

- **Clinic**

- Collared shirts, polo shirts are ok.
- Khaki pants or similar non-denim pants.
- Shoes that can be easily cleaned with soap and water. You will be walking along dirt paths/roads

- **Evenings/non-clinic activities**

- Jeans are Ok in the evenings. Generally plan on wearing long pants unless you are planning to run for exercise.
- Light coat or fleece jacket
- You may have the option to hire someone to wash clothes - they will be hand washed and line dried. Clothes that dry easily are better if you have that option.

- **Supplies**

- Towel, soap, shampoo
- Mosquito spray (beds will have mosquito nets)
- head lamp or flash light
- travel power converter
 - This one option but many others available on Amazon.com - BESTEK 4-Port USB Power Converter 220V to 110V Travel Voltage Converter 200W with International EU/UK/AU/US Adapter Plugs
- https://www.amazon.com/BESTEK-Universal-100-220V-Converter-Worldwide/dp/B07R2JMHQR/ref=sr_1_1?keywords=BESTEK%2B4-Port%2BUSB%2BPower%2BConverter%2B220V%2Bto%2B110V%2BTravel%2BVoltage%2BConverter%2B200W%2Bwith%2BInternational%2BEU%2FUK%2FAU%2FUS%2BAdapter%2BPlugs&qid=1637966524&qsid=144-4031586-1851626&sr=8-1&sres=B07R2JMHQR%2CB07GYM7L6K%2CB01E140XWA%2CB07QTY6Q82%2CB076SDM2BQ%2CB07DQLM1P1%2CB074QLCKW6%2CB00I065NGC%2CB096XTGRNT%2CB07VB1YKG2%2CB073J9QWKY%2CB01MSBC5LM%2CB07V81Q4XG%2CB07TVWC3LX%2CB082ZKH6SH%2CB07DQTL87X&th=1

- **Food (suggestions for snacks or easy breakfast)**

- The guesthouse will prepare meals during the week but you may want other options for breakfast
- water bottle - You can purchase bottled water
- Instant coffee and a travel mug
- Packets of crystal light, gatorade, etc.
- Instant oatmeal
- Peanut butter
- trail mix or nuts
- granola bars

- **Cell phones**

- There is good cell service in Iten. I recommend purchasing a Safaricom SIMM card to put in your phone. SIMM cards can be purchased after customs at the airport or at a local Safaricom store. You can purchase voice and data as needed with scratch off cards. A SIMM card is \$20, 3GB data is \$10, voice minutes are extremely cheap. \$5 will buy you all the minutes you need to make calls for the week. All pricing is approximate.
- **Download WhatsApp** and create an account before you leave the US. You can use WhatsApp for texting and voice calls back to the US over WiFi or data.

- **Money**

- Bring \$500-600 cash (You will need **\$100 bills dated 2013 or later** to exchange for Kenyan shillings)
- There is an **ATM available** at a local bank but you need to inform your bank that you will be using your debit card in Kenya
- **Credit cards** are ok but most places make an impression of your card which makes it more likely someone will steal your card number.
 - Also need to **notify your credit card company** of travel to Kenya

- **Other Reminders**

- **Passport**
- **Visa application** <https://evisa.go.ke/>
 - **Print your e-visa and carry with passport**
- **Copy of travel insurance**