

Development in Gardening Field Trip to Kenya - May 19-27, 2023

Packing List

Luggage weight restriction is 15kg or 33 lbs in soft-sided luggage only, including hand luggage and day packs

Checklist for travel documents

- COVID certificate
- Valid passport (check the validity and renew it if necessary).
- Copy of passport (save digitally or keep separately from original)
- Visa (must be applied for online before entry)
- Insurance certificate health insurance abroad (online)
- Vaccination card (check if you need to refresh vaccinations)
- Flight ticket (printout or e-ticket)
- Travel credit card
- ATM debit card for withdrawing local currency
- List of emergency contacts and allergies, if applicable.

Electronics checklist

- Cell phone with charger
- Headphones
- Power bank or solar charger
- Flashlight (preferably USB rechargeable)
- Headlamp with red light so as not to disturb animals (USB rechargeable is best)
- Adapter/Travel PlugType G*
- Binoculars (for safari)
- Extra batteries
- Optional: Camera with charger
- Optional: Rain cover for your camera
- Optional: Laptop/tablet/e-reader*/Kindle with charger
- Optional: Multiple socket

Checklist toilet bag

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| <ul style="list-style-type: none">● Toothbrush● Toothpaste● Dental floss● Deodorant● Hairbrush● Sunscreen & lip balm with sunscreen● Shaver● Shower gel/soap● Shampoo/Conditioner | <ul style="list-style-type: none">● Nail care● Face lotion● Lip balm with UV protection*● Tweezers● Personal Hygiene articles |
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Checklist first aid kit

- Hand sanitizer or wipes

- Anti-mosquito insect repellent
- Painkillers (e.g. ibuprofen, aspirin)
- Diarrhea medication (e.g. Imodium Akut, charcoal tablets)
- Malaria prophylaxis
- Wound cream (ie. neosporin)
- Band-aids and blister plasters
- If necessary, tablets against travel/motion sickness
- Electrolyte powder or tabs for hydration
- Reusable bottle (preferably stainless steel for hot and cold)
- Shoulder bag/daypack (pay attention to hand luggage dimensions: 55x40x20 cm for the plane)
- Sunglasses
- Gardening gloves
- Earplugs
- Sleep mask
- Travel pillow (for flight and longer trips)
- Headlamp
- Individually wrapped snacks ie. dried fruit, energy bars, hard candy that won't melt

Personal comfort/gear checklist/snacks

Clothing and shoes checklist

- One or two casual but nice outfits for dinners
- Thin & warm socks
- Underwear (cotton or quick dry)
- T-shirts (long and short sleeve)
- Sweater or fleece for cooler evenings
- Jeans/long pants
- Shorts for men/capris for women (knees covered)
- Dresses/skirts are appropriate for women for lounging (modest dress)
- Swimwear & towel
- Wind and rainproof jacket
- Multifunctional scarf
- Sneakers (closed shoes)
- Sandals (open shoes)
- long sleepwear/pajamas