

FOUNDATION FOR **GLOBAL LEADERSHIP**

Kenya

Packing List

Weather: 75 (F) high to 46 (F) low – June-August
* Average temperatures for this time of year, subject to variations via global climate change

Luggage: International airline weight restrictions average 23 kg (approx. 50 lbs). Many international airlines are adopting the 1 checked bag policy.

Only 15 kg (approx. 33 lbs) allowed on chartered flights to game reserve, additional luggage may be stored in Nairobi hotel.

Money: U.S. dollars are accepted everywhere and ATM machines are widely available in Nairobi. Hotels will change money for a commission.

When bringing U.S. dollars abroad, it is important to bring new bills without marks or tears. If you are bringing \$100 denominations, the dates must be 2003 or higher in order to exchange for full value. *Recommended: \$1's are very useful for tips, drinks and snacks and larger denominations are best for shopping and Visa/MasterCard are widely accepted however American Express is usually only accepted in hotels or upscale shopping.*

The trip is inclusive of all except the following: visa, gratuities, drinks, and items of a personal nature. *Recommended: on average delegates often budget between \$5 -\$10 per day for gratuities for porters, guides and drivers as well as will often bring a little extra to pool monies together with other delegates and give small donations to NGO's that they feel especially inspired by...*

NOTE: You may want to notify your bank and credit card companies that you are traveling overseas. It is becoming more common for banks and credit card companies to put a hold on cards when they see they are being used abroad.

Visas: Upon arrival in Nairobi, you will need to pay \$50.00 and provide immigration with **2 passport photos**, the completed Visa form (see attached Visa Form) as well as your international Yellow Fever Vaccination certificate.

Alternatively, you can obtain your visa ahead of time directly through the Kenya embassy in Washington D.C. (contact information listed on Visa form) or through a visa service such as www.traveldocs.com .

Travel

Insurance: You will need to purchase medical and trip cancellation insurance prior to departure – this should include emergency evacuation as well as medical. Often you can purchase the necessary insurance when you purchase your international airfare or you can use a service such as www.traveldocs.com .

Electricity: Electricity overseas runs on 220 voltages. Make sure that any electrical appliances are dual voltage, if they are only 120V (standard for the U.S.), you will need to bring a converter. You will also need to bring an adapter in order to plug your appliances into the outlets.

Often, people are confused by the difference between a converter and an adapter:

Converter: A specific plug that converts electricity

Adapter: The plug that allows a U.S. appliance to be plugged into the outlet in the country visited. If you bring your own appliances, you will need an adapter suitable for East Africa.

Most digital cameras, cell phones and laptops are dual voltage (check for the 120/220V on the charger). Unless specifically designed for travel, most hair dryers are 120V only and require a converter.

Appliances: It is highly recommended to bring as little luggage as possible. The hotels will have hair dryers available in rooms however there may not be enough electricity for hairdryers on safari. Electric razors, curling irons, etc... are at your discretion.

Internet: The hotel will have a business center but there is a high probability that there will not be internet capabilities on safari. Wireless in the hotel is also available if you choose to bring your own laptop computer (some people choose to bring a computer to download pictures at the end of each day to

make room for more pictures, but bringing an extra card for your camera may be less cumbersome).

Telephone: You may provide family members with the hotel and lodge information for emergencies. In addition, FGL staff will have international cell phones with local SIM cards available for your use and you can buy “airtime” on arrival in Kenya.

Laundry: Laundry service is available at both the hotel and the safari camp.

Site Visits “to bring” list:

Clothing: Traveler’s Business Casual

We define traveler’s business casual as comfortable and modest. Please DO NOT wear spaghetti straps, tank tops or shorts during site visits. Women’s shoulders should be covered with either shirt sleeves or a scarf. Men can wear polo shirts and trousers (other than jeans).

One semi-dressy/ business outfit is highly recommended for potential dinner with guests and/or meeting with dignitaries.

Shoes: Closed-toed shoes are essential as many projects take place in slums or in areas where weather conditions can turn a dirt path to churning mud instantly.

Safari “to bring” list:

Clothing: Layers of light colored clothing (i.e. khaki or white). It will often be quite cold in the early mornings and in the evenings and then fairly warm during the day.

Light raincoat/ poncho (recommended)

Fleece jacket, gloves and hat (recommended for early morning game drives)

Shoes: Comfortable walking shoes

Personal First Aid Kit (optional):

- Vitamins
- Prescription medications
- Pain medications – Advil, Motrin, Aspirin, etc...
- Cold medications and/or throat lozenges
- Malaria prophylaxis

- Anti- Diarrhea and upset stomach medication (i.e. Imodium or Pepto Bismal)
- Motion sickness prophylaxis (i.e. Dramamine)
- Band-aids or moleskin
- Antiseptic solution

Other items:

- Anti-bacterial wipes
- Day pack/ back pack or fanny pack
- Camera (back-up camera/ batteries optional)
- Sunglasses
- Insect repellent
- Travel alarm
- Binoculars
- Extra glasses (if necessary)
- Contact solution (if necessary)
- Sunscreen
- Hat
- Travel pillow/ear plugs (optional)
- Ziplock or plastic bags (to pack your liquids or protect your camera and binoculars from dust)
- Lens cleaning materials (optional)
- Power bars, nuts, or snacks
- Books, journal, pen

Other Travel Suggestions:

- Bring 2 copies of your passport and put it in each piece of luggage (checked and carry-on). Make sure your regular luggage tags are firmly attached and have your current information.
- Using stuff sacks for the inside of your suitcases helps you stay organized packing and repacking throughout the trip.
- Keep one other copy of your flight itinerary somewhere in your luggage.
- Leave some room in your luggage to bring home gifts.
- You can bring pens or toys as small gifts for children that we will see and visit during our trip.
- Leave your expensive watches and jewelry at home.
- Often at the end of trips people will decide to donate and leave items such as books and clothing with our guides or others. It is a great way to make room in your suitcase for the trip home.
- Pack light, review, unpack and take out all the extra you had the first time 😊

FORM V.



EMBASSY OF THE REPUBLIC OF KENYA

2249 R. ST. N. W.

WASHINGTON, D. C. 20008

Tel: (202) 387 6101 Fax: (202) 462-3829

Please affix
Passport size
photograph here

APPLICATION FORM FOR A VISA
(TO BE COMPLETED IN BLOCK LETTERS)

1. Type of Visa required: - Single \$50 Multiple \$100 Transit \$20
(Please tick one)

(a) Last name
(Mr/Mrs./Ms)

(b) First and Middle names in
full

(c) Full names of Father/Husband/Wife (next of
kin)
.....
(Name of husband or wife in the case of married persons or father if
unmarried)

2. (a) Date of
Birth

(b) Country and Place of
Birth

(c)
Profession/Occupation

(d)
Sex

3. (a) Nationality at
Birth
(b) Present Nationality, if different

(c) Current Address
(Residence)

CityState
Zip

4. Passport/Travel Document held:
(a) No..... (b) Place of
Issue
(b) Date of issue (d) Valid
Until
(c) Issuing
Authority

5. Country of
Residence

State Zip
Tel:

6. (a) Reasons for
Entry

(b) Proposed Date of
Entry

(c) Duration of
Stay

7. Full Names and Addresses of Friends, Firms or Relatives
to be
Visited

Telephone :Cell
Phone

8. Dates and Duration of Previous Visits to
Kenya

9. Will you be returning to your Country of
Residence/Domicile?

10. Email
address

11. Present address in the
U.S

State Zip
Tel:

I hereby declare that the foregoing particulars are correct in every detail.

Signature of applicant
Date