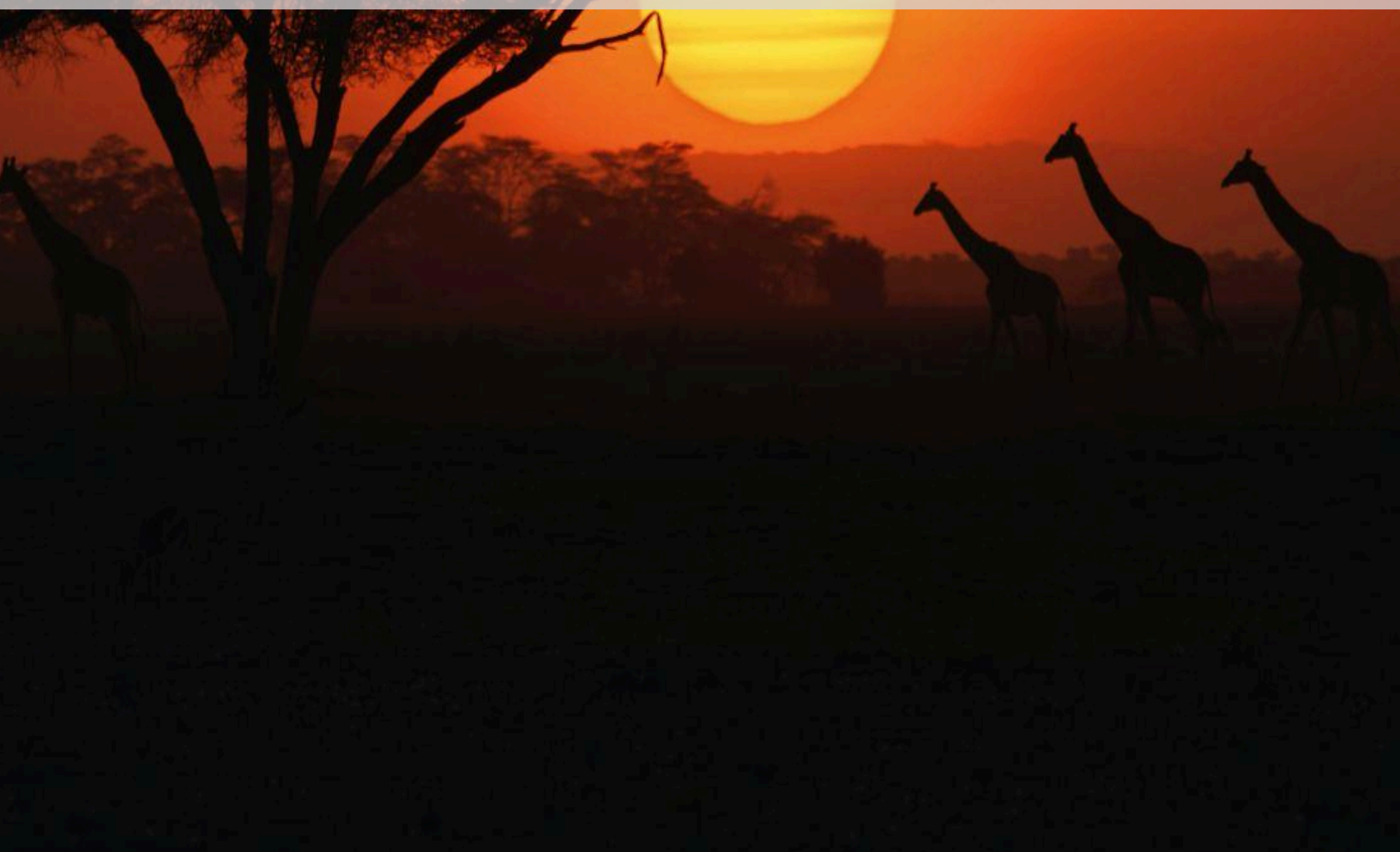


Kenya Country Guide

elevate destinations



Welcome to Kenya!

In this document you will find information that will be useful during your journey to Kenya. The information listed in this guide includes cultural guidelines, communication tips, health and safety recommendations, and so much more. Please note that all information specific to your trip, such as inclusions and exclusions, staff contact numbers, flight information, etc. is listed in your WeTravel Trip Page. For any questions unanswered by either the country guide or the online trip page, please don't hesitate to reach out to an Elevate staff member.

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Know Before You Go

Passport

Travelers to Kenya should ensure that the validity of their passports extends at least six months beyond the end of their intended stay, and should have at least two blank (unstamped) visa pages in their passport to enter the country. The last two amendment pages are unacceptable for visas and immigration stamps. Note that you will need to renew your passport if you are out of visa pages. If you need to renew your passport, please do so as soon as possible.

Visa

Most foreign nationals are required to obtain an electronic travel authorization (eTA) before entering Kenya. You can apply here: <https://etakenya.go.ke/>. The eTA carries a government processing fee, typically around US \$30-35. Applications can be made up to 90 days before travel and we highly recommend applying as soon as you can to avoid any last-minute delays. You can view the official exemption list [here](#) to confirm whether this applies to you.

You will need the following documents and information:

- Valid passport for at least six (6) months after your planned date of arrival in Kenya, with at least two blank (unstamped) pages
- Recent selfie or passport-type photo
- Contact information, email address, and phone number
- Details of your arrival and departure itinerary
- Hotel confirmation (provided by Elevate Destinations)
- Credit card, debit card, or other means of payment

If you are a U.S.-based traveler seeking to obtain your visa for Kenya through a visa-processing center, Elevate Destinations recommends [A1 Passport & Visa Services](#) in Washington, DC. For questions regarding the visa application, you can reach A1 Passport directly at (202) 639-1500.

Medical and Travel Insurance: Global Fund for Women's Learning Journey

Please note: *The information below is for the Global Fund for Women's Learning Journey*

Elevate Destinations will purchase emergency evacuation coverage for you. This policy covers emergency evacuations due to medical, political, or natural disasters for your trip dates. This policy also provides \$5,000 of emergency medical coverage. More details about this coverage can be found in your online trip portal.

This coverage does not include trip cancellation or interruption benefits and also does not cover pre- or post-trip days of travel booked outside of Elevate Destinations. We strongly suggest you

purchase additional coverage to cover your non-refundable expenses in the event you need to cancel your trip or have additional expenses incurred on the trip.

Elevate strongly recommends purchasing additional travel and medical insurance and Cancel for Any Reason Coverage (CFAR) to cover trip related expenses. Please note that some CFAR insurance options are time-sensitive. Please be ready to purchase an insurance policy within 14 days of making your first trip payment.

Below are two insurance brokers that Elevate Destinations recommends.

- [USI Travel Insurance Services](#)
Email: info@travelinsure.com
Phone Number: (800) 937-1387
- Travel Insurance Center (Dan Drennen)
Email: dan@travelinsurancecenter.com
Phone Number: (402) 343-3621

Guests may acquire medical insurance through USI, The Travel Insurance Center, or any other insurance company of their choosing. Elevate Destinations is not equipped to answer specific questions on insurance. Please contact the insurance broker or company for specific information

Medical and Travel Insurance: Global Fund for Women's Board Meeting

Please note: *The information below is for the Global Fund for Women's Board meeting.*

Global Fund for Women and Elevate Destinations cover medical and evacuation insurance for all GFW staff, board members, and consultants traveling on behalf of the organization for official business for the core trip dates of June 12-19, 2026.

Family, friends, and companions traveling on the GFW trip will receive evacuation insurance coverage for the core trip dates of June 12-19, 2026.

In addition, anyone arriving before June 12 or departing after June 19 will need to purchase their own medical and evacuation insurance for those additional days if they wish to remain covered.

Cancel For Any Reason coverage: GFW will purchase Cancel For Any Reason (CFAR) insurance for all staff, board members, and consultants for the official trip dates. For any optional extensions (for example, personal travel or add-on tours), individuals should obtain their own CFAR coverage. Note that some CFAR insurance options are time-sensitive. Please be ready to purchase an insurance policy within 14 days of making your first trip payment.

If you have family members joining the trip, we highly recommend they have medical insurance that covers them during their time in Kenya.

Smart Traveler Tip!

Have electronic and paper copies of your passport in case something happens to it while you are traveling.

- Scan a copy of your passport and email it to yourself.
- Take a photo of your passport and save it to your phone in an “Important Documents” photo album. Leave a scanned copy of your passport with friends and family at home.

Immunizations

Prior to travel, Elevate Destinations strongly recommends that you look into recommended immunizations for your time in Kenya. Given that we are not a licensed Health Care provider, we cannot advise travelers on which immunizations they may or may not need. We recommend that all travelers do the following:

a) Consult with a travel clinic or your personal physician regarding immunizations and other precautions you may need to take in order to participate in this journey. You will need to do this well in advance of your trip as some vaccinations require time to take effect, and you may need to allow time between a series of shots.

b) Below are resources on the recommended vaccines, medicines and travel health notices for the region and other tips for staying healthy and safe during your trip.

- [CDC Website - US Based](#)
- [Travel Pro - UK Based](#)
- [Sherpa / Runway Health](#)

c) Check that your medical insurance will cover you in Kenya or purchase a supplementary medical insurance policy that will.

Other Health Considerations

In general, we recommend a moderate level of physical agility. For the most satisfying experience, and in fairness to your fellow travelers, please note that this trip requires participants to:

- Walk at least one mile without difficulty on uneven surfaces
- Spend extended periods of time on their feet
- Climb sets of stairs without assistance

- Keep pace with an active group of travelers
- Spend time outside in hot, humid weather
- Ride comfortably in a vehicle on bumpy roads for extended periods of time
- Flexible and positive attitude in the case of sudden changes to the itinerary or weather—expect the unexpected!

Medications

Always travel with medications in their original, clearly labeled containers and in your carry-on luggage. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity and keep these handy when entering or exiting any of Kenya's borders.

Elevate Destinations also recommends that all travelers make and print a list of medications and any existing health conditions to bring on your trip. You may choose to carry this with you, or give it to your guide. Having this list could be life-saving in case of an emergency.

Safety Recommendations

Your guide will give you current briefings on safety while in-country, but here are some basic ground rules for safety while traveling:

- If you have time sensitive medication including epi-pens and inhalers, keep them on you at all times.
- Keep all valuables in the hotel safe.
- Avoid flashing money. Be mindful of your belongings at all times. Keep bags in front of you in crowds and on your lap when at restaurants. If using an ATM, be vigilant.
- Pay attention and avoid walking around with your smartphone in hand.
- Be vigilant when crossing roads.
- Stick with the group.
- Always make sure that others know of your whereabouts and movements.
- Avoid street protests or large gatherings.
- Do not wear expensive or sentimentally valuable jewelry while traveling.
- Let your guide know if you have any safety concerns.
- We encourage U.S. citizens to [register with STEP](#) (see below).

Smart Traveler Tip!

We recommend that all travelers from the USA sign-up for the State Department's Smart Traveler Enrollment Program (STEP)! This is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in case of an emergency. Enrolling in this program has enormous benefits in case of an emergency while abroad:

- You will receive information from the Embassy about safety conditions in your destination
- Enrolling lets the U.S. Embassy in that country know that you are there and helps them contact you in an emergency, whether natural disaster, civil unrest, or family-related.

Communications

Wi-Fi: In most hotels in Kenya, Wi-Fi will be available. Speed, bandwidth, and availability will likely be less reliable than you are used to. Often, connection is stronger in the lobby of hotels than in the rooms.

International Calls: If you are in Kenya and trying to reach a number in the US, dial 00 before dialing the country code and local number.

The country code for Kenya is +254. If you are in the US and trying to call Kenya, dial 011 + 254 + local number.

Staying connected: Here are the most common methods for making local/international calls:

1. **Smartphone apps:** WhatsApp is the most widely used app for communicating (works on both Wi-Fi and cellular). Remember to download the app *before* you travel (to download, click [here](#))!
2. **International calling package:** Setting up international coverage from your cell phone provider for the duration of your trip is often the simplest option and the best to avoid roaming charges, or check if your phone plan covers you in the region.
3. **SIM card / eSIM:** This is a good option for making calls within Kenya as international calls can get expensive. Local SIM cards are inexpensive, can be found at a variety of stores, and often have pay-as-you-go plans where you can “top up” your credit for use in the country. Please be aware of any requirements your phone has in order to accept the local SIM cards (i.e. size of SIM card, locked or unlocked, etc). If you use a local SIM card, keep in mind that you may have a new phone number and be sure to share this number

with loved ones at home. The alternative is if your phone has dual SIM, then both your original number should still work. Websites like [Holafly](#) and [Airalo](#) offer affordable eSIM plans if you prefer.

Essential Travel Documents

In case of an emergency, it is advisable to record all of your important information on one sheet of paper, photocopy it, and distribute a few copies in your luggage and among relatives or friends at home. Also email a scanned copy to yourself. Take a photo of these documents and save them in an “important travel document” photo folder on your phone so that you can access these documents electronically.

These are the documents you should have printed and with you during your travel:

- Passport - original and photocopy
- Electronic Travel Authorization (eTA)
- International flight itinerary or e-tickets
- Address and phone numbers of the hotels where you are staying
- Medical/travel insurance policy details and 24-hour emergency number
- Evacuation insurance ID card (provided to you by Elevate Destinations)
- Emergency contact sheet (provided to you by Elevate Destinations)
- Contact information of relatives/friends and your primary care physician to be contacted in an emergency
- List of medical needs and medications in case of an emergency

Money

The local currency in Kenya is the Kenyan Shilling (KES). [Click here](#) to see the current exchange rate. Generally speaking, in Kenya you will find credit cards are preferred for payment, though it is good to have some cash with you.

Please note the following denominations below:

- **Bank Notes:** 50 KSh, 100 KSh, 200 KSh, 500 KSh, 1,000 KSh
- **Coins:** 1 KSh, 5 KSh, 10 KSh, 20 KSh

The small amount of local currency you may need during your stay in Kenya can be obtained at authorized facilities (ATMs, hotels, banks and foreign exchange bureaus). In general, we suggest that you limit the amount of money you convert into local currencies and exchange only what you think you will spend before leaving any foreign country. Save all receipts from your currency exchange transactions. If you plan to exchange USD cash, the bills must be:

- New (printed in the last 5 years)
- In pristine condition (no rips, tears, smudges, markings, creases, etc)

- Larger denominations (\$50 and \$100 bills attract the best exchange rate)

For your extra personal costs and shopping, \$30-\$50 USD per day is a good rule of thumb.

ATM/Debit Cards: You can use your debit card to withdraw money from ATMs.

Note: We recommend traveling with 1-3 crisp \$100 bills in your carry-on luggage to exchange in the case that ATMs are not working for you.

Change: Ask for smaller bills when you change money, or use your large bills at large shops to receive more change. In many cases, people (local vendors especially) don't have change.

Credit Cards: Credit cards (Visa or MasterCard preferred) are acceptable in larger establishments, while at some smaller, local restaurants, shops or markets, merchants may only accept cash. Most merchants will charge an additional 2-5% of the bill for a credit card transaction. Please note American Express and Discover cards are not commonly accepted.

Gratuities: Please check your WeTravel Trip Page to find which gratuities are and are not covered in your trip cost. We recommend tipping your porters at the hotels and leaving behind cash in your room for the cleaning staff. For porters, \$1 USD per bag is appropriate. For cleaning staff, we recommend leaving behind \$3-5 per day.

Smart Traveler Tip!

Be sure you remember your ATM PIN numbers to withdraw cash at your destination.

Most banks and credit card companies do not flag international use as unusual, but if you use a more local bank it would be wise to notify them of your travel plans.

In-country Info

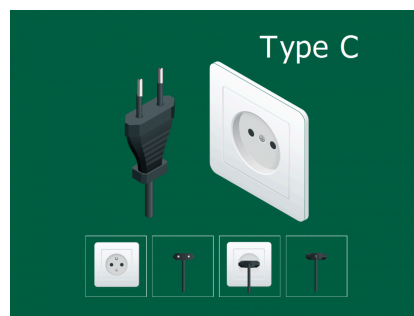
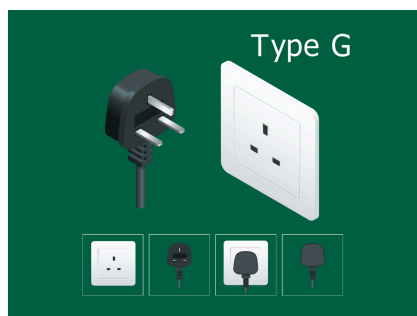
Time

Kenya is in the East Africa Time (EAT) time zone and does not observe Daylight Saving Time. This means that the country is currently 7 hours ahead of U.S. Eastern Standard Time (EST), 8 hours ahead of Central Standard Time (CST), 9 hours ahead of Mountain Standard Time (MST), and 10 hours ahead of Pacific Standard Time (PST).

Electricity

Kenya uses a standard of 240V, 50 Hz, and plug type(s) G and sometimes C. To keep your electronics up and running, we suggest purchasing a universal plug or adapter.

As the voltage in Kenya is 240V and the US is 100-120V, you may need a voltage converter for any small appliances you plan on bringing, such as a CPAP machine. This would not include phone chargers, as they usually have an internal converter.



Smart Traveler Tip!

Download a conversion app, such as [Units Plus](#), for things like currency, temperature, time, and distance while traveling.

Water & Food Safety

Tap water is *not* safe to drink in Kenya. Do not drink tap water or use it to brush your teeth; only use purified water. Only use ice at your hotels and/or restaurants where you know it was made from purified water.

Elevate Destinations encourages travelers to pack a reusable water bottle to fill up with clean drinking water. Clean drinking water and soft drinks will be supplied at all meals and water will be available in the van.

Similarly, we recommend travelers eat foods that have been cooked well. Fresh vegetables and fruits bear the risk of having been washed in contaminated water. Fruits you can peel are usually safe (i.e. bananas). Kenya has wonderfully fresh foods and the markets are a great place to try many of the delicious dishes that the country has to offer. Follow your guide's lead about what is safe to eat.

Bathrooms

In most hotels, bathroom facilities are generally modern and reliable. We recommend carrying toilet paper or tissues with you as some bathrooms, especially in more remote areas or restaurants, may not have any. Most of the mid-higher range hotels in Kenya have plumbing that can handle toilet paper. If there is a waste bin next to the toilet, it is a good idea to use the bin instead of flushing the paper.

While most toilets in Kenya's major tourist areas are seated, squat toilets are common in public spaces and rural areas. You can always ask your guide what toilets will be available for the day and let them know if you are unable to or uncomfortable using squat toilets.

Waste Disposal

Keep in mind that much of the world's waste disposal systems are not as advanced as you might be used to. Oftentimes, landfills are adjacent to conservation land or trash is burned. Recycling is often unavailable. To minimize your impact, please consider the following guidelines:

- Leave no trace. Everything that you bring with you should go home with you.
- If you plan on shopping, make sure that you have extra room in your luggage or an extra bag to check on your way home (don't dump items to make room).
- Avoid packing with plastic bags and instead purchase reusable packing cubes, cloth bags, and reusable toiletry bags.
- Bring a reusable water bottle that you can refill.
- Remove packaging or tags of any newly purchased items before you go.

Local Cuisine

Kenyan cuisine centers around hearty, home-style dishes built from fresh local produce, maize, beans, vegetables, and simply prepared meats. The foundation of most meals is ugali, a dense maize porridge similar to Zambia's nshima, served alongside vegetables, stews, grilled meats, or fish. Common accompaniments include sukuma wiki (sautéed leafy greens with tomatoes and onions), nyama choma (grilled goat or beef), and githeri, a nourishing mix of boiled maize and beans. Across the country you'll also find spiced rice dishes like pilau, soft layered chapati, and fish-based meals in lakeside regions.

Overall, Kenyan food is wholesome, filling, and rooted in simple preparations that highlight the natural flavors of local ingredients rather than heavy spices. Like Zambia, Kenya's culinary traditions reflect its agricultural heritage and regional diversity, offering visitors comforting, authentic dishes that are both flavorful and approachable.

Here are some common Kenyan dishes that you may try during your trip:

- **Ugali:** Kenya's staple food: a firm maize flour porridge served with vegetables, stews, or grilled meats. It is eaten by hand and found in nearly every household and restaurant.
- **Sukuma Wiki:** Sautéed collard greens cooked with onions and tomatoes.
- **Nyama Choma:** Kenya's famous grilled meat, usually goat or beef. Slow-roasted over coals and served with ugali and fresh tomato-onion salad (kachumbari).
- **Githeri:** A comforting mix of boiled maize and beans, sometimes cooked with potatoes, vegetables, or light seasoning. Common as both an everyday meal and street food.

- **Kenyan Pilau:** A fragrant spiced rice dish cooked with cardamom, cloves, cumin, cinnamon, and sometimes beef or chicken.
- **Chapati:** Soft, layered flatbread influenced by Indian cuisine. Served with stews, beans, or eaten on its own - very common in Nairobi and across Kenya.
- **Tilapia:** Fresh tilapia from Lake Victoria; often pan-fried or grilled and served with ugali, vegetables, or kachumbari.
- **Madazi:** Slightly sweet, fluffy fried dough similar to a doughnut, but less sugary. Popular as a snack or breakfast item.

Weather Conditions

Kenya is a tropical country with a climate shaped by elevation and regional differences. Weather generally follows two rainy seasons—the long rains (March–May) and short rains (October–December)—with dry, warm periods in between. Coastal areas stay hot and humid year-round, while higher-altitude cities like Nairobi and Kisumu are warm by day and cooler at night.

High	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Nairobi	78°F	80°F	80°F	76°F	74°F	72°F	71°F	73°F	76°F	77°F	75°F	76°F
Mombasa	88°F	88°F	89°F	87°F	85°F	83°F	81°F	81°F	82°F	84°F	86°F	87°F
Kisumu	86°F	88°F	87°F	84°F	83°F	83°F	83°F	84°F	85°F	85°F	85°F	85°F

Low	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Nairobi	59°F	59°F	61°F	61°F	59°F	56°F	55°F	55°F	56°F	59°F	60°F	60°F
Mombasa	76°F	76°F	78°F	77°F	75°F	73°F	71°F	71°F	72°F	74°F	76°F	76°F
Kisumu	65°F	66°F	67°F	66°F	66°F	64°F	64°F	64°F	65°F	66°F	66°F	66°F

Elevate Destinations will provide you with a suggested Packing List that has more specifics on the weather in Kenya for the dates of your trip.

Cultural Considerations

Experiencing different cultures and ways of life is one of the joys of traveling. Below are some major elements of daily life, culture, and customs in Kenya that you may experience.

- **Demographics:** As of 2024–2025, Kenya’s population is estimated to be around 55 million people. The country has a youthful population, with a large proportion under the age of 25. Kenya is highly diverse, with more than 40 ethnic groups, each with its own language or dialect. The largest and most notable groups include the Kikuyu, Luhya, Luo, Kalenjin, Kamba, and Maasai. English and Swahili are the official languages and are widely used in government, education, and urban areas, while local languages are commonly spoken in daily life. Kenya is predominantly Christian, with Protestants forming the majority and Roman Catholics as a significant minority. There are also communities practicing Islam, especially along the coast, as well as smaller groups adhering to indigenous beliefs and other faiths.
- **LGBTQ+ Rights:** LGBTQ+ people are affected by laws and policies around the world. In Kenya, LGBTQ+ individuals face significant legal and social challenges. Same-sex sexual activity is criminalized, and public acceptance of LGBTQ+ people is limited, particularly outside urban centers. Travelers who identify as LGBTQ+ should exercise discretion, stay informed about local laws, and consult reliable resources on safety when visiting Kenya. For more information on LGBTQ+ rights and guidance for LGBTQ+ travelers to Kenya, [click here](#).
- **Greetings & Social Norms:** Greetings in Kenya commonly involve a handshake, often accompanied by a smile. Among close friends or family, a hug or cheek kiss may be exchanged. Politeness and respect for elders are highly valued, and it’s customary to use titles such as Mr., Mrs., or Miss when addressing someone for the first time, especially elders. Gift-giving, such as bringing food, fruit, or small tokens when visiting a home, is appreciated. Public displays of affection are generally discouraged, particularly in rural or more traditional communities. Using Swahili greetings like “Jambo” or “Habari” is a polite and culturally appropriate way to start a conversation.
- **Dress:** In Kenya’s urban areas, casual clothing is widely accepted and common, especially in cities like Nairobi and Kisumu. When traveling to rural regions, visiting traditional communities, or entering religious sites, it’s best to dress more modestly—covering shoulders and knees is recommended. Lightweight, breathable fabrics are ideal for the climate, and neutral-colored clothing is helpful for safari activities.
- **Scams:** It is good practice to look out for scams while traveling, especially around tourist areas and big cities. It’s pretty easy to avoid if you know what to look out for. Be vigilant. Here are some tips to avoid theft and scams:
 - When walking, always wear your backpack in front. Wear your purse slung across your body and place your hand over the zipper area in front as you walk.
 - If at the beach, always have a friend watch your belongings if you go for a swim.

- Carry a photocopy of your passport with you at all times. If a police officer (or anyone, for that matter) asks to see it, say that your passport is at the consulate and offer to give them the photocopy instead.

Language

Kenya is made up of a rich array of more than 40 distinct cultures, each with its own language or dialect. Swahili and English are the official languages of Kenya, while many people also speak their local ethnic languages in daily life.

Below are a few helpful phrases for when you travel. People always appreciate you attempting to speak in their language! If you would like to practice further or hear the pronunciation of some common words and phrases, we suggest downloading helpful language apps like [Duolingo](#) or [Memrise](#).

English Phrase	Swahili
Hello / how are you?	<i>Jambo / Habari gani?</i>
Good morning	<i>Asubuhi njema</i>
Goodnight	<i>Usiku mwema</i>
Goodbye	<i>Kwaheri</i>
Excuse me	<i>Samahani</i>
How much?	<i>Ngapi?</i>
Thank you	<i>Asante</i>
Yes	<i>Ndiyo</i>
No	<i>Hapana</i>
Where is the bathroom?	<i>Choo kiko wapi?</i>
Delicious!	<i>Lazizi! Or Tamu!</i>

Photography

Kenya is a beautiful country, and you will want to take lots of pictures. When photographing people, always ask permission first. This is a sign of respect, as the subjects of your photos have the autonomy to consent. You can do this with gestures or ask your guide to translate.

Always be considerate of anyone's desire not to be photographed. There are some places where photography is prohibited; these areas are usually marked. If you are uncertain about whether or not photography is permitted, your guide will be there to advise you.

If you would like some tips on ethical photography practices, check out our blog post, "[Nine questions to help decolonize your photography.](#)"

Human Trafficking in Travel

Elevate Destinations has signed [The Code of Conduct for the Protection of Children from Sexual Exploitation in Travel and Tourism](#) (The Code) and expects all of its partners to refuse involvement, both direct and indirect, in the commercial sexual exploitation of children. A "child" is defined as a person younger than 18 years of age, according to the UN Convention on the Rights of the Child.

We encourage our travelers and suppliers to report the sexual exploitation of children. Information, even the smallest amount, can represent the missing piece of an ongoing investigation by law enforcement. If you are uncomfortable with leaving your name and contact information, you can report anonymously to law enforcement or NGOs. Report a concern [using this form](#); alternatively, you can email protect@ecpat.net to report sexual exploitation of children.

Read about Elevate's values & vision, our [sustainability commitment](#), our programs that give back and more on our website at www.elevatedestinations.com. Our team members are always excited to share more on this topic. We acknowledge that to maintain truly sustainable travel products takes ongoing commitment. We continue to monitor our programs on the ground in order to improve them, and welcome your thoughts, feedback and encouragement!

Responsible Travel Tips

Elevate Destinations takes pride in its leadership in the field of responsible travel. We take care in selecting our local partners that share our environmental and social values and are avid supporters of locals working in the tourism industry as they are both the most impacted and

impactful players at the local level. All of your ground costs on this trip are carbon offset using [Native Energy's Carbon Calculator](#).

Here are a few tips that can help enrich your experience as a responsible traveler:

- **Keep an open mind:** Observe local customs and respect traditional cultures and people.
- **Language:** Learn a few basic greetings and “thank you” in the local language.
- **Local economy:** Support locally owned businesses, restaurants and other services. Shop from local artisans to promote traditional crafts and encourage contemporary arts.
- **Pay a fair price:** Bargaining is acceptable on this trip and a great way to engage with locals. Try to have fun and not be overly aggressive in bargaining for souvenirs.
- **Respect:** It is important to acknowledge the privacy and dignity of others and ask before photographing or filming people. Ask permission before entering sacred places, homes or private land, and take heed of local customs (i.e. remove shoes, hats, cover hair with shawl, etc). Please ask your guide if you are unsure; they are there to support your introduction to the culture!
- **Community and environment:** Contribute to organizations that support traditional cultures and protect the natural environment. Keep to designated trails and do not disturb plants and animals or their natural habitats.
- **Animal products:** Avoid purchasing crafts, clothing, furniture or other products that are derived from members of protected or endangered animal species.
- **Properly dispose of trash:** Avoid using plastic bags and try to minimize the use of other disposables. When traveling in areas away from cities, make sure to take out what you take in. Try using a reusable water bottle and treating your own drinking water when possible. Check out what our friends at [Travelers Against Plastic](#) are doing!
- **Don't feel pressured to give away money or material items:** You will likely encounter instances of poverty and people asking for donations. We try to discourage giving away money or items as it can actually accentuate an unequal relationship between visitors and locals. Additionally, children that receive money, gifts and sweets from you are encouraged to stick around for more rather than to be in school. As difficult as it can be to turn down direct requests, sometimes giving your friendship and respect to locals can be the best gift of all. If you want to help, consider giving to a trustworthy charity, non-profit, or local school.
- **Tip your housekeeping staff:** Many of the staff cleaning hotel rooms are on the bottom of the economic pyramid. Please consider leaving a tip before you check out. The equivalent

of \$3-5 a day is appropriate. This is an easy way to ensure some of your money reaches the hands that need it the most.

Smart Traveler Tip!

In travel, especially in the developing world, things happen. Expect the unexpected! Keep an open mind, be flexible and enjoy the moment. Sometimes the best memories come out of the unplanned.