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(When buying supplies, remember to set up your **smile.amazon.com** to support Commission Mankind)

TRAVELING TO NAIROBI, KENYA INFORMATION APRIL- AUGUST MISSION TRIPS

Compiled by Board Member Jake Ross

HOW TO GET CONNECTED TO A MISSION TEAM:

Contact our Mission Director: kristy@commissionmankind.com

Jambo = Hello

God bless you = Mungu akubariki

Good bye =kwaheri

FYI:

"BE PREPARED, NOT PLANNED"

Nairobi, Kenya was founded in 1899, and quickly grew to replace [Mombasa](#) as its [capital](#) and is now the largest city of [Kenya](#). The [Maasai](#) name means "cool water", which is reference to the [Nairobi River](#) which flows through the city. The city is popularly referred to as the [Green City in the Sun](#) and has an elevation of 5,889 ft. As Nairobi is situated close to the equator, the differences between the seasons are minimal. The seasons are referred to as the [wet season](#) and [dry season](#). The timing of sunrise and sunset varies little throughout the year for the same reason.

Nairobi is adjacent to the eastern edge of the [Rift Valley](#), minor earthquakes and tremors occasionally occur. [Mount Kenya](#) is situated north of Nairobi, and [Mount Kilimanjaro](#) is towards the south-east.

Main languages: **English** and **Swahili** (excerpts taken from Wikipedia)

TRIP TRAVEL COSTS:

Airfare: Contact travel agency: \$1300.00 +/-

Hotel/lodging: \$500.00 +/-

Food: \$

Taxes: Be prepared to pay 80% on your personal electronics value if they so choose- solar/green energy electronics are not taxed.

Personal spending money for snacks & souvenirs: The Akamba people are considered the best wood carvers, and have long been known as skilled woodworkers. Buying from them will show great support.

Suggestion for suitcase/Travel crates/totes- Three 50 lb check on luggage is allowed per person:

- HDX 27 gallon tough tote 017567118420 from Home Depot make excellent luggage. <https://www.upcindex.com/17567118420> (\$12.00 at Home depot or smile. Amazon to support commission mankind 5 pk for \$97.90 w/ free shipping) **Please note these do NOT have wheels an added expense of a luggage cart and airport assistance will incur.

MONEY:

- **Money exchange rate:** Kenyan shilling - The exchange rate can change unexpectedly. You can bring cash and exchange at airport upon arrival or from banks or exchange offices in Nairobi.
- Download a c=money converter app to keep up with current rate of exchange.
- ATM's may be hard to find and may not always be reliable. You are allowed to withdraw up to \$400.00 per day.
- Recommended to check with your credit card company and advise them of your dates of travel and check the Foreign transaction fees.
- Make sure your credit card expiration date is 6 months out from your intended date of departure.
- Payments by credit/debit card can be difficult as many outlets do not yet have the facility to process cards. The lines go down (and this is fairly frequent) and credit card use won't work. Always ensure you have access to cash, even if you don't carry much on you (and I would recommend that you do not).
- If you bring cash to exchange to Kenyan, keep it somewhere safe and hidden on your person. Any tipping should be done in KES. USD are very little use to workers in Kenya because they have to deal with exchanging it to Ksh, so for a driver or waiter that becomes an extra burden, especially when dealing with small amounts. They lose a significant percentage of the value of the currency in the conversion.

VISAS:

- ***Passport Health** – Visas for Kenya are set by the local government and the Kenyan government can change the visa fee amount at any time.
- \$51.00 a visa is required for travel to Kenya **at least one(1) week** before travel departure. They are only valid for one (1) month and cannot be applied for until you have your confirmed travel itinerary.
- Apply for your visa on line. The e-visa can be obtained through **www.evisa.go.ke**. There are No visas on arrival. Easiest visa is just a tourist and can take up to 2 days to process. Visa fee is non refundable since the application will be processed for approval or non approval
- Documents required for Tourist visas:
 1. Travel itinerary (Details about places to visit if going as a tourist).
 2. Hotel bookings
 3. Return air ticket
 4. Passport size photo
 5. A copy of the passport

PASSPORTS & OTHER TRAVEL DOCUMENTS:

Travelers must have a passport that is valid for at least three to six months past the intended date of departure.

Documents Recommended:

- Copies of your passport and travel documents. Make two copies of all of your travel documents in case of emergency, and leave one with a trusted friend or relative.
- Copies of all prescriptions (medications, glasses, or medical supplies)
- Health insurance card and documents
- Proof of yellow fever vaccination (if required for your trip)
- Contact card with the street addresses, phone numbers, and e-mail addresses of: Family member or close contact in the United States
- Health care provider(s) at home
- Lodging at your destination
- Hospitals or clinics (including emergency services) in your destination
- US embassy or consulate in the destination country or countries
- Printable checklist: https://travel.state.gov/content/dam/NEWTravelAssets/pdfs/Travelers%20Checklist_V6%20web.pdf

- AAA offers a one year international drivers license for approx. \$20.00. If you think you may drive, it is recommended you get one. It may also serve as a extra form of locally approved Identification.

WHAT TO PACK/BRING:

Pack smart:

- Pack for a healthy trip. A complete travel health kit includes first aid items, sunscreen, insect repellent, over-the-counter medicines, and all your prescription medicines.
- If you take any medicines regularly, pack enough for your whole trip plus a little extra, just in case.
- Check with the US embassy or consulate of the country you will be visiting to make sure your prescription medicines are permitted there. Not all medicines, even if they are prescribed by a doctor, are legal in all countries. Read more about traveling abroad with medicines.
- **Register for the US State Department's Smart Traveler Enrollment Program (STEP).** This free service provides travelers from the United States with important safety information in your destination and helps the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency. <https://step.state.gov/>
- Also, check with the U.S. foreign embassy of the country you will be visiting to make sure your prescription medicines are permitted at your destination.
- For carry-on: All liquids, gels and aerosols must be in 3.4 ounce (100ml) or smaller containers. Larger containers that are half-full or toothpaste tubes rolled up are not allowed. Each container must be 3.4 ounces (100ml) or smaller. ***And all **liquids**, gels and aerosols must be placed in a (1) single, quart-size, zip-top, clear plastic bag. If you **need** to bring more than 3.4 ounces of any **liquid** or gel substance, it should go into your checked luggage or be shipped ahead.

Here are some essential items to consider for your trip to Kenya:

- Solid food items (not liquids or gels) can be transported in either your carry-on or checked bags. Protein bars or jerky are great items to pack because most days we will be traveling during lunch time.
- The flight is about 22 hours be prepared for idle time. Bring snacks, book, Ipads, laptop, download games and music on phone, etc.. Especially if traveling with children.
- Carry hard candy and gum to help ears from popping on the takeoff and landing of plane.
- Neck pillow
- Noise reduction earphones or ear plugs
- Chargers for all electronics & cameras

- Flashlight or headlamps with rechargeable or solar powered batteries. This will also make a wonderful parting gift for host family or new found friends.
- Toilet paper or Kleenex purse packs - You are responsible to provide your own paper for the squatty potties.
- An Eye mask or Melatonin to help sleep on plane and help counteract jet lag when you get here.
- Insect repellent & sunscreen. Use EPA-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- Travelers may experience diarrhea from water or food they are not used to. Bring diarrhea medicine or a travelers' diarrhea kit.
- Light clothing for hot temperatures, with warmer options for cool nights.
- Umbrella or rain gear if you plan to travel during rainy season.
- Culturally appropriate clothing (i.e.: knee length dresses, and pants, but no shorts, please)
- Comfortable shoes- Pack extra shoes in case one pair gets wet or muddy. Do not go barefoot. Consider protective footwear when swimming in open water to avoid injuries that could lead to infection. Even on beaches there may be animal waste that can be a source of human infections.
- Pack snacks- preferably not chocolate due to heat.
- Hidden money belt/bag to protect your travel documents.
- School supplies to hand out to local children (i.e.: pens, pencils, folders, erasers, etc..)
- Hand sanitizer/wipes
- Printed copies of all travel documents: tickets, visas, passport, Dr. License, vaccination records, hotel information/reservations, etc... to carry in your carry on/backpack/ check in luggage.
- Refillable water bottle with clip
- Back pack/small tote bag
- Driver license or second source of photo ID is a must.
- Zip ties for luggage

* Trip Tips:

- Download a **world clock app** on your smart phone so you will have correct time and be able to set alarms when necessary and a **currency exchange app** so you'll understand how much things costs.
- Get a world travel adapter found at Ross & TJ Maxx. To use an electrical device in **Tanzania** and **Kenya** (where the voltage can be 220/230/240) and the appliance is multi-voltage (says input 100-240 volts) or dual voltage (says input 125/250 volts) you **should** only **need** a plug with three rectangular prongs on

your power strip or **adapter**. For Kenya the associated **plug type is G**, which is the **plug** that has three rectangular pins in a triangular pattern. Kenya operates on a 240V supply voltage and 50Hz.

- Adapt to brushing your teeth and rinsing your tooth brush with bottled water.
- **Follow these tips to avoid airplane ear:**
 - Yawn and swallow during ascent and descent.
 - Chew gum or suck on hard candy
 - When worn according to directions, high-quality Mack's® Flightguard® **Airplane Pressure Relief Earplugs help** to protect the **ears** from painful air pressure changes and reduce noise.

TRAVELING WITH MEDICATIONS:

Pack smart and put your medicines in your carry-on luggage. You don't want to be stuck without them if your suitcase gets lost!

- Bring enough medicine to last your whole trip, plus a little extra in case of delays.
- Keep medicines in their original, labeled containers. Ensure that they are clearly labeled with your full passport name, doctor's name, generic and brand name, and exact dosage.
- Bring copies of all prescriptions, including the generic names for medicines.
- Leave a copy of your prescriptions at home with a friend or relative in case you lose your copy or need an emergency refill.
- Pack a note on letterhead stationery from the prescribing doctor (preferably translated into the language understood at your destination) injectable medicines, such as EpiPens and insulin.
- Keeping a detailed list of **your medications** on **your** smartphone or in a pocketbook is **the** best way to know exactly what you have in case you are asked by a **TSA** officer during your screening process. Over-the-counter pills and vitamins are OK to pack in your **carry-on** luggage. The pills don't have to be in their original sealed container, and you **can** put them in a pill minder or other container.
- The U.S. Department of State recommends storing **medications** in their **original** labeled **containers** and bringing a copy of a doctor's letter to show customs officers and other officials if **necessary**. The prescription should note the brand and generic name of the **drug**

CLIMATE:

Nairobi's elevation is 5,889 ft. and is situated close to the equator so the differences between the seasons are minimal. The average high temperature is typically in the 70's, with lows in the 50's at night. Temperatures stay relatively consistent in Kenya throughout the year.

- **Wet Season** – November to May. The heaviest rain usually lasts from March through May, and this entire season features high humidity. Daytime temperatures are often in the 80's.
- **Dry Season** – June to October. Kenya's dry season is its coldest season. Lows are usually in the 50's at night but up to 70's in the day. Higher altitudes will experience colder temperatures.

SHOTS:

- **COVID-19 TESTS:** COVID-19 Testing Required for U.S. Entry & Proof of vaccinations may also be required for some travelers.
- Need a Covid PCR test within 96 hours of arrival.
- Passengers aged 2 years and older must hold a completed a 'Passenger Disclosure and Attestation to the United States of America' form and present prior to boarding.
- Print & fill out forms for children Covid 19 attestation forms: <https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Deplacements-entre-la-metropole-et-les-territoires-d-Outre-Mer>
- Print & fill out form for Covid 19 attestation forms: <https://img.static-af.com/m/daf1a9d712d122f/original/Formulaire-Covid-US.pdf>
- Effective January 26, the Centers of Disease Control and Prevention (CDC) will require all air passengers entering the United States (including U.S. citizens and Legal Permanent Residents) to present a negative COVID-19 test, taken within three calendar days of departure or proof of recovery from the virus within the last 90 days. Airlines must confirm the negative test result or proof of recovery for all passengers two years of age and over prior to boarding. Airlines must deny boarding of passengers who do not provide documentation of a negative test or recovery.
- If possible, children should complete their routine childhood vaccines on the normal schedule before traveling overseas.

Please see CDC FAQ for answers to questions about the new requirement for proof of negative COVID-19 test or recovery from COVID-19 for all air passengers arriving in the United States.

- Many Passport Health locations are offering **Fit-To-Fly medical certificates**. Fit-to-Fly medical certificates and Fit-To-Travel health forms are required by many airlines and countries in their efforts to keep others from getting infected as operations and economies slowly reopen. These documents provide travelers with proof they received a negative COVID-19 test that was reviewed by a medical professional prior to travel. In most cases, travelers are required to take the COVID-19 test within 72 to 96 hours of departure, depending on the airline or destination.
- ****MAKE SURE THE TIME AND DATE ARE ON YOUR NEGATIVE TEST RESULT CARD.**

Baton Rouge 18389 Petroleum Dr. Suite B Baton Rouge, LA 70809 225-636-2601
Covington 100 Innwood Dr. Suite A Covington, LA 70433 504-456-8515

Metairie 3621 Ridgelake Dr., Suite 206 Metairie, LA 70002 504-456-8515
www.passporthealthusa.com or call [1-888-499-7277](tel:1-888-499-7277)

The following vaccines are recommended or required for Kenya:

- The [CDC](#) and [WHO](#) recommend the following [vaccinations](#) for Kenya: [hepatitis A](#), [hepatitis B](#), [typhoid](#), [cholera](#), [yellow fever](#), [rabies](#), [meningitis](#), [polio](#), [measles, mumps and rubella \(MMR\)](#), [Tdap \(tetanus, diphtheria and pertussis\)](#), [chickenpox](#), [shingles](#), [pneumonia](#) and [influenza](#).
- <https://www.passporthealthusa.com/destination-advice/kenya/>
- Check with your local Parish Health Unit for information about receiving these shots for \$10.00 a visit.

FOOD:

Nairobi is home to [nyama choma](#) or roasted meat.

Ugali is Kenyan cornmeal

Samosas- meat filled fried rolls

(Be prepared to pay for your own meals.)

Contaminated food or drinks can cause [travelers' diarrhea](#) and other diseases. Travelers to developing countries are especially at risk. Reduce your risk by sticking to safe eating and drinking habits. The following are Food & Beverage recommendations from the Centers for Disease Control and Prevention (CDC) <https://wwwnc.cdc.gov/travel/page/food-water-safety>:

- High heat kills the germs that cause travelers' diarrhea, so food that is cooked thoroughly is usually safe as long as it is served steaming hot. Be careful of food that is cooked and allowed to sit at warm or room temperatures, such as on a buffet. It could become contaminated again.
- Please note that most germs require moisture to grow, so food that is dry, such as bread or potato chips, is usually safe. Additionally, food from factory-sealed containers, such as canned tuna or packaged crackers, is safe as long as it was not opened and handled by another person.
- Fruits & vegetables with a peel are safe if you peel them.
- Food that is cooked and served hot
- Food from sealed packages
- Hard-cooked eggs
- Fruits and vegetables you have washed in safe water or peeled yourself
- Pasteurized dairy products

DRINKING:

- Water, sodas, or sports drinks that are bottled and sealed. Carbonated is safer because the presence of bubbles indicate that the bottle or can has been properly sealed. If drinking directly from a can, wipe off the lip of the can before your mouth comes into contact with it. (Water from a reputable company like Dasani is usually a safe bet)
- Hot coffee or tea should be safe if it is served steaming hot.
- Water that has been disinfected (boiled, filtered, treated)
- Sodas from a fountain are made by carbonating water and mixing it with flavored syrup. Since the water most likely came from the tap, these sodas are best avoided. Similarly, juice from a fountain is most likely juice concentrate mixed with tap water and should be avoided.
- Avoid ice in developing countries; it was likely made with tap water.
- If you washed the fruit in safe water and squeezed the juice yourself, drink up. Juice that was squeezed by unknown hands may be risky. The same goes for ice pops and other treats that are made from freshly squeezed juice.

EXTRA CURRICULAR ACTIVITY:

You will be given a free day:

***We DO NOT schedule safaris.**

There are many activities you can choose from but here are a couple suggestions:

- 1. Giraffe Center**
- 2. Masai Market**
- 3. Zoo**

WHAT NOT TO BRING:

***NO DRONES**

***NO WEAPONS**

***NO DRUGS** - In Kenya, penalties for drug possession, trafficking, and use are severe. There are also strict rules about the sale and consumption of alcohol and cigarettes. Penalties for public intoxication are severe. Smoking is only permitted in public in designated areas.

***PLASTIC BAGS: Kenya Plastic Bag Ban** - as of August 28, 2017 plastic bags are banned from use in the country by one of the most stringent laws in the world. Violations of the law are punishable by fines of up to \$38,000 and up to four years in prison.

**** Generally, NO CAMOUFLAGE CLOTHING.** Wearing any camouflage or military-style clothing may land you in trouble in Kenya. African governments are wary of any person posing like a military officer and will question you about your intentions and where you're from.

****NO SHORTS-** It is inappropriate to wear shorts in public for both men and women. The shorts that we're referring to would ordinarily be cut above the knee and sometimes tightly fitting.

****AVOID DARK BLUE OR BLACK COLORS** - wearing black and dark blue clothes will make you more attractive to tsetse flies and if out in the wild or on safaris may make you a target for an animal attack.

**** Generally, NO TANK TOPS FOR OUTERWEAR** -Other than the fact that tank tops will expose you to more tsetse fly and mosquito bites, some of the more conservative places in Kenya may find them inappropriate.

****DO NOT WEAR EXPENSIVE JEWELRY OR WATCHES** - The main reason for this is that it makes you stand out and this increases your chance of being a target of pickpockets and people with ill motives.

**** Generally, NO YOGA PANTS IN PUBLIC** -Clothes that are too tight like yoga pants etc... may not be considered appropriate in the rural villages of Kenya, but are fine in Nairobi.

TRAVELING WITH MINOR:

- A notarized letter of consent will be **required** for **children** who **travel** without one or both of their parents or legal guardians. If the child is five or over they can travel alone, provided that the person responsible for the minor signs a Waiver of Responsibility and guarantees that an identified adult will take charge of the child in the arrival airport.
- Anyone under the age of 17 who is flying **alone** on an **international** flight may be required to produce a signed letter of consent from a parent or responsible adult. The **permission letter** should give the **child's** name, date of birth, the dates of **travel**, the name of the adult companion, the allowed **travel** destinations and the reason for **travel**. Contact phone numbers for both parents, their full names and their signatures should also be included.

TRAVEL INSURANCE:

Listed below are a few suggested companies that offer travel insurance to cover the cost of trip cancellations, interruptions, medical expenses incurred while abroad and trip delays. If you decide you would like travel insurance, you may choose the company and plan that best suits your needs:

- <https://www.travelguard.com/>
- <https://portal.trawickinternational.com/document/brochure/83/>
- <https://www.squaremouth.com/>

NOW FOR THE FUN PART!

OUTREACH OPPORTUNITIES MINISTERING TO THE KAMBA PEOPLE:

(Notes from Joel Dicharry)

What will ministry days look like:

- Wake up, have breakfast, **morning devotions**, **team meet up** and head to a village where we are working. Note that you will experience jet lag typically 2-4 days after you arrive. It's normal to feel tired on those days.
- There we will do **door to door ministry**: **healing** the sick, **praying** with people, **evangelizing** and **loving** on the poor.
- We have scheduled school visits where we will minister the gospel to children using THE JESUS STORYBOOK and sing and worship with them
- Every well site has a CELEBRATION SERVICE when the wells are completed where we will **preach the gospel**, **feed the town** and **baptize**. This is an exciting event!!
- Every evening we will get back together and take communion as a team.
- Then eat, shower, rest up for the next adventure.
- We move at the pace of the Holy Spirit
 - There is no competition in the Kingdom works
 - There is no rush, we work in the ministry of peace
 - We pay attention to the needs of each member and minister together as a team.

What to expect upon arrival:

- Most flights into Nairobi (JOMO) arrive late in the evening.
- Due to this fact, we recommend booking the Hilton Gardens Inn which is located just near the airport.
- The Hilton will provide a bus and trailer to pickup everyone at the airport and transport them to the Hotel.
- CMK has a commercial account with the Kenyan Hilton or you can do this through your travel agent. (This will not be included in the daily cost).
- When booking, please discuss the breakfast and airport pickup, as we have this included in our negotiations with the local Hilton.
- The following morning we will pick up the team from the Hilton Gardens and transport them to the village located about 3 hours South East of the Hotel.
- A light breakfast and a hearty supper will be provided each day.
- We recommend bringing protein bars, or eating fruit during the mid day travels.
- Sleeping arrangements will include:
 - Housing
 - Beds
 - Mosquito nets
 - Sheets and pillows
 - Housing amenities will include
 - Clean Drinking Water!
 - Laundry service (washing by hand in buckets and drying by line)
 - Daily cleaning
 - Dishwashing
 - Towel service

When your stay is over you will be given a ride back to the airport for your flight.

“Look at the nations and watch—and be utterly amazed. For I am going to do something in your days that you would not believe, even if you were told.”

Habakkuk 1:5

[U.S. Embassy Nairobi](#)

United Nations Avenue Nairobi

P. O. Box 606 Village Market

00621 Nairobi, Kenya

Phone: 254 20 363-6000

****PLEASE DO NOT FRIEND REQUEST OR ACCEPT A FRIEND REQUEST FROM A KENYAN NATIVE IF YOU HAVE NOT PERSONALLY MET THEM FIRST. EVEN IF THEY ARE MUTUAL FRIENDS WITH COMMISSION MANKIND, JOEL, JOYE, OR OTHERS YOU MAY KNOW. THIS IS UNSAFE AND NOT RECOMMENDED.**