



NEW PACKING ALERT

AS OF JANUARY, 2017, EACH PERSON IS ALLOWED ONLY ONE CHECKED BAG THAT IS NO MORE THAN 26 INCHES TALL.

TRAVEL

- Wear comfortable clothes and layer.

IN BACKPACK/CARRY-ON (MUST BE STANDARD AIRLINE APPROVED CARRY-ON)

- Pair of scrubs—for medical staff
- Change of clothes with extra underwear and socks
- Toothbrush, travel-sized toothpaste, deodorant, comb/brush, tissues, etc. (all liquids must be less than 3 oz. and in a quart-sized plastic bag for security checks)
- Personal electronics with cords, adapters, and power sources. (phone, computer, I pad, cameras)
- Personal medication including malaria meds (enough for your time in Kenya)
- Snacks for the trip – personal choice
- Passport and copy, driver's license, money (new \$50/\$100 bills), and credit card (notify the company of your travel)
- Jacket, sweater, or sweatshirt
- Travel pillow, sleep mask/ear plugs

GENERAL PACKING:

- Towel and washcloth (we may ask you to bring sheets)
- Journal, Bible, notebook, pens
- Solar charger for your electronics
- 2 pairs of scrubs for clinics
- Personal clothing: underwear required, modest shorts/capris, jeans, no spaghetti straps
- For church: women need a skirt and men casual pants and shirt
- Tennis shoes or closed-toe shoes for outreach activities
- Flip flops/sandals for shower and on compound only
- Toiletries: shampoo, soap, feminine hygiene supplies, deodorant and lotions
- Personal medications—enough for your entire stay and one additional week
- Sunscreen and Insect Repellent (Deep Woods Off is acceptable)
- Flashlight and batteries
- Portable battery-operated fan for hot weather
- Portable solar shower bag (can be bought at Walmart for \$10)
- Travel alarm clock
- Personal snacks
- Jewelry: Leave all valuable jewelry at home.
- Medical equipment: Stethoscope, Otoscope, BP cuff, and a box of gloves if you have latex allergy

Any questions, please call us at (727)596-3555 or email nfhf@verizon.net