



INTEGRITY
WORLDWIDE

MISSION TRIP
-INFORMATION PACKET-

FOR MORE INFORMATION
CONTACT US AT:
INFO@INTEGRITYWORLDWIDE.COM

Mission Trip Information Packet

1. Before you travel

Medical Information:

- CDC recommended vaccinations for travel to Kenya:

1. Hepatitis A Vaccine - 2 shot series
2. Hepatitis B Vaccine – 3 shot series
3. Meningitis Vaccine – IM booster every 3 years
4. Typhoid Vaccine – IM booster every 2 years (oral 5 years)
5. Tetanus/Diphtheria – every 10 years
6. Polio booster – single lifetime booster
7. **Yellow Fever – booster every 10 years**

- Call to schedule appointment for shots:

Montgomery County Health Department
3060 Mobile Highway
Montgomery, AL 36108
Phone: 334-293-6400

Daily Anti-Malarial orals:

You will need to take one pill per day at the same time every day. We recommend taking one at breakfast or before you go to bed. It's recommended to start 2 days before the trip and continue 7 days after the trip.

Travel Health Insurance:

It is a good safety measure to purchase travel health insurance through a travel agency or you can talk to your health insurance provider if you choose to use your known provider.

Passport:

You will need a passport that is valid for more than 6 months, if you do not already have one, allow 2-3 months for processing time.

Visa:

-We will get eVisa's at a team meeting prior to departure. The cost is approximately \$50 per traveler.

Other Documents:

- For the flight, you will need to bring, in your carry-on: passport, I.D./driver's license, travel insurance information, and immunization card. It is a good idea to keep a copy of each of these in your luggage in case your originals get lost.

2. What to bring:

You'll need about 5 days worth of clothes for Meto. Southern Kenya has a warm climate, so bring linen or cotton clothes. No shorts for men or women for cultural reasons. Loose fitting pants, dresses & long skirts are recommended.

You also want to bring additional clothes for travel to and back from Meto that are comfortable and can get dirty. You will also need clean clothes for 1 night at the Safari Lodge Hotel, and 2 nights at a hotel in Nairobi. We recommend bringing those "normal" clothes in extra plastic bags, so they don't get dirty while in Meto. Its also good to have at least one good outfit for church on Sunday.

Packing list Suggestions:

- + New currency dollar bills rather than worn, credit card, debit card
- + One bag to check (not to exceed 50 lbs) and one carry-on bag plus backpack or purse
- + Sleeping bag (40 degree, compressible suggested)/ sheet/ blanket
- + Therma Rest or other compressible pillow
- + Backpack
- + Insect repellent with at least 30% deet DEET
- + Flip flops to wear in the shower and hotel rooms
- + Something warm for cool nights and mornings, it gets chilly (i.e. pair of jeans and hoody sweater)
- + Sunscreen
- + Sunglasses
- + Raincoat / poncho (very rare that you would need it)
- + Towel and washcloth
- + Flashlight (extra batteries)
- + Hand sanitizer
- + Toiletries
- + Plastic zip lock bags and garbage bags
- + Hat / cap
- + Bible, journal, pen
- + Alarm clock
- + Camera
- + One nicer outfit for church service/ ministry times (girls: skirt, guys: shirt & khakis)
- + Long sleeve shirt/blouse to protect from sun and insects
- + Closed toe shoes/ sneakers
- + Socks, quick drying
- + Sleep wear
- + Protein snacks (peanut butter, etc.), dried fruit, trail mix, breakfast items.
- + Packaged food, snacks, candy, gum + little snacks for travel on airplane + drive to Meto

- + Water bottle (Nalgene is great)
- + Ear plugs
- + Swimwear for Nairobi hotel/ Safari Lodge
- + You can bring your own laptop, however there is no internet reception in Meto
- + travel adapters + converters (UK adapters for Kenya)
- + binoculars for game drive
- + If there is anything you cannot live without, then bring it!

We will provide:

- + drinking water
- + Meals (except meals in the airports)
- + beds
- + shower (not always warm), toilet, sink
- + some electricity
- + stove
- + toilet paper
- + meals in Meto: as well as some local food
- + coffee – don't worry we'll have coffee!

3. Other:

Just a reminder:

In 2006, the TSA has advised that travelers may now carry through security checkpoints travel-size toiletries (3.4 ounces/100 ml or less) that fit comfortably in ONE, QUART-SIZE, clear plastic re-sealable bag. At the security checkpoint passengers will be asked to remove the clear plastic re-sealable bag from their accessible baggage and place it in a separate bin or on the conveyor belt for screening. X-raying these items separately will allow TSA security officers to more easily examine the declared items. In addition, prescription liquid, gel and aerosol medications, baby formula/milk/food, and diabetic glucose treatments must be declared at the checkpoint for additional screening if they are not included in the ONE QUART clear plastic re-sealable bag.

Money:

Each person that goes on a trip with us will have their own trip account. Flights and all trip expenses will be paid out of the trip account. Payments to the trip account can be made out to "Integrity Worldwide" regarding to IRS rules & regulations. Donors can be asked to add a personal note with the check saying who the check goes to. Please do not put person's name on the check (we will have to return checks to donors). If you send support letters please add a paragraph stating that if for some reason you are not able to go on the trip the monies donated will be used for the mission of Integrity Worldwide and can not be refunded. All donations are still tax deductible. This is an IRS requirement.

Most major credit cards are accepted in the hotel in Nairobi and the Safari Lodge. Please bring some US Dollars for tourist shopping and drinks at the hotels, and other personal expenses.[You may want to call your bank to notify them of your destination and travel dates so your debit card won't get denied as you may be using it on flight layovers and in several countries within one day.]

Time:

The time difference is CST +8 hours.

Phone calls:

Nairobi & Amboseli: We'll have a phone that you can call home with. Contact number while we're in Africa is +254727478863. USA # 13343221202.

Meto: Emergency calls only

Hotels:

All meals will be paid for at the Panafric Hotel in Nairobi & the hotel in Amboseli as well as meals at the Boma Hotel Nairobi.

Cultural info-The Massai:

The Maasai are a nomadic people that live in southern Kenya and northern Tanzania. Because their traditional way of life has been disrupted by government borders and private land, the Maasai's herds have been reduced to just a fraction of their former size. For the last 80 years they have lived in extreme poverty due to the increasing number of droughts. They live in "Bomas" made of sticks and mud. You'll be able to visit a boma and check out how they live. Their diet consists of mostly corn and other vegetables and we'll have the opportunity to eat a traditional Maasai meal during our stay.

Some important notes:

- Please do not give any gifts to anyone! Everything we bring must come back. If you give a gift they have to give one back.
- They are extremely conservative so please dress appropriately (no shorts or tank tops). Also, PDA is not recommended.
- Their food is very different from ours so please do not hand out food or candy. They can get very sick and it also teaches them to beg.
- Church is a blast so if you want to dance feel free to go for it! You can even preach if you're up for it!
- The way they interpret time is very different from us. For them time is an unlimited resource and is almost never thought about but for us "time is money!" and we think about it all the time. If you notice yourself getting frustrated about time issues just try to embrace it 😊
- If at anytime you feel "funky" or like you can't handle something, please tell somebody else on the team so they can pray for you. Our mission trip has huge spiritual implications for the entire area and it is normal to feel God's presence or something "funky." We'll talk more about this at team meetings.

Rules for Meto:

- Please do not let anyone inside the mission center that is not on our team.
- No children are allowed to ride in our cars.
- Please no tips. Most of the people who help us are employees and those who aren't will be tipped when we leave.
- If you leave the Mission Center please go in groups of at least 2.
- If you have any questions about anything feel free to ask Alan or Avere

Maasai language (for use in Meto):

Hey, how are you? - Supa?
I'm fine - Epa
Hey, how are y'all? - Enta Supa?

Goodbye - Serre
Goodbye y'all - Oleserre

Yes - Ehh
No - Ah Ah
Okay - Aiya

Thanks - A shay
Thanks a lot - A shay Oleng
Great Job/That was good - Say die

Come here - Whoa wheni
Go - Shomo

Praise Jesus - Mesi Yesu (this is a greeting)

Outside of Meto Kenyans speak English and Swahili. Sometimes people in Meto will use Swahili to greet you because they think you would have a better chance understanding Swahili than the local language. In the hotels everyone will speak English but its good to know a little Swahili:

Hello – Hamjambo or Jambo
Goodbye – Kwahere

Thanks - Asante
Thank you very much - Asante Sana

How are you? - Abadi?
I'm (really)fine. - Msurri (Sana)

