion: nice if left behind)
<input type="checkbox"/>	Sleeping bag
<input type="checkbox"/>	Day pack
<input type="checkbox"/>	Sweatshirt or lightweight jacket
<input type="checkbox"/>	Long-sleeved shirt
<input type="checkbox"/>	T-shirts, shirts, tops
<input type="checkbox"/>	Shorts (a couple pair)
<input type="checkbox"/>	Girls: skirts (knee-length)
<input type="checkbox"/>	Girls: dresses are appropriate
<input type="checkbox"/>	Pants (light weight, loose cotton)
<input type="checkbox"/>	Swimsuit (for safari and the coast)
<input type="checkbox"/>	Absorbent socks (cotton; a few)
<input type="checkbox"/>	Closed toed shoes (athletic shoes)
<input type="checkbox"/>	Sandals
<input type="checkbox"/>	Shower shoes (cheap flip-flops)
<input type="checkbox"/>	Hat
<input type="checkbox"/>	Small collapsible umbrella (optional)
<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Sunscreen (high SPF)
<input type="checkbox"/>	Aloe Vera based product (for sunburns)
<input type="checkbox"/>	Personal toiletries
<input type="checkbox"/>	Towels: beach, small hand/face towel
<input type="checkbox"/>	Laundry detergent (2-3 small packets)
<input type="checkbox"/>	Passport
<input type="checkbox"/>	Identification cards
<input type="checkbox"/>	Medical and insurance information
<input type="checkbox"/>	Medicine and supplies (pain relief, band aids)
<input type="checkbox"/>	Bug repellent (DEEP based); Avon's Skin-So-Soft is effective
<input type="checkbox"/>	Credit cards, US cash, and Cdn or US traveler's checks
<input type="checkbox"/>	Money belt
<input type="checkbox"/>	Text books and Bible
<input type="checkbox"/>	Course supplies: highlighters, etc
<input type="checkbox"/>	Clip-board and 1.5" binder with pockets and dividers

<input type="checkbox"/>	Journal
<input type="checkbox"/>	Small personal album to show
<input type="checkbox"/>	Water bottle
<input type="checkbox"/>	Water purifying tablets
<input type="checkbox"/>	Binoculars
<input type="checkbox"/>	Camera
<input type="checkbox"/>	Film (see comments)
<input type="checkbox"/>	Flashlight
<input type="checkbox"/>	Alarm clock
<input type="checkbox"/>	Extra batteries for camera and flashlight
<input type="checkbox"/>	Luggage lock for luggage left in Nairobi
<input type="checkbox"/>	Converter / Transformer for anything 110 volt
<input type="checkbox"/>	Favorite snacks: candy, granola bars, etc.
<input type="checkbox"/>	Plastic zip-lock bags, various sizes including one for your camera
<input type="checkbox"/>	Small gifts: key chains, nice pens, caps, toys, inexpensive sports or city labeled T-shirts, etc.
<input type="checkbox"/>	1 nice gift of approx. \$10 Cdn

### Comments or Recommendations:

- **Money:** approx. \$500.00 Cdn / US
- **Film:** 36 exposure best, 200 ASA most versatile, about 7+ rolls.
- **First Aid Kit:** group kit for emergencies only.
- A nice outfit for special occasions.
- Jewelry is fine; don't bring your best.
- **Clothing** should be modest and tidy; cotton or cotton-blend is best.
- Optional: Take some clothing that you no longer need and plan to leave there.
- **Laundry:** at CPK (approx \$2/load) and at PACC (hand wash), Nairobi.