**2016 HSM Kenya Mission Team**

**July 15th – 27th**

**Please go to the following website to make sure that you are up-to-date on TSA regulations for non-checked liquid items as well as luggage weight limits. Luggage can be no more than 50lbs** [**http://www.tsa.gov/traveler-information**](http://www.tsa.gov/traveler-information)

[**http://www.luggageonline.com/travel-guides/tsa-airline-regulations**](http://www.luggageonline.com/travel-guides/tsa-airline-regulations)

**Before you begin:**

* Place a copy of your passport in each checked and carry-on bag.
* Clean your wallet. Take your photo ID and your passport
* Make sure all containers with liquid in carry-on are under 3 oz.
* Adhere to baggage weight and size limits

**Packing List** (This is a working list – I will let you know if there are any changes)**:**

Pack Light! The items listed below are only suggestions (unless indicated with an \*). You are not required to bring every item listed – this is only a generic list. Just bring the necessities.

**Toiletries:**

* Deodorant
* Soap
* razor/shaving cream
* toothbrush/paste/floss
* shampoo
* washcloth/towels
* hairdryer (with adaptor-type G)
* brush
* hair products
* make-up
* Hand sanitizer
* Personal wipes
* toilet paper – suggest camping rolls – they are small and compact
* \*Shower shoes – these can be $1-$2 flip flops
* \*other feminine supplies (these will not be available once we arrive)\*

**Medications:**

* Sunscreen
* bug repellent
* personal meds (in original container)
* Dramamine (if you have motion sickness)
* Sleep Aid
* Epi-pen
* Cipro or Z-pack (requires RX)
* Chapstick
* Allergy meds – highly recommended
* \*Malaria Meds\*

**Clothes: Weather is cool in the evening (between 55-60 degrees) warm during the day (between 70-85 degrees)**

* T-shirts
* long sleeve shirts
* sweatshirt
* socks
* underwear
* “long” shorts for guys…girls can wear in their rooms at the guest house ONLY
* long pants or capris
* sleepwear
* rainproof windbreaker/light jacket
* sandals
* Hat
* skirts
* \*comfortable closed toed/water repellent shoes\*

**Travel:**

* Passport travel pouch (to conceal and secure)
* photocopy of passport (stored in separate place)
* cash for airport food, snacks and/or souvenirs ($200 should be plenty)
* \*Passport\*
* \*Yellow immunization record\*
* \*emergency contact info\* - will be provided at the retreat or airport prior to departure

**Carry-On:**

* Full change of clothes
* Electronics/chargers
* Cameras
* Small toiletry kit: Toothbrush, toothpaste, brush, hair products, deodorant, make-up, washcloth, and soap….remember nothing in liquid form should be more than 3.4 oz.
* Snacks
* Travel pillow

**Misc:**

* Bible
* Notebook/pen/pencil
* alarm clock/watch
* electrical adapter – type G (You won’t need a power converter unless you plan on using a hair dryer or curling iron)
* Kleenex
* Flashlight/extra batteries
* camera
* sunglasses
* dryer sheets
* water bottle w/carinbeaners
* photos of family
* playing cards
* fun bridge building ideas