BONYO'S KENYA MISSION



BonyosKenyaMission.org

PACKING, PLANNING, AND TASKS FOR MISSION TRIPS

Once you have decided to travel to Kenya with Bonyo's Kenya Mission (BKM), you will need to do the following tasks to assure your trip is fun, safe, effective, in-line with government agencies, and to have the best experience possible.

Depending upon the amount of time you have until you leave, the following timelines may be shorter or longer.



COST OF TRIP

To help you plan for the trip, we have determined an all-inclusive price of $4,000 USD. This does not include out of pocket expenses as listed below or your round-trip flight from your home to Nairobi and back.

Bonyo's Kenya Mission will always keep the trip as inexpensive for our volunteer travelers as possible! We do not seek to profit from your trip. Without you, we cannot succeed!

Some information contained in this handbook may be slightly different, depending upon arrangements made with your local group and BKM.

BKM will send you a tax deduction letter covering all expenses, minus the personal expenditures such as the safari, and including your flight, after you provide us with the documentation, after returning from the trip.

BKM will contact you several weeks prior to traveling with a prepayment plan that is specific to your trip.

To confirm your placement, we ask for a $500 deposit. This deposit is part of the $4,000.

We will let you know when we are planning the trip and a deadline to submit this to hold your place. The deposit is non-refundable, but should you be unable to travel, we will permit a one-time rescheduling of the deposit for the following trip. We will also give you a tax deduction letter for the deposit, if you are unable to attend either trip.

The above $4,000 amount includes the following:

- $500 deposit
- Lodging
- Breakfast and dinner at our place of lodging and lunch at the clinic
- Water at our place of lodging and at the clinic
    - You may purchase your own additional beverages, if you choose
- $100 USD exchanged to KSh cash upon arrival
- Tips for housekeeping, translators, and drivers
    - You may offer additional personal donations / tips that you determine are appropriate
- Transportation while in Kenya from Nairobi and back
- Small medication donation for the clinic
- Safari excursion including transportation, lodging, and meals
    - We may take sightseeing trips during our time at the clinic, which will also be included in the trip price, less any entry fees or spending you choose to do on these optional trips

Out of pocket expenses:

- Your Passport, your Kenya Visa, your round-trip airfare to Nairobi from and to your home, your round-trip ground transport from your home to your local airport and back home
- Personal snacks and shopping
- Souvenirs – the sky's the limit, but $100 USD is the average most travelers spend
- Meals outside our place of lodging or the clinic

    - Once or twice per week we may go to a restaurant. This may be about $20 each, not including alcohol or tips, and is at your discretion
- Side trips that are not part of the group activities – hippo tours, animal preserve, museums, etc. can run about $30 per excursion (hot air balloon ride on safari is about $400 USD extra)

Find more information about mission trips here:
https://www.bonyokenyamission.org/get-involved#JoinatriptoKenya

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SCHEDULE

Times may be altered due to weather, other plans for the day, or other unforeseen reasons.

Overall, an approximately three-week-long trip includes:

- 2 days travel to arrive
- 10-14 days local to the clinic
- 1 day of travel to safari
- 2-3 days on safari
- 2 days travel to return home

Weekly Monday - Friday schedule:

Approximately 9 am, leave place of lodging and arriving at the clinic by 10am

Spend the day volunteering at the clinic and in clinic-related activities

Leave the clinic when all the patients have been cared for, approximately 5 pm

Saturdays:

Approximately 9 am – 1 pm volunteering at the clinic and in clinic-related activities

Social activities in the afternoons, evenings

Possibly side trips with the group, to be determined

Sundays:

Attend morning church service with our local hosts in the village at least once

This is a matter of politeness – it is not mandatory, but is suggested

Quiet time or social activities in the afternoons, evenings

Clinic-related activities may include, volunteering at the local primary and secondary schools, providing dental treatments to school children, teaching English, handwashing, hygiene, health education, and other school lessons, or helping in the village as needed.

If you have a desire to bring a project on the trip, contact us to determine appropriateness, time, resources, etc.

PASSPORT

You will need a valid passport with an expiration date of at least six (6) months after your return date, with at least two blank visa pages (which face each other) available. One is for the Kenya visa sticker and the one facing it is for the stamps.

There may be a layover during the flight, resulting in a day-trip, so assure you have extra pages.

How to apply for a US Passport:

https://travel.state.gov/content/travel/en/passports.html

If you need to order or renew your passport, allow for several months lead-time, unless you wish to expedite, which costs more money.

A Passport CARD is not valid for flying. Assure you have a Passport BOOK.

Leave a copy of your passport, personal identification, birth certificate, immunization information, and credit card information with someone at home. A friend in the group should hold another copy as the Embassy requires these to obtain urgent replacement should yours be lost while abroad. You might also want to email yourself and a family member copies.

Bring 3 printed copies of your passport for use at hotels or places which may require them.

Always refer to the official US Passport guidelines for any potential updated information not contained here!

IMMUNIZATIONS

Assure your immunizations are up to date according to your travel destination. Assure you have an immunization booklet with all dates listed. Contact your local health department or family physician to assure you are beginning the trip healthy and properly immunized:

- **Yellow Fever** – highly recommended

- https://www.cdc.gov/yellow-fever/index.html
- *You should receive this vaccine at least 10 days before your trip.*
- *Travelers can protect themselves from yellow fever by getting yellow fever vaccine and preventing mosquito bites.*

- **Typhoid** – highly recommended
  - https://www.cdc.gov/typhoid-fever/about/index.html
  - *Ask your doctor or nurse about a typhoid vaccine. This could be pills or a shot, and your doctor will help you decide which one is best for you.*
  - *See Vaccine Information Statements (VIS) for more information.*
  - https://www.cdc.gov/vaccines/hcp/current-vis/?CDC_AAref_Val=https://www.cdc.gov/vaccines/hcp/vis/current-vis.html
- **T-Dap or Tetanus immunization** - highly recommended
  - https://www.cdc.gov/vaccines/hcp/current-vis/tdap.html?CDC_AAref_Val=https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.html
  - *Tdap vaccine can protect adolescents and adults from tetanus, diphtheria, and pertussis. One dose of Tdap is routinely given at age 11 or 12. People who did not get Tdap at that age should get it as soon as possible.*
  - *Tdap is especially important for healthcare professionals and anyone having close contact with a baby younger than 12 months.*
- **Malaria** – required
  - https://www.cdc.gov/malaria/about/index.html
  - *Travelers can protect themselves from malaria by taking prescription medicine and preventing mosquito bites.*
  - *Talk to your doctor about which medicine is best for you.*
  - *There are prescription medicines you can take to prevent malaria.*
  - *Take this medicine **before**, **during**, and **after** your trip.*

Malaria medication options: Malaria is quite common in the area we serve. For this reason, we highly suggest you use of the chemoprophylaxis treatments below:

- Malarone (atovaquone/proguanil) is a daily tablet you take with food or a milky drink that contains fat. Take in the morning and continue for one week after return (#24 tablets total)
- Doxycycline oral is a daily tablet that you start 1-2 days before leaving and continue for four weeks after returning
- Lariam (mefloquine) is a weekly tablet that you start 1-2 weeks before leaving and continue for four weeks after returning. It can cause very vivid dreams and is not recommended if there is any history of depression or mental illness

You can also reduce your risk by preventing mosquito bites:

- Stay inside or covered up at dusk and dawn. Wear shoes, long-sleeved shirts/pants if you go out during this time. Wear bug repellent that contains DEET or a chemical called picaridin. Sleep under a treated bug net.

- **Other Immunizations** – check the CDC Traveler Immunization Recommendations and discuss with your primary care provider.
  - Consider Hepatitis A, Hepatitis B, Meningitis, Rabies, MMR, and Polio; and discuss them with your primary care provider.
  - http://wwwnc.cdc.gov/travel/
  - CDC Health Information for International Travel (called the Yellow Book)
    - https://wwwnc.cdc.gov/travel/page/yellowbook-home
    - https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya
  - Nonprofessional Health Information for Travelers to Kenya:
    - http://wwwnc.cdc.gov/travel/destinations/traveler/mission_disaster/kenya
  - Clinician Health Information for Travelers to Kenya:
    - https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya

- **COVID-19 VACCINE AND MASKS** - per the CDC International Travel During COVID-19
  - Follow all recommendations and requirements of the CDC, your transportation providers, your accommodation providers, from the start of your trip, and at your destination.
    - https://www.cdc.gov/covid/?CDC_AAref_Val=https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html

- **COVID-19 VACCINE** - at this time, Kenya does not have a COVID-19 requirement in effect.

Above italicized text is from the noted CDC websites. Also, check out the CDCs helpful hints, located on their sites: *Stay Healthy and Safe, Healthy Travel Packing List, Travel Health Notices, and After Your Trip.* Note that links may change. Search out the information for yourself to be an informed traveler. The information included in this section is for your convenience. Bonyo's Kenya Mission and its affiliates are not responsible for those who do not follow guidelines or safety protocol.

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REGISTER WITH THE STATE DEPARTMENT

At least two weeks prior to your trip, register with the US State Department:

https://step.state.gov/step/

- Create an Account; the website will walk you through the process
- You will not need your passport to complete the Registration, however the site does ask for your passport number. This is not required you can skip this step
- They will ask for your contact and address info, emergency contact info, passport info, and travel info
- See flight itinerary for dates of arrival and departure
- Destination Type: One-time Visit
- Purpose of Visit: Tourist
- Destination Contact Info: You will receive this info in an email, once the reservations are made for lodging
- Destination Address (Non-US Information): Kisumu, Kenya
- Additional Travelers: (Leave blank - unless you are traveling with family members)

You will receive several confirmation emails once you complete your registration.

Keep these emails in a file in your email where you can locate them.

Print your actual registration acceptance email in case it is requested at the border.

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OBTAIN YOUR E-VISA - now called the KENYA e-TA

(Travel Authorization) (effective 01/2024)

Purchase your Kenyan eTA online.

Visit this page for instructions:
https://docs.google.com/document/d/1pQeBPScCipJmz-resUdGbWwn2QxCfnK0/edit?usp=sharing&ouid=110813473641267217277&rtpof=true&sd=true

They change their site often, but these are some of the most recent logos for the correct page. Do not use other third-party vendors to purchase your e-visa!

Important to Note

1. Only use the official eVisa website, do not use third-party offers
2. Visa processing fee is nonrefundable and is the responsibility of the traveler
3. The possession of an e-visa is not the final authority to enter the Republic of Kenya
4. A visa is required prior to entry into the Republic of Kenya
5. The e-visa paper printout - **in color** - must be presented at the port of entry
6. Everything is subject to change

Normally, those traveling with BKM will purchase a Single-Entry Visitor / Tourist Visa.

The cost is less than $40 USD.

More information regarding visas is available here: https://kenyaembassydc.org/ www.immigration.go.ke

USA / KENYAN EMBASSY:

https://travel.state.gov/content/travel/en/us-visas/Supplements/Supplements_by_Post/NRB-Nairobi.html

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MONEY CONSIDERATIONS

Kenya Customs, Currency & Airport Tax regulations details

Kenya's national currency is the Kenyan Shilling (KSh).

US Dollars (USD) are accepted although it will require the buyer to understand the exchange rate.

We recommend you use local currency or credit cards to pay for restaurant bills, souvenirs, etc., when able.

Due to the number of fake notes in circulation, no US bills older than five years are accepted in Kenya. Your safest bet is to inform your bank that you are traveling and ask for new cash. $100 bills work best for exchanging.

Banking facilities and ATMs are available and major credit cards are widely accepted.

Using your card where cards are accepted, or at the ATM, will avoid having to worry about the exchange rates.

Exchange Rates and traveling money:

The current exchange rate from USD (US Dollars) to KSh (Kenya Shillings) can be found here:

https://www.xe.com/en/currencyconverter/convert/?Amount=1&From=USD&To=KES

The cost of living is much lower in Kenya, so your money will go further while in Kenya than in the USA.

Contact the customer service number on the back of any credit or debit cards you take to let them know your travel dates and locations (Amsterdam and / or London and Kenya).

Tipping

Tipping is customary in Kenya although it is at your discretion

A 10-20% tip is customary when a service charge is not included

- BKM will tip your housekeeping, translators, and drivers
    - You may offer additional personal donations / tips that you determine are appropriate

Shopping

There is a department store in Kisumu where you can buy shampoo, soap, conditioner, sun block, mosquito repellant, snacks, bottled water, hand sanitizer, etc.

We suggest saving your luggage space and weight for more important items, such as medication donations to the clinic or medical supplies. Co-pack with your travel buddies to save space / weight for personal items such as shampoo, soap, toothpaste, etc. Pack travel sized items and purchase larger items upon arrival. Leave leftovers behind to make space for souvenirs.

We will visit local markets as time allows.

Tax Deductible

This trip, with the exception of the safari and souvenirs, may be tax deductible as Bonyo's Kenya Mission is a 501c3 nonprofit organization.

BKM will send you a tax deduction letter covering all expenses, minus the personal expenditures such as the safari, and including your flight, after you provide us with the documentation, after returning from the trip.

Check with your own tax preparer for more details and deduction abilities.

SAFETY

As a safety consideration, please do not post publicly on social media that you are traveling to Kenya with BKM prior to your arrival.

You may post privately to your friends that you are traveling on a medical mission trip and would like donated supplies. Do not post publicly or tag BKM in your post.

Although there has never been an incident on a BKM trip, we ask that you honor the request of keeping our trip information private.

This request is not only due to safety concerns for our travelers, but if word gets out that we are arriving at the clinic at a specific time, patients may withhold medical attention and / or inundate the clinic beyond capacity. You will understand this request better, once you arrive at the clinic.

Dr. Bonyo will have several Kenyan phones that people are welcome to use for contacting family.

Contact your cellphone company to add international calls, if you feel this is important. You could alternately purchase a prepaid phone upon arrival or utilize the many free apps such as FaceTime, Facebook Calling, WhatsApp, etc. The hostel will have wifi to use free of charge, although most other places, including the clinic do not. Our group will use WhatsApp to communicate while traveling.

It is illegal in Kenya to take pictures in the airport or to take photos of uniformed personnel anywhere in the country including road stops. Please realize that when you "take" a photo of a person, you are literally "taking" from them something you may not have asked permission for. It is best to ask before taking a photograph of people, and offering a small token of appreciation upon receiving permission. Photos at the clinic, in the village, and on excursions are welcome and encouraged!

We ask that you share your photos on our BKM Facebook page, upon your return home, and to continue to keep in touch with our organization, far into the future! After the trip, public posting is encouraged!

https://www.facebook.com/BonyosKenyaMission/

https://www.instagram.com/bonyoskenyamission/

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PURCHASE YOUR AIRLINE TICKETS

Avoid altering your travel days from the group, as this costs BKM extra money in transportation fees from the final airport to the lodging destination. If you are planning your own trip prior to arriving in Kenya or afterward, assure your plans include you arriving or departing Nairobi at the same time as the rest of the group. Assure Dr. Bonyo knows your plans in advance.

Flights from Nairobi to Kisumu will be purchased in Kisumu for you and are part of the all-inclusive fee. If there will be an overnight stay in Nairobi or elsewhere during the flight in or out of Kenya, it will be included in the all-inclusive fee and arranged for you by BKM, as well.

Travel insurance is encouraged, and should be purchased at the time you purchase your ticket.

Traveling groups will be communicated with prior to each trip to coordinate an arrival in Europe with a flight to Nairobi that we must all be on together, as well as a flight out of Nairobi to Europe that we must all be on.

Bonyo will confirm travel dates then provide them to his travel agent. Travelers will then be able to contact the agent to get on the same flights to Europe and Nairobi.

- CHIMA TRAVEL
- C. Derek Chima, Travel Agent, Akron, Ohio USA
- derek@chimatravel.net
- 330.867.4770 800.535.9300
- Chima Travel 55 Metz Blvd., Akron, OH 44333
- chimatravel.net

Inform the agent that you are traveling with Bonyo's Kenya Mission.

You may coordinate and purchase your own flights, but you must arrive and depart from Europe (usually Amsterdam) with the group on our specified dates.

Those traveling with a college or other large group may have a trip coordinator who manages the group's travel plans separately, but in coordination with BKM. Check with your trip coordinator.

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DONATIONS PACKING

Your standard ticket will usually allow you to travel with two 50 pound checked bags and one carry on, not exceeding combined L x W x H measurements of 62 inches. (check your airline for confirmation.)

BKM hopes that you will be willing to participate in this very important part of transferring life-changing supplies from the USA to Kenya.

If you need donations to fill your bags, please contact BKM for additional supplies. BKM collects school and medical supplies throughout the year in preparation to take these items on our mission trips.

There may be a 'packing date' set before the trip where you can bring your bags to Dr. Bonyo's office to fill to the brim with important supplies. You can pack your own bag, so you do not have to worry about what you are traveling with. Let us know if you need additional large suitcases to take supplies.

Do not lock your travel bags, as security at the first airport will require looking into your bags. After inspection and before transferring your luggage to the conveyor belt, zip-tie, lock, or ask for TSA tape to seal your bag.

Tape extra zip ties to the inside of your bag, in case it needs to be inspected mid-flight and for the trip home.

Write your name and home address with a permanent marker on your bags, both checked and carry-on.

Write the hotel address in Kenya as the delivery address and include this inside or outside your bags.

Items to be taken over may include the following or other items of your choosing:

- Ibuprofen, acetaminophen, aspirin, other pain relievers/anti-inflammatories
- Vitamins: Daily / pregnancy / children's
- Toothbrushes / toothpastes
- Prescription medications
- Donated surgical items from hospitals (check with Bonyo first about need for larger items)
- Small medical equipment (not over 50 pounds including packing)
- Hand sanitizers
- Sanitary napkins (lack of this item keeps many girls from going to school)
- Condoms - male and female
- Sterile and non sterile exam gloves

- Sunglasses, eyeglasses (labeled with prescription strength if known), readers / cheaters
- Hotel shampoos, conditioners, soaps, lotions, shower caps, etc.
- School supplies: paper, notepads, pencils, pens, chalk
- Ball caps and hats with sun visors
- Sewing kits and buttons
- Soccer balls and pumps (official size, not toys) (deflated easier to transport) / soccer shoes (any size) / shin guards
- If you are unsure, please ask us if an item is a good idea

Be sure to ask your friends, family, and community groups to donate.

If you work in a hospital, ask the surgery department for the items they often toss and for any other unused supplies - especially oxygen and IV tubing and wound care supplies.Items do not need to be sterile, just clean. We can sterilize at the clinic.

Depending upon the item, opened, non-sterile, and outdated items are valuable resources for the clinic in Kenya. Ask us before you decide against a donation.

Remember that money from here buys a lot more there and for a lot cheaper, plus it is easier to transport.

We often leave our luggage at the clinic to store supplies, however, you can return with yours if you wish.

We suggest that you visit your local second-hand stores to purchase luggage for the trip so that you do not have to worry about losing or returning with your good luggage.

Carry-on your own stuff. Donations go in the checked luggage in case things get lost or confiscated in customs.

Items that you leave behind are appreciated!

We all work together and have airport carts for transporting between flights, so don't worry about ‘traveling light’!

DRESS CODE

Clinic:

Lightweight, breathable, and comfortable clothing such as cotton scrubs, t-shirts, jeans/slacks, closed shoes (second hand stores usually carry a nice selection of scrubs for about $5 per piece.) Scrubs are suggested for working at the clinic, even if you are not medical personnel. We suggest three sets of

scrubs or other outfits, at minimum for working at the clinic. There is laundry service at the hotel which you may choose to utilize.

Conservative slacks, jeans, long skirts, covering top (no short shorts / short skirts / exposing tops)

Shoes:

Comfortable, enclosed walking shoes. No bare feet! Heels are not suggested anywhere due to terrain. Sandals are not suggested in Kenya due to the parasites in the ground, but are comfortable for traveling.

Light evening jacket or rain jacket

Sun visors, hats, sunglasses are strongly advised

Laundry services are available for a small fee.

Sunscreen is important! It can be purchased upon arrival.

Consider a refillable water bottle to be part of your outfit!

We will be about 30 miles south of the equator…it's hot and sunny or hot and humid or raining most of the time.

The weather will be approximately 80F daytime and 60F nighttime, depending upon the season.

https://weather.com/weather/tenday/l/KEXX0005:1:KE

https://www.holiday-weather.com/kisumu/averages

PERSONAL PACKING

Pack all cameras, prescriptions medications, a change of clothes, toothbrush, earplugs, sleep mask, travel pillow, snacks, refillable water bottle, passport, itinerary, etc. in your carry-on bag.

Voltage adapter for your plug-in items: three-squared variety Type G



We suggest that you visit your local second-hand stores to purchase clothing for the trip so that you do not have to worry about losing or returning with your good clothing.

Kenya is hot and humid. Shop for clothing that is comfortable for you to wear in Kenya that you can afford to leave behind. This will offer the opportunity for you to travel light on the way home and not worry about losing or ruining your favorite things.

Suggestions for clothing include cotton and cotton blended or linen items, dress comfortably but with the thought in mind that Kenya is a very modest country. Take longer shorts and skirts, t-shirts or button downs, lightweight slacks, walking shoes, light jacket, hat with visor, and sunglasses.

It advised that you do not wear open shoes in Kenya. There are Jiggers and other parasites in the dust and dirt. http://www.jigger-ahadi.org/jiggers.html (graphic images!)

Sandals may be good for traveling, but are not recommended for everyday footwear.

Suggested clothing list:

- Two pairs of lightweight sports shoes (light hiking shoes or tennis shoes - good footwear is important!) (two pairs, so one can dry while you wear the other in case they get wet or muddy. Inexpensive rain boots can be bought or purchased as we may have to walk through some deep mud if the buses can't make it through.)
- Pack cotton, linen, or wicking clothing (Synthetic fabrics don't breathe well. It's going to be wet and warm!)
- Lightweight long pants and long-sleeved shirt for dusk and dawn. A light button down that you can throw over your t-shirt is good to have when the bugs come out.
- Shorts can be worn in the city (mid-thigh or capris)
- A light, well covering dress or skirt or a sarong over shorts that covers knees with a well covering top for women and an appropriate shirt and long pants for men (open air church services, so dress cool and comfortable, but discreet.)
- Sets of scrubs or other clothes for being comfortable working at the clinic. (Avoid taking your employer's work scrubs.)
- One pair of sandals (sandals are for the airport and wearing around the lodging areas)
- Swimsuit – optional but there might be an opportunity to swim
- Don't over pack on socks, underclothes, accessories (there is laundry service available)

One outfit to wear and two to wash is a good rule of thumb for light packing.

Shampoo, soap, toothpaste, toilet paper, etc. can be purchased at the local store. This is easier than carrying it across the world. Share products with roommates to save on costs and leave leftovers behind; the housekeeping staff appreciates the donation!

Take as few personal items as possible in both carry-on and checked bags. All non-personal items should be in checked luggage.

Pack with the thought in mind that nearly everything you take; you may want to leave behind at the clinic or with the friends you will meet!

When you pack, it works really well, and makes inspections at borders easier, if you keep items separated in gallon storage bags (one for underclothes, one for shirts, one for bottles of medication, one for bathroom stuff.... press all the air out of the bags, and you will be amazed at how much space you have.)

Do not pack with plastic shopping bags, which are now illegal in Kenya.

Make sure bottles of liquids fit inside a sandwich baggie or meet the TSA regulations.

https://www.tsa.gov/travel/security-screening/liquids-aerosols-gels-rule

Personal medical kit:

- Antimalarial
- Cipro (500mg 4 tablets) or Zithromax (500mg 4 tablets) (ask your primary care physician to prescribe these for you – just in case)
- Lomotil / Imodium tablets
- Ibuprofen or acetaminophen
- Dramamine, Bonine, or other meclizine (motion sickness) medications (for flight and long bumpy roads)
- Personal prescriptions

Contact lenses can be a challenge to keep clean. Bring back up prescription glasses. Sunglasses are essential (polarized suggested).

A daypack, fanny pack, small purse, or a traveler's hidden wallet / belt are a real convenience. Do not bring a bulky handbag.

If you plan to take your cell phone, talk to the service provider about options. It can get expensive and may not actually work even if you plan ahead. Facebook, FaceTime, Skype, etc. are better ways to communicate with family, friends, and co-workers at home. The hostel will have free wifi to use.

Do not take or wear expensive jewelry and avoid taking expensive electronics, if you can.

Miscellaneous Personal Packing:

- Bed net –not necessary, as our place of lodging usually offers them and they are sold in stores
- Water bottle – you can bring your own or purchase one at the local grocery store to refill

- Journal or diary
- Camera / charger...long lens if you have one for safari
- Travel alarm
- Duct tape...1001 uses!
- Travel sewing kit
- High protein snacks (bars, trail mix, peanut butter) our lunch at the clinic usually consists of chapati and tea.
    - There is a grocery store where you can purchase snacks. Consider how you usually eat and snack-pack accordingly. Be aware that the patients at the village do not have these luxuries and will be very interested in what you bring. Sharing is caring.
- Voltage converter / adapter – check your device (often those with 'blocks' are both 110/220 and do not need a converter, only a plug adapter. Adapter strips with multiple US plugs are a true convenience.
- All-in-one surge protectors are good to protect electronics. If the plugs are two-prong non-grounded use #300 adapters. For three-prong grounded plugs use the #3G plug adapters
- Wristwatch - although we will be on "Kenyan Time" meaning we rarely actually follow the scheduled times...be flexible and get used to it!
- Comfort items (iPod, books, games, card etc.)
- Phone, camera, or other charger blocks and cords
- Spending money - we will provide you with $100 KSh, already exchanged.
    - Spending more is easy to do, so be prepared just in case, you can get more from the ATM
- Credit card for emergencies – especially 'shopping emergencies'.
    - Contact your banking institutions before leaving home
- Small precious or useful items to trade at market or for gifts
    - Gifts with a personal touch or USA-theme go over well

Medical staff packing:

- Purell, large one and small travel one to refill
- Stethoscope if you have one, if not we will have some extra at the clinic
- Penlight or headlamp
- Box of medical gloves in your size
- Tropical disease reference book (Oxford text recommended), Sanford / Pharmacopeia guide
- Leatherman / Swiss army knife - do not pack in carry on
- Duct tape
- Small notebook, calculator

MISCELLANEOUS

Mosquitoes:

Malaria is a serious condition and travelers must prepare against it by taking an antimalarial medication as prescribed by their physician.

Zika is also present in Kenya. Discuss your travel plans with your primary care provider regarding this virus and your health while traveling and after returning. https://www.cdc.gov/zika/geo/index.html

Optional - Treat clothing that you plan to wear at night with permethrin spray, which can be obtained where hunting / camping supplies are sold.

Restrooms:

Using the restroom may be a new experience for you away from our place of lodging. While at the clinic, there is an outhouse with a 'pit latrine' or you might come across a 'squatting toilet' while on side trips.

https://en.wikipedia.org/wiki/Pit_latrine

https://en.wikipedia.org/wiki/Squat_toilet

Ladies...you might like to bring a 'feminine funnel'. Several options are available; check your local camping store or online (search 'female urination device').

Other:

There are many street children in Nairobi and Kisumu. You should not give them money or anything more than a loving smile. Beware that it can invite more children than you can handle.

Do not drink the tap water or eat fruit or vegetables that do not have a peel or have not been cooked or washed with boiled water.

Shaking hands when greeting people is an important custom. You generally shake hands with everyone when first meeting them. Holding your right forearm with your left hand is considered a sign of respect for elders and leaders.

Time is not as defined for Kenyans as it is for us, hence the term "Kenyan Time", so chill out, do not be in a rush or you will get frustrated. People are used to waiting around for others. Take the time to enjoy…

It is considered rude to ask someone to come by curling one / multiple fingers up. Rather point your palm downward if you use your hand to call someone. Pointing is also rude.

Show approval with two thumbs up.

Eye contact is important to establish trust.

People generally like to acknowledge titles (Doctor, Professor, Madame, Sir, etc.)

If you learn just a few words and use them, your effort is appreciated!

When welcomed into someone's home, you should sit on the outside wall unless invited to sit elsewhere.

Hand washing is done before and after meals and is often done with a basin with soap and boiled water. Generally, there is no towel to dry your hands but they will air dry quickly.

When served a meal it is important to try all of the foods and to finish what you take. This can be difficult so be careful what you choose. It is more difficult when you are served, but keep in mind that it is an honor to be able to offer you a drink or food, and it might be more than they normally have for themselves.

Kenyans recycle! Glass bottles must be returned to vendors. Plastic bottles can be reused and are valuable to the Kenyan people. Plastic shopping bags have been outlawed in Kenya.

Your translators and other helpers will appreciate any items you leave with them.

If you give individual children gifts, you may have a swarm and it can lead to a fight. Give gifts to an adult in charge to distribute later.

Afternoon tea is a common tradition. Kenyan tea is the best in the world. Be sure to bring some back with you! Ask for your tea black (without milk) or English style (with milk).

Kenyan coffee is also the best! You can buy coffee beans at the grocery store or coffee shop to take home for yourself and as gifts.

It is quite common to see friends holding hands or dancing with each other. Feel free to join in this loving tradition!

LANGUAGE

Here are a few phrases you might want to learn in Luo and Kiswahili. Most of the people we interact with speak English but also speak Luo and Kiswahili. They like to teach us their languages so it is good to get a head start!

Luo is the tribal language of the people in Kisumu and around the clinic.

Swahili, also known as Kiswahili, is a Bantu language and the first language of the Swahili people. It is a lingua franca of the African Great Lakes region and other parts of eastern and southeastern Africa, including Tanzania, Kenya, Uganda, Rwanda, Burundi, Mozambique, and the Democratic Republic of the Congo.

Don't worry, most everyone in the city speaks English, as it is the official language of Kenya.

In the village, the elders may only speak Luo. We will have translators with us when working in the clinic and schools.

Luo	English	Kiswahili
Misawa	Hello	Habari (or) Jambo
Ber! (or) Idhi nade?	How are you?	Habari gani?
Ber ahinya.	Fine, good, terrific	Nzuri
Ero kamano	Thank you	Asante or Asante sana
Oriti	Goodbye	Kwaheri
Baba (father) (or) dichuo (man)	Male	Bwana
Mama (mother) (or) dhako (woman)	Female	Mama
	What's your name?	Jina lako nani?
	My name is / I am called	Jina langu ni/ Ninaithu
	No	Hapana
	Yes	Ndiyo (Lit. it is so)
	I don't understand	Sifahamu (or) Sielewi
	Toilet, bathroom	Choo, bafu
	How much does it cost?	Pesa Ngapi?
	Reduce the price, come down a little	Punguza kidogo
Daktar	Doctor	Daktari
Mos ahinya	Sorry, pardon	Samahani
ja rachar	White person	mzungu

https://www.omniglot.com/language/phrases/swahili.php

RETURNING HOME

- Continue antimalarial medicine as directed
- Obtain a TB skin test 10 weeks after returning
- Share photos and stories so that we can update our website

Especially when it is your first trip to a developing country, it is normal to experience ‘culture shock’ and ‘reverse culture shock’.

As with culture shock, many aspects of reverse culture shock are subjective, therefore each person will have a unique experience in readapting to their home culture. Research indicates some common patterns existing among most sojourners' reentry experiences.

In contemplating your return, consider these three main points:

- *Home has changed*
- *You have changed*
- *You have adapted to another culture and now you must readapt*

General Challenges

- It is difficult to convey the emotions of your experience to your friends and family…understand that they did not experience the trip as you did. They love you and want to hear about your experience, but to them it is a story, not an experience.
- Friends and family will want to catch you up to date, but you may feel that it is not as important as what you have just experienced…understand that it is important to them, similar to how you feel when you want to talk about your experience.
- You may miss being abroad where you were different for several reasons, and may have felt special…at home you are back to your normal self…that’s ok!
- You miss the tight-knit community you were a part of in Kenya. You can continue to be a part of BKM!

Read more here about Managing Reverse Culture Shock:
https://2009-2017.state.gov/m/fsi/tc/c56076.htm

The welcome mat is always out at Bonyo’s Kenya Mission for our volunteer travelers and we ask that you keep in touch with us for years to come.

Keeping in touch with BKM will help to alleviate longing for your experience that you may have.

Bonyo's Kenya Mission website:https://www.bonyokenyamission.org/

Bonyo's Kenya Mission on Facebook: https://www.facebook.com/BonyosKenyaMission/

Bonyo's Kenya Mission on Instagram: https://www.instagram.com/bonyoskenyamission/

Contact Us: PO Box 13045, Fairlawn, OH 44334 info@bonyoskenyamission.org

Many volunteers for BKM have been to Kenya at least once, some multiple times, and we love to talk about it so feel free to contact us.

We would appreciate it if you send us written reflections of your trip that we can share on our web and Facebook.

Let us know when you are ready to travel again!

PLEASE COMPLETE THIS SHORT SURVEY UPON YOUR RETURN

https://forms.gle/f2UmedbPmAFnVvTr7

Thank you for joining us on our mission trip!

Expect to have a life-changing experience!



TRAVEL CHECKLIST

https://docs.google.com/document/d/1uoje7SFMseXXsZbWwxXpq6VqjAP5_WIm/edit?usp=sharing&ouid=100409033163943182365&rtpof=true&sd=true

NOTE THAT ALL INFO IS SUBJECT TO CHANGE BY THE ENTITIES WHO PROVIDE THE ORIGINAL INFORMATION. IF YOU FIND OUTDATED INFORMATION WITHIN THIS TRAVEL HANDBOOK, PLEASE NOTIFY BONYO'S KENYA MISSION.

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