

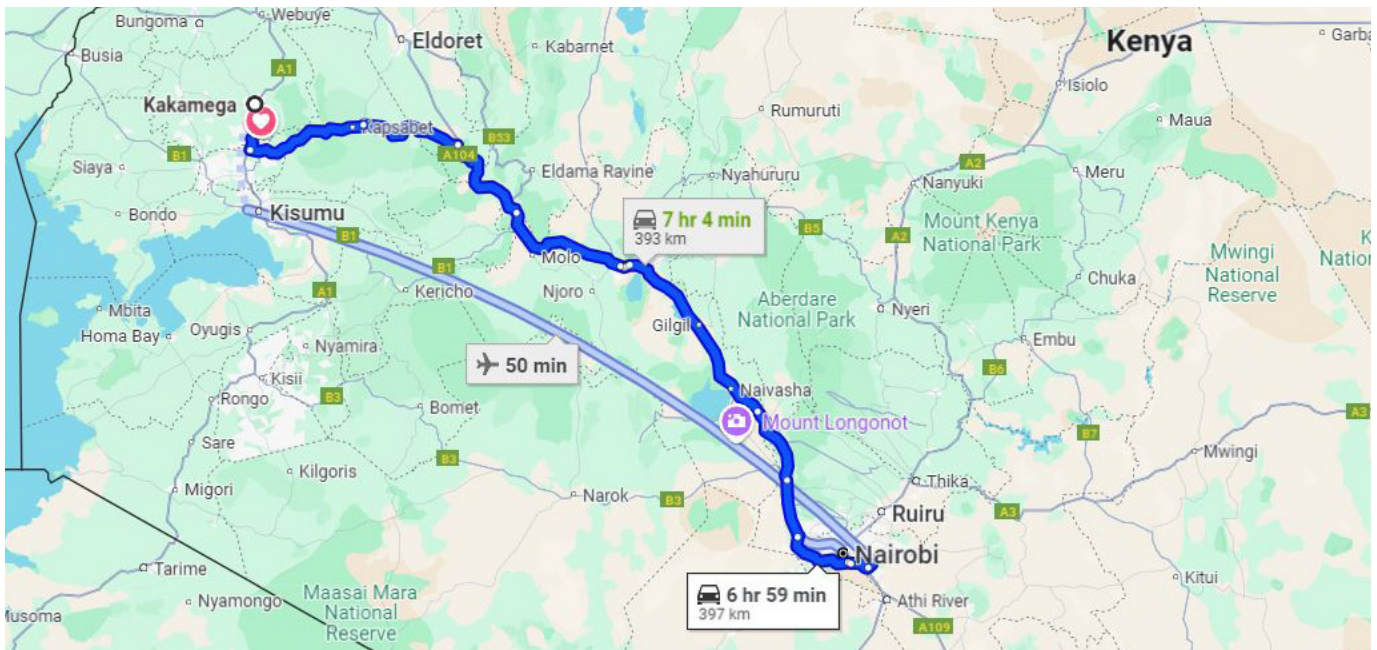
TRANSFORMING NATIONS

Transforming Nations
P.O.Box 41572
Sacramento, CA 95841

www.Transforming-Nations.org

KENYA | PRE-TRIP INFORMATION

“...in humility count others more significant than yourselves.” - Philippians 2:3



GETTING TO THE MISSION BASE

All travelers will arrive in **Nairobi, Kenya**. There are two primary ways to reach the mission base in Kakamega:

1. **By car** – An approximately 8-hour drive from Nairobi to Kakamega.
2. **By airplane** – A 50-minute flight from Nairobi to Kisumu, followed by a 1-hour drive to Kakamega.

(See the Trip Budget below for costs.)

TRIP AGENDA

- Share your passions and skills.
- Assist in outreach initiatives.
- Demonstrate Christ's love to the people of Kenya.
- Gain valuable cultural insights into daily life in Kenya.
- Embrace new opportunities—be open to unexpected ways to serve.



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TRANSFORMING NATIONS MINISTRIES IN KENYA

- **Children's Homes** – Orphanages providing care and support.
- **Boys' Rehabilitation Center** – Aiding in recovery and growth.
- **Girls' Rescue Center** – Providing safety and restoration.
- **Widows' Care** – Supporting widows through outreach.
- **Missionary School & Church Planting** – Helping build faith communities.

TRIP BUDGET *(Approximately \$3,000; costs vary based on airfare and transportation choices.)*

1. **Airfare:** \$1,800 - \$2,500 (Round-trip from major U.S. cities to Nairobi, Kenya)
2. **Kenya Visa:** \$35
3. **Ground Transport:** \$180 for a seven-passenger minivan
4. **Domestic Flight:** \$150 (Round-trip from Nairobi to Kisumu) + \$50 for gas (minivan)

Costs are subject to change. Contact your group leader for details.

LODGING

Guesthouse: \$200 per person for up to 10 days.

- 4 bedrooms, 3 bathrooms, living room, fully equipped kitchen.
- Accommodates **12-13 people:**
 - Room 1: 1 bunk bed + 1 single bed (3 people)
 - Room 2: 2 bunk beds (4 people)
 - Room 3: 2 bunk beds (4 people)
 - Room 4: 1 single bed (1 person or a couple)

Kitchen amenities: Gas stove, microwave, toaster oven, refrigerator, coffee maker, and toaster.

Food Costs: Plan for **\$150 per week** for groceries. Meals are self-prepared.

TRANSPORTATION

- **Motorcycle taxi:** \$1 per trip/person (~\$15 per week)
- **Minivan service:** \$55 per day (+gas) for a 7-passenger van



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LEISURE ACTIVITIES

- **Safari Tips:** \$150 - \$300 per person (cash recommended)
- **Souvenirs:** \$100

Payment Methods: Bring **cash (\$100, \$50 bills)** and a **Visa/MasterCard** credit or debit card (with an embedded chip). Notify your bank of your travel dates and destinations.

ADDITIONAL INFORMATION

- **Kenya Visa Application:** <https://www.etakenya.go.ke/en>
- **Immunizations:** Recommended but not required. Check <https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya> or consult your doctor.
- **Travel Insurance:** Highly recommended (~\$50 per person, varies by age). Visit <https://missionaryhealth.net/shortterm/> for details.



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GETTING TO KNOW KENYA

Kenya is an East African nation covering over **582,000 sq. km (224,000 sq. miles)**, making it slightly smaller than the U.S. state of Texas. It lies directly on the equator and experiences a hot climate, with temperatures ranging between **82–87°F (28–31°C) year-round**. The sun rises between **6:00 AM and 6:40 AM** and sets between **6:10 PM and 6:50 PM** throughout the year.

LANGUAGES & CULTURE

- **Official languages:** Swahili and English.
- Kenya is home to **44 ethnic groups**, each with its own dialect and traditions.
- **Religion:**
 - Nearly **60%** identify as Christian (Protestant, Independent, Anglican, and Catholic).
 - About **30%** of the population is Muslim.
- **Community & Social Life:**
 - Kenyans place great value on **family and community**. A child is often raised not just by parents but by the extended community.
 - “Muzungu” is a Swahili term for **white people**. It is not offensive, just a common way to refer to foreigners.
 - **Handshakes** are the standard form of greeting for both men and women.
 - **Hissing (“Tsss!”)** is a normal way to get someone’s attention.

ECONOMY & CHALLENGES

- **Currency:** Kenyan Shilling (**KES 125 = \$1 USD**).
- **Main exports:** Coffee, tea, and herbs.
- **Tourism** is a major contributor to Kenya’s economy, with many visitors coming for **wildlife safaris** and scenic landscapes.
- Kenya faces **significant economic and social challenges**, including:
 - **Corruption** in both public and private sectors.
 - **High unemployment**, leading to poverty and crime.
 - **Limited access to essential services** in rural areas.
 - **Urban slums**, a growing wealth gap, and **scarce water resources**.



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EDUCATION & DAILY LIFE

- While **primary school is technically free**, many schools require students to **pay for materials**, making education inaccessible for some families.
- Children often miss school to help their families with tasks like **fetching water or farming**.
- Due to **mosquito-borne diseases**, some Kenyans sleep under mosquito nets, but many cannot afford them.

ETIQUETTE & TRAVEL TIPS

- **Bargaining** is common in markets and with street vendors—prices can often be negotiated by **10% to 50%**.
- In **formal shops**, prices are fixed.
- Always **ask permission before taking photos** of local people.
- Women typically wear **skirts or dresses** to church.
- For activities with children or tourism, **knee-length shorts, jeans, or pants** (but not yoga pants) are acceptable.

Kenya is a **vibrant and diverse country** with a strong sense of community and rich traditions. Understanding these cultural norms and economic realities will help visitors navigate the country with respect and awareness.



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KENYA FOOD

FOOD SAFETY TIPS

- **Avoid raw or undercooked foods** – Ensure that all meats, fish, and shellfish are thoroughly cooked.
- **Be cautious with fresh salads and condiments** – Avoid raw fruits, vegetables, and homemade salsas unless they are properly washed and peeled.
- **Say no to street food** – While tempting, street food may not meet hygiene standards and could pose health risks.
- **Avoid bushmeat** – Some wild game meats may carry diseases and are not recommended for consumption.
- **Watch out for beverages** – Skip room-temperature coffee and tea, freshly squeezed juices, fountain drinks, and unpasteurized dairy products.

WATER SAFETY TIPS

- **Drink only purified or bottled water** – Always check that the seal is intact before drinking.
- **Be cautious when showering** – Avoid swallowing tap water.
- **If bottled water is unavailable, boil water** – Bring water to a rolling boil for at least one minute before use.
- **Ice cubes in major tourist areas are generally safe** – Established hotels and resorts typically use purified water for ice production.

ADDITIONAL PRECAUTIONS

- **Document poor food hygiene** – If served undercooked food or if you observe unsanitary practices, take photographs for reference.
- **Pack essential health supplies**, including:
 - Electrolyte powders
 - Water purification tablets
 - Filtered water bottles
 - Hand sanitizer
- **Keep hygiene supplies in your carry-on** – This ensures easy access while traveling.
- **Use bottled water for brushing your teeth** – This adds an extra layer of protection against potential contaminants.

FINAL TIP: COOKED & HOT FOODS ARE BEST

To minimize the risk of foodborne illnesses, always choose **well-cooked and hot meals**. Avoid any raw, undercooked, or lukewarm foods, particularly seafood and meats.

By following these precautions, you can safely enjoy the rich and diverse cuisine Kenya has to offer

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KENYA QUICK GEAR CHECKLIST

BAGGAGE

- Follow all airline and TSA guidelines. Check TSA regulations at tsa.gov.
- Ensure your luggage is durable and can withstand harsh travel conditions.

CLOTHING FOR 2 WEEKS

Men

- Long pants (jeans or trousers) – **Shorts are uncommon** for men but acceptable for travel and activities with kids.
- T-shirts are fine, **except for church** (bring a **nice church outfit**).
- Dark-colored clothing helps hide dirt.
- **Closed-toe, comfortable shoes** (recommended for cleanliness).

Women

- Long skirts (below the knee) – **Especially needed for rural villages**.
- Loose pants/jeans are okay in towns and at the orphanage.
- Sleeveless shirts are fine, but **no spaghetti straps or thin tank tops**.
- Modest attire – Avoid **tight clothing, cleavage, or excessive skin exposure**.
- Bring a **nice church outfit**.
- **Closed-toe, flat shoes** for comfort and cleanliness.

Tip: Pre-treat clothing with Permethrin Insect Repellent (available at REI and Walmart) to repel mosquitoes – lasts through multiple washes.

ELECTRONICS & POWER ADAPTER

- Kenya uses plug **type G** – Purchase a compatible adapter.
- Consider an “**All-in-One Surge Protector**” (available at **Target or Walmart** for ~\$20).

IMPORTANT DOCUMENTS

- **Passport** – Keep a copy of your passport photo page with you.
- Share a **copy with your team leader and a trusted person back home** in case of loss.



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MEDICATION & HEALTH

- Bring all **prescription medications in their original containers** with **your name and expiration date**.
- Carry a **copy of your medical insurance details**.

MONEY & CURRENCY

- Bring **\$100 bills** (preferred) or **\$50 bills** – No bills older than **2013**.
- Bills must be **clean, with no marks, stamps, or tears**.

WHAT NOT TO BRING

- **Jewelry** – Avoid **flashy jewelry**, including **diamond wedding rings** (simple earrings or bands are fine).
- **Excess credit cards & cash** – Carry only what is necessary.
- **Plastic bags** – Kenya has a **strict plastic bag ban** (includes Ziploc and grocery bags). Use **fabric travel organizers** (available at Walmart, Target, etc.).



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KENYA PACKING LIST

CARRY-ON ESSENTIALS

- **FIRST AID KIT:**
 - Tylenol, Aspirin
 - Cold & Cough Drops
 - Imodium Tablets
 - Sleeping Pills or Melatonin
 - Prescription Medicine (if applicable)
- **IMPORTANT DOCUMENTS & ESSENTIALS:**
 - **Passport & Tickets** (keep copies in a safe place)
 - Reading Material
 - Small Bible
 - Pen/Pencil & Notebook
 - Neck Pillow
 - Hand Sanitizer (Purell)
 - Earplugs
 - Travel Snacks
 - Light Jacket
 - Eyeglasses or Contact Lenses (if needed)
 - **Money Belt or Fanny Pack** for security

CHECKED LUGGAGE

- **CLOTHING** (*For a 2-week trip*)
 - **Four bottoms & six tops** (mix & match for versatility)
 - **Nice church outfit & appropriate shoes**
 - Nightwear & Underwear
 - Socks
 - Hat for sun protection
 - Flip-flops (for shower use)
 - **Closed-toe shoes** (for comfort & hygiene)
 - Rain Poncho



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• **TOILETRIES** (*Travel-sized when possible*)

- Shampoo & Conditioner
- Bath Soap
- Toothbrush & Toothpaste
- Mouthwash & Floss
- Lotion & Sunscreen
- Chapstick
- Contact Solution (if applicable)

• **MISCELLANEOUS ITEMS**

- Sunglasses
- Camera & Extra Batteries
- Mosquito Repellent (35% DEET recommended)
- Wipes (for hygiene)
- Flashlight or Headlamp
- Electrical Plug Adapter (Type G)
- Small Travel-Sized Sewing Kit with Safety Pins

• **SNACKS** (*for In-Country Travel*)

- Energy Bars
- Granola Bars
- Trail Mix
- Crackers
- Peanut Butter (Individual Packs)



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LIABILITY RELEASE FORM

Name _____

Age _____ Date of Birth _____

Address _____

City _____ Zip code _____

Email Address (please print clearly) _____

Phone Number _____ Mobile _____

In emergency, notify _____

Phone _____

Additional Phone _____

LIABILITY RELEASE

Every activity sponsored by "Transforming Nations" is carefully planned and adequately supervised by mature adults. However, even with the best of planning and precautions, unforeseen events can occur. By signing this form, I (or the parent/guardian for a minor) agree to assume and accept all risks and hazards inherent in mission trip related activities. I (or parent/guardian for minor) also agree not to hold "Transforming Nations" or its employees or volunteer assistants liable for damages, losses, or injuries to the person or property undersigned. In the event that it becomes necessary or advisable for any reason whatsoever to alter the itinerary or arrangements, such alterations may be made. The parents or guardians understand that they are signing for the minor listed on this form and the signature is for a liability release. The signing of this form by parent or legal guardian shall be deemed consent to the above conditions.

Signature _____

Parent/guardian's signature for minor _____

Date _____