




PACKING CONSIDERATIONS

Many of these items are optional so you should go with whatever works for you.

- Passport (take a pic of it with your phone as backup)
 - Immunization records (take a pic of it with your phone)
 - Travelers Visa (take a pic of it w/ your phone)
 - Medications (bring extras in case of travel delays)
 - Cash & credit card(s)
 - Notify your bank & credit card companies that you will be traveling so that your purchases are not declined.
 - Phone & charger
 - If you wish to look into solar chargers, click [here](#) for one of many examples
 - Small extension cord
 - Battery pack for phone
 - Type G power adaptor (click [here](#) for one of many examples)
 - Head lamp and/or flashlight (click [here](#) for one of many examples)
 - Headphones or earbuds
 - Bug spray
 - Sunscreen w/ high SPF
 - Sunglasses
 - Hat for sun protection
 - Camera & equipment
 - Extra batteries for battery-operated items
 - Backpack or fanny pack
 - Work gloves
 - Mosquito netting (optional – click [here](#) for one of many examples)
 - Earplugs
 - Eyeshades
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- Lightweight sheets and blanket (optional)
- Pillow that compresses well & pillowcase(s)
- Hand sanitizer
- Wet Ones
- If you wish to hand wash clothing, bring a Ziploc bag of dry laundry detergent & a small line or rope for drying.
- Snacks such as trail mix, protein bars, beef jerky, peanut butter. Picky eaters should load up!
- Compression bags for packing
- Travel alarm clock
- Several large ZipLock bags for misc. uses
- Keep jewelry to a minimum

TOILETRIES

- Undergarments
- Swimsuit
- Towel(s) for bathing in Thwake
- Wash cloth(s)
- Toothbrush & toothpaste
- Mouthwash to rinse toothbrushes off instead of water
- Hair products
- Dry shampoo (in place of shower)
- Baby/body wipes (in place of shower)
- Shaving supplies (non-electric)
- Deodorant
- Brush/comb
- Make-up (optional)
- Lip balm/Chapstick
- Hand mirror



CLOTHING OVERVIEW

While we are in Thwake and the surrounding villages, attire should be modest.

- Both men and women should make sure that knees are covered.
- Tops need to have sleeves so no tank or spaghetti strap tops.
- Cover tattoos and remove piercings except for earrings.
- No camouflage or military-style clothing.

While we are traveling within Kenya and on safari, attire can be much more relaxed. Shorts, tank tops, etc. are fine.

BOTTOMS

Ladies in Thwake

- Lightweight jogger pants
- Work pants or crops for construction site
- Capris & crops
- Comfortable dresses & ropers
- Flowy skirts



Gentlemen in Thwake

- Lightweight pants/convertible pants



Everyone while traveling within Kenya and on safari

- Shorts or whatever you like!



TOPS

Ladies in Thwake

- Lightweight blouses & tunics
- Comfortable shirts
- T-shirts



Gentlemen in Thwake

- Safari-type shirt
- Lightweight & comfortable dress shirts
- Comfortable shirts
- Polo/golf style shirt
- T-shirts



Everyone while traveling within Kenya and on safari:

- Tanks or whatever you like!



CHURCH

Ladies in Thwake

- Knee-length skirt and nicer top
- Casual knee-length dress
- Comfortable shoes



Gentlemen in Thwake

- Lightweight & comfortable dress shirts
- Lightweight pants & belt
- Tie (optional)
- Comfortable shoes





SHOES

- Comfortable walking/athletic shoes
- Sturdy "Teva" type sandals
- Comfortable shoes for church
- Flip flops for showering



OUTERWEAR

- Lightweight waterproof jacket
- Lightweight sweater
- Pashmina or scarf



EXERCISE CLASSES (OPTIONAL)

- Athletic top or comfortable shirt
- Workout bottoms
- Athletic shoes
- Small sweat towel

