

NT: CAMP & COMMUNITY 2018

Kenya Packing List

Typically it will be cool or even cold in the mornings and at night, the days are warm or even really hot. We are right on the equator, which means the sun is intense. It may be cloudy and rainy some days. Layering is best!

GUYS: you have it pretty easy, and can likely wear your normal clothes. Shorts are fine except for when we are in the villages, when you'll have to wear long pants, so be sure to bring at least two pairs.

LADIES: In general, Kenyan culture requires you to dress much more modestly than you might in the US, meaning you will likely need to adjust your wardrobe a bit for Kenya. In general, shorts, spandex work out pants, leggings, and short skirts are not appropriate. In some of the villages, you will only be able to wear loose fitting T-shirts with sleeves, and long, floor length skirts. While we are at camp, we have a bit more freedom but we will also be working with and setting an example for the kids. You can wear shorts (and probably will want to most days at camp) but no short shorts, no revealing tops, and no bikinis. This is especially relevant in regards to athletic shorts. PLEASE do not bring any super short shorts. You'll be running around, sitting on the ground, and surrounded by middle school boys. They don't have to be knee length, but please no super short or tight shorts. Shorts should have at least a 5" inseam... better to go with 7".

The list below is a guideline. You should only pack what you will need and use so plan carefully when packing. You will only have the one 50 lb bag for your personal things, not much room to store your things while you're in Kenya. When you're packing think about: at camp -it's hot, cool at night, and very sunny, what you might wear in town for dinner or shopping, something to wear to church, something for adventure travel/safari, whitewater rafting, rock climbing, and you will be able to do laundry about once a week.

*You do NOT need to bring sheets, towels, pillows or blankets.

*We have 220 volt power, so US plugs will not work without a transformer/adaptor. Electronics will be fine plugged into just an adaptor, but items that do not run on 220 volts like hair straighteners, shavers, or anything that produces heat, usually needs to be plugged into a transformer or else it might be ruined. Transformers are these heavy boxes and we usually don't have any extra, so do not count on being able to use one.

The numbers before each item are totally subjective; just bring however many you'll need of each.

CLOTHING

- 8-10 T-shirts (make sure you bring a red shirt & blue shirt)
- 4-5 casual shirts

- 2-3 long-sleeved shirts (T-shirts, casual)
- 2-3 casual pants (jeans, khaki, etc)
- 1 or 2 dress outfits; (guys: pants and a collared shirt)(girls: dress and/or shirt and skirt – long)
- 1-2 casual shorts (girls will only wear these at camp, LONGER is better)
- 3-4 athletic shorts (girls, LONGER is better. At least 5" inseam)
- 2-3 comfortable outdoor/athletic pants (for playing, light-weight, may want athletic tights/leggings for underneath shorts)
- 1-2 sweatshirts or sweaters
- 1-2 fleece (both heavy and light weight if you have them)
- 1 waterproof jacket
- 5-8 pairs of socks
- 10-12 undergarments
- 1-2 outdoor shoes (running shoes, hiking shoes, etc.)
- Fleece or wool hat (if you like to wear a hat when its cold) and baseball cap
- Bathing suit (girls: at least one one-piece or tankini camp appropriate to be worn with shorts)
- Flip-flops, sandals (chacos, tevas, etc)
- Sleepwear
- Fun clothes for camp: crazy outfits, crazy socks or hats, etc.
- Girls: 1-2 long, light skirts for village trips

OTHER ITEMS

- Medicines: personal ones, cold/allergy, Advil, Pepto, Immodium AD, throat stuff, chapstick, etc.
- Other first aid things: Band-Aids, Neosporin
- Watch (optional)
- Camera, video camera if you have one, charger, cord for uploading, flash drive
- Bible, and Study Bible if you want for camp devotions
- Notebook, pens, paper, journal
- Sleeping bag (hopefully one that packs small)
- Backpack (in which you can pack for a week)
- Toiletries, enough for 2 months. You can buy some in Kenya but they will probably not have what you want and it will probably be expensive.
- Therm-a-rest/camp chair/crazy creek (optional)
- Camping pillow
- Headlamp and extra batteries. This will be used a lot!
- Sunglasses
- Water bottle
- Sunscreen (for every day!)
- Bug spray
- Passport
- Shot book
- ATM card

- Credit card (in case of emergency)
- \$200 American dollars (dated 2006 or later)
- Drivers license
- Student ID (This will help us get discounts at some of the places we visit)

OPTIONAL/SUGGESTIONS IF YOU HAVE ROOM

- Your favorite candy or snacks. Granola bars, cliff bars, etc.
- A few photos of friends, family
- Portable speaker
- Eno or hammock
- Quick Dry Towel
- Devotional books you might want to use for camper devotion or personal devotion
- Climbing shoes (optional: we have some so you don't need your own)
- Knife/leatherman
- Binoculars (if you have them)
- If you need a hair dryer, curling iron, electric shaver, etc., the device needs to be able to accept 220 volts and you'll need an adapter
- Things to trade at the markets: bandanas, t-shirts, hat, old watches, pens, etc.

Orientation/debrief items:

- All teams will need personal eating utensils for orientation/debrief: plate, bowl, cup, silverware
- All teams will need bedding during orientation/debrief: self-inflating sleeping pad, sheet, small pillow
- All teams will be bathing outdoors during orientation/debrief. All will need dark colored shorts & shirts to wear while bathing.

If these items aren't needed on the field there will be a place for you to store them over the summer, ready for you when you return for debrief.