

Karibu!

Welcome to your African adventure! We're excited about the opportunity God's given you to join us on this mission trip! It's sure to be an inspiring, challenging, and fun time. You'll see many of the natural wonders and beauties of Africa, as well as visit with some of our favorite African Christian friends. They'll gladly share with you the vision that God has given them for their people. Be prepared for an exciting journey!

The key to a successful and enjoyable trip is a little early planning. The purpose of this publication is to address the most common questions and concerns people have and help you get the most out of the time you spend in Africa. One very important aspect that's covered only lightly in this information is that you stay alert spiritually while on the trip. It's tempting to neglect daily scripture reading and prayer time alone with the Lord, but it's the only way to make the most of your journey.

Bear in mind that luggage space is limited, and only pack what you can manage to carry. Team up with a friend to share some items, if you find yourself struggling with too many things to take.

If you like, visit your local library for books and journals written by those who've gone before you. Enjoy their take on Africa while bearing in mind the diversity of peoples and customs. We have listed some Internet Sites for you to visit as well. Just do a "Google Search" on Kenya, Sudan or Uganda and you'll find tons of information.

Your first stop to our projects will be in, Nairobi, Kenya. The longer a person lives in Kenya, the more likely they are to describe it as impossible to summarize! The beginning of knowledge of Africa is the understanding that you'll never have it all figured out. Keep an open mind and enjoy your first-hand learning experience, following the instructions of your leader and driver at all times.

Sit back, relax, and enjoy where this new road takes you. We'll do everything we can to insure your trip is a wonderful experience that you'll treasure!

First Things First (things to get done now)

1. If you have not already booked a flight to Kenya, [AirfarePlanet](#) and [1Travel.com](#) are a couple of sites which offers great consolidator fares. You would fly into Jomo Kenyatta International Airport (JKIA) in Nairobi and the abbreviation to search for flights there is NBO. If you are traveling as a Missionary, special missionary fares may be available. Check with CMA Director, Larry Kitchel (Larry@CMAid.org) for information.
2. Travel Documents: A passport is required for entry into Kenya. The passport application should be filed immediately at a local post office that handles such applications. Read the instructions carefully and check to see how long it will take to obtain your passport. You will need **2 passport photos for the visa application**. It's a good idea to bring a couple of extra passport photos with you. You may need them for other purposes, such as entry into Sudan. Make certain you sign your passport when you receive it. Make a copy of the first page of your passport (the part with your picture) and keep it in a separate location from your passport. If you currently have a passport, your expiration date must be at least six months after your planned departure from the US; otherwise, you will need to file for a new one.

3. **Visas are required for Americans visiting Kenya.** You can obtain a Visa at the Jomo Kenyatta International Airport in Nairobi as you go through Immigration. It currently costs \$50 for Americans (paid in US Dollars).
4. You will need an International Certificate of Vaccination booklet, available from your physician or health department, in which your record of vaccinations is stamped. Please check with your local health department to inquire regarding any required immunizations. (Your local health department can also locate the physician nearest you who is authorized to give vaccinations. Seek advice from this physician as to other immunizations they would recommend, after they review your medical history.) You may also want to make sure your **tetanus shots** are up-to-date, as well as any other shot or immunization that your physician or you feel you need for your trip to Africa.
5. We strongly recommend that **you take a preventative medicine for malaria** after consultation with your physician. As with all medications, Christian Mission Aid encourages you to consult your physician before taking any medication.
6. If you wear glasses or contacts, make sure you take a second pair. Prescription sunglasses make an excellent second pair. Lost or broken glasses are nearly impossible to repair or replace in the short time we have; likewise for contact lenses.

Clothing Suggestions

1. The weather in Kenya is pleasant during the day. Generally, the rainy seasons are from March-April, and October-December. The rainy seasons are slightly cooler than the dry seasons. The hottest months are December and January. The weather in Sudan on the other hand is extremely hot. Dress in layers for optimum comfort.
2. Keep clothes to a minimum and remember to check your airline's policy on baggage.
3. Washing machines are not available in many places. So carry clothes that can easily be hand-washed and air-dried.
4. Because this is a cross-cultural venture, it is important that you dress neatly and modestly. Africans do not wear tank tops or shorts- especially women, so leave them at home. Dresses and skirts for women are always appropriate. "When in Africa, do as the Africans do." (The exception to these rules would be for airline travel and the game park, but be sure to dress modestly.)
5. You'll need one pair of shoes for dress occasions, and one well-worn comfortable pair for long-distance walking and working. During the rainy season, shoes will get wet and muddy. In Sudan, sandals will be handy for the heat.

A sample of what a team member might pack, besides the obvious, (and please don't forget those items!)

Ladies

- Money belt – one with an inner lining (like Eagle Creek brand)
- All money, valuables, passport etc should be kept there
- 1 dress or skirt outfit for Sundays
- 5-6 T-shirts or blouses
- Clothes for the airline trip and game park

- P.J.'s
- Sweaters or windbreaker
- Sneakers

Men

- Money belt – one with an inner lining (like Eagle Creek brand)
- All money, valuables, passport etc should be kept there
- 2-3 pairs of slacks or jeans
- Shirts, or sports shirts
- P.J.'s
- Sweaters or windbreaker
- Sneakers

Items you should NOT bring

- Aerosol products
- Jewellery including gold chains and bracelets
- Expensive looking watches (cost is not the issue, it's how it might be perceived)
- Fanny packs (Use a money belt instead)

In case your luggage is lost en route, it is advisable to carry one complete change of clothing, plus anything you cannot live without, in your carry-on bag. **This DOES happen by the way!**

- All liquid items and anything of personal importance should be packed in zip-lock bags. Check your airline policy for carrying liquids in your carryon.
- Each piece of luggage you take must have a baggage tag with your name and address.
- For easy identification of your luggage at Jomo Kenyatta International Airport (JKIA) Nairobi, tie a red yarn or ribbon on each piece of luggage.

Other items you might consider taking

- Light-weight bath towel & wash cloths
- Anti-bacterial wet wipes (check with your airline to see if this is OK to pack)
- Liquid soap for hand washables
- Bar of soap
- Sun block lotion- remembers Kenya is at the Equator and the sun is strong!
- Sunglasses
- Personal toiletries
- 2-3 plastic bags for laundry
- Journal notebook
- Small flashlight
- Insect repellent- the best contain Deet
- Personal medications (prescribed and other)
- Bible(s) to leave (modern translations are best)
- Bible tracts & studies
- Camera and film, digital cards (most take 100-300 photos)
- Small video camera and tapes
- Bubble-wrap for breakables that you purchase
- A small pillow, if you need a special one

If you know someone else who's going on the trip, it's highly recommended that you share some of the above items to save packing space.

Important considerations

- Try to do without electrical equipment (shavers, hair dryers, etc.) Current in Africa is 220 V., 50 cycles, if you must, only those electrical items that can be converted to the

proper voltage can be used safely. Using electrical equipment improperly may result in a power outage, severe burns, and/or fire. It is NOT enough to use an electrical converter!!! In addition, electricity is limited in Sudan. If you have any questions at all regarding your equipment, please ASK!

- Leave your best luggage at home and carry only what you would not mind leaving behind.

General Information and Suggestions

1. On your trip, you may have a team leader who has been to Africa before. Don't be afraid to ask them questions!
2. The cost of the trip covers airfare, travel, hotels, meals, & tips. You will only need to bring spending money for souvenirs, gifts, phone calls to home and other needs, such as toiletries you may forget. You may also want to contribute toward a special tip for driver(s).
3. Former trip members have found that \$100-400 for spending money is adequate, depending on personal spending style. This can be brought in cash or in travelers checks, however travelers checks may be more difficult to cash. If you have a VISA Debit Card or Master Card Debit Card, you can usually obtain the local currency in Kenya and Uganda through ATMs but not likely in Sudan. We recommend you take a VISA or a Master card, just in case. (For safety purposes, leave all other cards at home.)
4. Purchases over \$400 are subject to US Customs duty. You will be asked to account for all souvenirs purchased when re-entering the States. Keeping a list of the cost of each purchase as you go along will make this transaction smooth.
5. It is wise to make your purchases after you have been in the country for a while and after consulting with your team leader and other missionaries as to how to negotiate prices. When bargaining for the best price, smile, smile and smile some more! Shopping time is often planned in Nairobi at the end of your stay.
6. For safety reasons, we advise you to leave your valuables (passports, money, airline tickets etc) in the CMA Nairobi office for safekeeping instead of carrying them around on you.

Quick Check

Things you will need:

- Passport and a copy of the inside front cover of your passport to keep in your wallet/money belt
- 2 additional passport photos for visa application
- International Certificate of Vaccination booklet
- Yellow fever immunization
- Tetanus shot up-to-date
- Malaria prophylactic
- Extra pair of glasses or contacts, if needed
- Clothing
- Toiletries
- Personal medications

The Ten Commandments for Travelers

1. Thou shalt not expect to find things as thou hast them at home for thou hast left thy home to find things different.
2. Thou shalt not take anything too seriously. A carefree mind is the beginning of a vacation.
3. Thou shalt not let other travelers get on thy nerves for thou are paying good money to enjoy thyself.
4. Thou shalt not forget that thou dost represent thy country--and thy God--at all times.
5. Thou shalt not worry. He who worrieth hath no pleasures. Few things are ever fatal.
6. Remember thy passport. A man without a passport is a man without a country.
7. Blessed is the man who can say "Thank you" in any language.
8. When in Rome, do as the Romans do. If in difficulty, use thy friendliness and common sense.
9. Do not judge the people of a country by one person with whom thou hast had trouble.
10. Remember, thou art a guest in every land. He who treateth his host with respect shall be treated as an honored guest.

Helpful Online checks

- [AirfarePlanet](#)
- [1Travel.com](#)
- [Centers For Disease Control and Prevention](#)
- Medical Advice for Overseas Travelers
- Tips for Understanding International Insurance
- Photo Guides for Outdoor and Travel
- Health Information for Travelers to East Africa.
- Mission Tours and Travel for local transport and Safari
- General information on Kenya, Uganda and S.Sudan

If you have any specific questions or concerns, please don't hesitate to e-mail us at Africa@cmaid.org, or contact CMA Director, Larry Kitchel at Larry@cmaid.org.