



# KENYA

a trip of a lifetime

PROJECT  
LUCAS



**Missions Trip Guide**



[projectlucas.org](http://projectlucas.org)

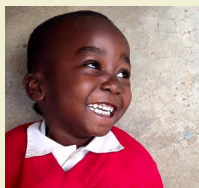


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## 1 How It Started

PAGE 4

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## 2 Let's Get Started

PAGE 7

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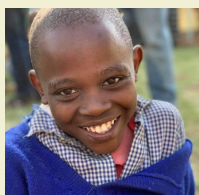


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## 3 Important Travel Info

PAGE 11

---



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## 4 What To Pack

PAGE 19

---



---

## 5 Pre-Trip Timeline

PAGE 22

---



---

## 6 Notes

PAGE 24

---



**PROJECT  
LUCAS**



Table of

**CONTENTS**

# → A LETTER

from our Executive Director

I AM SO EXCITED THAT YOU HAVE DECIDED TO TRAVEL TO KENYA WITH PROJECT LUCAS. I CAN GUARANTEE THIS WILL BE A TRIP OF A LIFETIME. BE PREPARED FOR GOD TO DO SOME AMAZING THINGS IN YOUR LIFE AND FOR YOUR RELATIONSHIP WITH HIM TO REACH NEW HEIGHTS.

Thank you for your trust in Project Lucas. Our team will do our absolute best to give you the trip of a lifetime. I hope this booklet will answer any questions you may have. Our intent is for you to be as well prepared as possible for this amazing trip. We think it's a big deal for you to fly from the USA all the way to Ruiru, Kenya, in Africa.

We can't wait to meet you and introduce you to the amazing staff and families we serve at Project Lucas. We don't believe it is a coincidence that you are going on this trip. We believe God has a specific purpose for you. We have seen God use people's specific skills, abilities, and gifts for ministry in Kenya. It is our prayer that God will use you to share the power of the gospel to families and children in Ruiru, Kenya.

We will be praying for you as you prepare, and especially when you arrive in Kenya. If you have any questions, feel free to email me directly at [scott@projectlucas.org](mailto:scott@projectlucas.org).





# HOW IT STARTED



**WHILE SCOTT AND ALISA DISHONG WERE LIVING IN NAIROBI, KENYA, SERVING AS MISSIONARIES, THEY FELT LED TO ADOPT A BABY BOY. HIS NAME WAS LUCAS.**

As Scott and Alisa were going through the adoption process, they were burdened by the extreme poverty that they saw in Kenya every day.

The average Kenyan lives on less than \$2 per day, and there are over 3 million orphans in Kenya. Because of these statistics, along with the joy that Lucas brought them, they felt a call to help other Kenyan children who were less fortunate.

One day during the adoption process, Scott met a little girl named Mary. Mary's parents could not afford to send Mary to school even though she only lacked a 50-cent notebook. This inspired Scott and Alisa to not only help Mary go to school, but also to help other children attend school.

So, along with some dedicated friends, they decided that God was leading them to move back to the States and start a non-profit 501(c)(3) organization. Thirteen years later, thousands of children and their families have been given hope for a better future through Project Lucas. Lucas has taught us all that we cannot change the entire world, but we can change the entire world of one child.





What does Project Lucas do in

# → KENYA?



Our goal is to change  
the world one child at a  
time through:

**Education**  
**Community Involvement**  
**Awareness**

Since 2007, thousands of children and their families have been given hope for a better future through Project Lucas. We desire to expose people to the extreme poverty in which these children live. The more people are aware of the problem, the more people will be able to help and change the life of a child. We have a strong belief: The gospel changes everything. We believe in the transforming POWER of the gospel, and we use education and community involvement to share the gospel and disciple families.

## **Education**

- The Project Lucas Academy
- High School Sponsorship
- Backpacks for Africa
- Adopt a School/Church Planting
- School Feeding Programs
- Community Study Rooms

## **Community Involvement**

- Child Sponsorship
- Project Lucas Community Center
- Table Banking
- Community Study Rooms
- Community Tutoring

As a mission trip participant, you will be able to share Christ and help build up the ministry of Project Lucas and its programs.

What happens on a

# PROJECT LUCAS trip?



**Thank you for your interest in making a lasting impact in Kenya by joining Project Lucas on a short-term mission trip. On these trips, you'll meet and serve some of the most impoverished children and families in Kenya just outside of Nairobi in a small town called Ruiru.**

All of our short-term mission trips give participants a chance to discover a deeper level of compassion within themselves. Most trips include distributing backpacks while sharing the gospel with hundreds of families, working at the Project Lucas Community Center assisting our Kenyan staff, loving and caring for our sponsorship children, visiting sponsorship families, light construction work, and many other opportunities to share Christ and disciple families.

It also includes a two-day safari, shopping, and possibly a visit to Kenya's oldest tea farm. Our U.S. and Kenyan staff at Project Lucas will arrange everything for the entire team's trip in country. This trip is life-changing, and our team will make sure that you have an experience that will last a lifetime while making a lasting impact on those in need.

## OUR MISSION

We share the gospel with impoverished Kenyan children while equipping them to escape poverty. By meeting needs, giving access to education, and investing in their communities, we're able to help change the world one child at a time.

## OUR PURPOSE

Our purpose is that every Kenyan child will hear, see, feel, and touch the gospel.

## OUR VISION

We cannot change the entire world, but we can change the entire world of one child.

# Let's Get STARTED



We ask that groups and individuals purchase their own airline tickets. Church groups or other groups can raise their funds under their organization and have the organization pay Project Lucas for in-country costs.

Individuals who are raising funds on their own can have their donors donate directly to Project Lucas for their in-country costs, airline ticket, vaccinations, and eVisa. Once proper receipts and documentation have been provided to Project Lucas and all in-country funds have been raised, Project Lucas will issue reimbursements to those individuals for pre-trip expenses, including airfare. Project Lucas can also advise individuals on fundraising and provide a sample support letter from our website at [projectlucas.org/letter](https://projectlucas.org/letter).

## Next Steps

1. **Read** through this booklet as you prepare, especially the "Missions Trip Timeline Checklist" insert.

2. **Begin** to pray for your trip and your FUNraising process.

3. Begin to **FUNraise** for your trip.  
(START NOW -- Don't wait!)

4. FUNraising **deadlines**:

Airline tickets purchased no later than **4 weeks prior to trip**

In-country costs due **3 weeks prior to trip**

5. Begin to look for **plane tickets**. We recommend two great sources:

- **expedia.com** (great insurance and refund policies)
- **Dehoney Travel**: [dehoneytravel.com](https://dehoneytravel.com) (great customer service). Tell them you were referred by Project Lucas.

6. You will need to **arrive** in Nairobi's Jomo Kenyatta International Airport 12 to 24 hours before the trip begins. Everyone must arrive by 11:45 p.m. local time on the day the trip begins. Our Project Lucas team will meet you or your group at the airport and take you to the HEART Lodge.

Zoom and video trainings will take place a few months prior to the trip to help you and your group prepare.



# KENYA FACTS



## QUICK FACTS

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**Capital:** Nairobi

**Time Zone:** 7 hours ahead of U.S. EST  
(depending on the current daylight savings cycle in the U.S.)

**Example:** 8 a.m. in NYC = 3 p.m. in Kenya

**Population:** 40,046,566

**Area:** 224,961 sq. miles (roughly the size of Utah)

**Borders:** Ethiopia, Somalia, Tanzania, Uganda, Sudan

**Languages:** Kiswahili, English, tribal languages

**Currency:** Kenya Shilling (KSh)



## COUNTRY INFORMATION

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**Information about Kenya:** Visit [lonelyplanet.com/kenya](https://lonelyplanet.com/kenya)

**U.S. Embassy in Kenya:** [ke.usembassy.gov/u-s-citizen-services/](https://ke.usembassy.gov/u-s-citizen-services/)

**American Citizen Services:** +254 20 363 6451 (from outside Kenya).  
020 363 6451 (in Kenya)

**Email address:** [kenya\\_acs@state.gov](mailto:kenya_acs@state.gov)

**Passport:** Visit [travel.state.gov/content/travel/en/passports.html](https://travel.state.gov/content/travel/en/passports.html)

**U.S. State Department Consular Affair and Foreign Entry Requirements:**  
[travel.state.gov/content/travel.html](https://travel.state.gov/content/travel.html)

**Center for Disease Control:** [wwwnc.cdc.gov/travel](https://wwwnc.cdc.gov/travel)

## MISCELLANEOUS

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**World Time Zones:**  
[timeanddate.com/worldclock/](https://timeanddate.com/worldclock/)

**Currency Converter:**  
[www.oanda.com/currency/converter](https://www.oanda.com/currency/converter)

**Embassy of the Republic of Kenya**  
[ke.usembassy.gov/](https://ke.usembassy.gov/)



# KENYAN CULTURE

You're not in America anymore

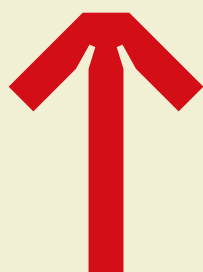


**WHILE IN KENYA, YOU MAY ENCOUNTER MANY DIFFERENT POPULATION GROUPS. FROM THE MAASAI, TO ORPHANS, TO THOSE LIVING IN THE SLUMS, IT IS IMPORTANT TO REMEMBER WE ARE GUESTS VISITING IN THEIR HOMES. THEIR LIVING CONDITIONS WILL APPEAR ROUGH COMPARED TO OUR STANDARDS, BUT TRY NOT TO JUDGE THEM. INSTEAD, HONOR YOUR HOSTS BY YOUR WORDS AND ACTIONS AND EMBRACE THE DIFFERENCES!**

## CULTURE

Kenyans tend to be more reserved than Americans. They speak in softer tones and often appear shy. Don't take it personally. This is a part of their culture. As they form a relationship with you, they will open up and share more about themselves. Greet adults first and then children with "Jambo!" and a handshake. You will probably be received with smiles and giggles from the children.

If you are invited into a home or offered a gift, be gracious and accept. Many Kenyans would gladly give you the shirt off their backs to make you feel at home. Refusing a gift or food can appear offensive. We encourage you to try new things, but if there is something you cannot eat or drink, politely say, "No, thank you."



## REVERSE CULTURE SHOCK

Coming home can be the toughest culture shock throughout your journey to and from Kenya. In Kenya, you may have experienced situations those at home cannot possibly understand. You may have learned to trust God in entirely new ways and deepened your commitment to Him. It is normal to have a hard time leaving Kenya and coming back to your regular routine!

Some ideas for coming home include:

- Share your trip with friends.
- Read through your journal.
- Make a plan to stay connected to those on your team. (Follow Project Lucas on social media and join the Project Lucas Alumni Facebook group.)
- Find out how you can stay involved with Project Lucas.

# MEET OUR KENYAN TEAM↑



Silas  
Kenya Director



Benjamin  
Scholarship Director



Isabel  
Head Teacher



Mama Joyce  
Cleaning Director



Auntie  
Kitchen Director



Rispa  
Cultural Specialist



## Other Staff

- Teachers:** Pre-school - 5th Grade  
**Liz:** Scholarship Assistant Director  
**Karist:** Translator  
**Georgina :** Accountant  
**Lillian:** Cleaning  
**John:** Intern



## IMPORTANT

# TRAVEL INFO



### OVERVIEW OF TRAVEL INFORMATION

Upon deciding to join us in this exciting ministry, please read through this manual in its entirety. You will also receive several training videos to enhance your trip information. If you have any further questions, please feel free to contact the Project Lucas U.S. office at [info@projectlucas.org](mailto:info@projectlucas.org).

## REQUIRED TRAVEL DOCUMENTATION & FORMS



### U.S. PASSPORT

Your U.S. passport must be valid at least six months beyond the dates of your trip. The photo page of your passport must be provided to our Project Lucas U.S. office and your team leader. One copy should be left at home and one copy kept with you. Carry your copy separate from your passport. Your original passport will be kept in the HEART Lodge safe.



### VISA

Do not purchase a visa until you have heard from our office. Support from the Project Lucas staff will be provided. You will purchase your visa online prior to departure by going to <http://evisa.go.ke/evisa.html>. The fee is \$51.



### FORMS

All team forms must be sent to the Project Lucas U.S. office no later than one month prior to your departure. Please keep one copy for your records. The liability release form, and video/photo release form are available on our website.

# Prep Info

# YOU NEED TO KNOW



## TRAVEL INFORMATION

### TRAVEL

You will fly into Nairobi's Jomo Kenyatta International Airport (airport code: NBO). Depending on your departure city, you can anticipate an 18 - 24-hour flight journey with a stop-over in Europe or the Middle East.

### BOOKING FLIGHTS

You can purchase your airline tickets on your own through Expedia or a similar on-line service, or you can choose to go through a travel agent. We have a terrific agent we have worked with exclusively for years (Dehoney Travel: [dehoneytravel.com](http://dehoneytravel.com)). If you call them, ask for Russell or Linsey and tell them we sent you. The most important thing is that your flight gets you to the airport in Nairobi on the trip's start date.

### TRAVEL INSURANCE

Travel insurance can be acquired through any company of your choice. Cost for the insurance is approximately \$75 - \$100 for each traveler. The rate depends on several factors and covers trip cancellation (if purchased within 14 days of purchasing airline ticket), lost luggage, accidents, and illness.

## CHECK-IN AND PACKING TIPS

### BAGGAGE AND PACKING TIPS

- **PACK LIGHT.** Chances are you will have to carry what you pack.
- Tightly secure any items that may come open while traveling. In checked bags, put containers with liquid items in ZipLoc gallon bags. Double bagged is even better!
- Use older luggage. It is not uncommon for it to be damaged en route.
- It is highly recommended that you carry two days' worth of clothes (appropriate for ministry work) with you on the plane. Sometimes luggage gets lost and/or delayed.
- Baggage allowance may differ between airlines. This information can be obtained from the airline's website.
- Project Lucas requires that you donate the space of one of your checked bags to transport Project Lucas supplies (office supplies, donated goods, etc.) to Kenya. Upon your return you will have that space to bring your souvenirs home.



More Prep Info

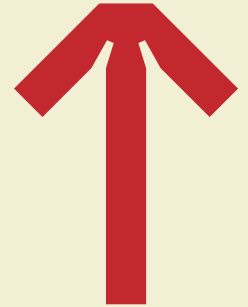
# YOU NEED TO KNOW



## ACCOMMODATIONS AND FOOD

While in Kenya, you will be staying at the HEART Lodge, where two meals per day are prepared and eaten family style in the dining hall. HEART Lodge also provides box lunches for us on days that we will need them. HEART has a head chef and pastry chef, and the meals at HEART are very good. If you have a specific food allergy, we will make the HEART staff aware of those needs.

While on safari, you will stay at a game park lodge, where a tasty buffet is available for all three meals.



## IMMUNIZATIONS

See your doctor, local health department travel clinic, or independent clinic at least 10 weeks (the full hepatitis series, with boosters, requires 6 months) before your trip to allow time for immunizations to take effect. Please check with your insurance to see if travel immunizations are a covered benefit under your policy. Your insurance may cover some of the required immunizations, reducing your out-of-pocket costs.

Precautionary medication for malaria is required.



## CASH

The amount of spending money you bring is up to you. After you exchange your money, it is best to keep your cash in your luggage in your room or in the HEART Lodge safe. Your team leader will let you know if money is needed each day. If you attend a church service, a small offering is appreciated.



## TRAVEL DOCUMENTS

You may keep your passport and flight paperwork in the HEART Lodge safe. Keep a copy of your passport on you at all times. Also keep a copy at home where someone can get to it if you need to call them. You may want to put these in ZipLoc bags so they won't get ruined if wet.



## AFTER YOU RETURN HOME

Continue taking your antimalarial drug for the required time as directed. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to 1 year after returning home should seek prompt medical attention and should tell the physician their travel history.







## Let's Talk About **SAFETY!**

Safety is something that Project Lucas takes very seriously. Kenya can be a very dangerous place. Project Lucas has a great reputation in the areas where we will be ministering, and the locals look out for us. However, we don't take anything for granted. We will address safety with our team members before we leave and while we are in Kenya. Here are some guidelines we all need to follow.

### Practical Safety Guidelines

Keep your passport and money/credit cards locked in the HEART Lodge safe. The team leader will have a key to access this when needed.

When it is needed, keep your money in a safe place on you at all times. It should be hidden, but easily accessible. Do not carry money in a backpack or camera case.

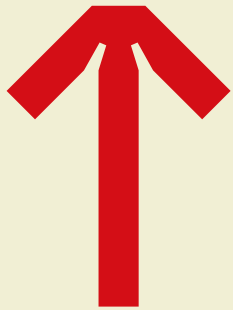
Do not leave valuables including cameras, money, and backpacks in the vehicle unless someone stays with the vehicle.

Stay with the team at all times. Never go anywhere alone; always be in a group of at least two.

Always ask before taking someone's picture. Do not take photographs of the military, airport, or public buildings.

# Helpful INFORMATION

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## **MONEY**

During your trip you will be able to exchange U.S. dollars to Kenyan shillings. There is no need to exchange money prior to your trip or at the Nairobi airport. When exchanging your money, you must use 50 or 100 U.S. dollar bills. The bills **MUST** have colored ink and be crisp and new to receive the best exchange rate. When receiving your Kenyan shillings, it is helpful for you to receive a variety of denominations (50 KSh - 1000 KSh). Large notes may not be honored at small souvenir or snack shops as change may not be available.

For the latest conversion rate info, visit: [oanda.com/currency/converter/](https://oanda.com/currency/converter/)



## **CREDIT/DEBIT CARDS/ATMS**

Major credit cards are accepted in Nairobi, and ATM machines are available at airports, malls, and banks. If you plan on using a credit card during your travel, call your credit card company before your departure to explain that there may be activity on your card from the countries you are traveling to. It is good to have a back-up plan in the event your credit card is not accepted while traveling.



## **SHOPPING**

During your time in Kenya, you will have opportunities to purchase souvenirs. When shopping at a market or small kiosk, be sure to negotiate the price. A good rule of thumb is to ask for the price and then offer half. You can then negotiate a price you are willing to pay.

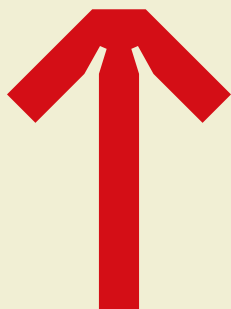
It is important to remember your audience when shopping. Have your money ready so you do not have to search, exposing your purse/wallet contents. Also, please be respectful and do not discuss money in front of HEART Lodge or Kenyan Project Lucas staff. What might be a "steal" to us may be a day's wages to the person you are purchasing from or talking with.



## **TIPPING**

Tipping is typical in Kenya at hotels and restaurants. On safari you might expect to tip a safari driver and/or the naturalist guide. The Project Lucas staff will advise you and will tip your servers at your meals. You will also be given the opportunity to tip the HEART Lodge staff at the end of your stay (but it is not required).

# More Helpful INFORMATION



## COMMUNICATION

### Cell phones:

Most providers have international plans that will allow you to call home from Kenya. Be sure to verify your rates for phone calls and texts before leaving home if you plan to use your cell phone.

### Internet:

The HEART House has Wi-Fi throughout the lodge, which is free to our team. When you are working on a project off-site, internet access is very limited and probably unavailable.



## LANGUAGE

|           |  |
|-----------|--|
| Mjambo    | Hello  |
| Habari    | How are you?                                     |
| Nzuri     | Well or good (response to <i>Habari</i> )        |
| Kwaheri   | Goodbye  |
| Sawa      | Okay   |
| Sawa sawa | "It's all good"                                  |
| Asante    | Thank you  |
| Sana      | Very ( <i>Asante sana</i> : thank you very much) |



## HEALTH PRECAUTIONS

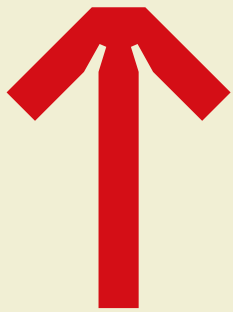
The information in this section is from the Center for Disease Control website. Ask your doctor and check the CDC website for the most up-to-date information: [wwwnc.cdc.gov/travel/destinations/traveler/none/kenya](http://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya)

Malaria is a preventable infection that can be fatal if left untreated. Prevent infection by taking prescription antimalarial drugs and protecting yourself against mosquito bites (see below). Travelers to East Africa should take one of the following antimalarial drugs: Malarone (atovaquone/proguanil), chloroquine, doxycycline, Lariam (mefloquine), primaquine, Arakoda (tafenoquine). For detailed information on malaria-risk areas and antimalarial drugs, see the CDC website and take the advice of your doctor. International health clinics and county health clinics are excellent resources.



# Even More Helpful INFORMATION

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## TO STAY HEALTHY

Wash hands often with soap and water.

Drink only bottled or boiled water. Avoid tap water, fountain drinks, and ice cubes. We will provide bottled water and ice cubes that are made from bottled water at the HEART Lodge.

Eat only thoroughly cooked food, including fruits and vegetables. Fresh fruits, vegetables, and salads served at the HEART Lodge are safe to eat.

When eating out, ask the Project Lucas staff traveling with you if in question of safe foods.

Take your malaria prevention medication before, during, and after travel as directed.

To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot or wear open sandals upcountry or in the slums.

Don't drink beverages with ice, except at restaurants catering to tourists.

Don't handle animals (especially monkeys, dogs, and cats) to avoid bites and serious diseases.



## BATHROOMS AND SUCH

While working on projects, you may encounter toilets that are different than those in the United States. Kenyans commonly use a choo (pronounced choh), a hole in the ground in an "outhouse." You will need to plan to carry toilet paper and feminine products as necessary. These may be disposed of in the choo. There are flush toilets and sinks at the HEART Lodge, the Project Lucas Center, and while on safari. While at the Project Lucas Center, there will be sinks and hand wipes available to wash your hands; however, we recommend using your personal hand sanitizer as well.

# Lodging with

# PROJECT LUCAS



## OUR LODGING HOSTS – HEART LODGE

During our time in Kenya, we will be staying at the HEART Lodge outside the city of Nairobi. The Lodge is located next door to the home where Scott, Alisa, and Lucas Dishong lived during their time in Kenya. They got to know the founder and staff of HEART very well during those years and have made HEART Lodge the Project Lucas lodging destination during their many mission trips back to Kenya. HEART Lodge is a clean, safe, and beautiful place to stay. The staff is exceptional, and the food is delicious.

## HEART MINISTRIES

HEART stands for Health Education Africa Resource Team. They are a faith-based non-profit 501(c)(3) and Kenyan tax-exempt organization that is “empowering the people of Africa to survive and to thrive beyond the HIV/AIDS pandemic.” See [africaheart.com](http://africaheart.com) for more details about their ministry.



## TEAM SIZE

A team is comprised of a minimum of 10 members. Team members will be accompanied by a Project Lucas staff member at all times while in Kenya. If your team does not meet the required number of members, please contact the U.S. office at [info@projectlucas.org](mailto:info@projectlucas.org) as we often have people interested in being added to a team, or we can blend two teams.



# WHAT TO PACK?



With baggage limitations, it is important to “pack smart.” We suggest that you pack at least two days of extra clothing and extra toiletries in your carry-on in case your luggage is lost or delayed.

Your clothing will probably get dirty during the day, so a clean shirt for each day is advisable, but pants or skirts can be re-worn. If you are visiting during Kenya's winter (June - September), it can be chilly in the mornings and evenings, so long sleeves, a light jacket, or even fleece may be needed. From October to May, (late spring, summer, fall) conditions are warmer and drier.

## SHOES

Close-toed shoes are required for your comfort and safety as you walk across rural footpaths, urban slums, and on dirt-covered roads. Sneakers are acceptable with dresses/skirts for women. Flip-flops and sandals are appropriate for the HEART Lodge and while on safari.

## DRESS CODE

Kenya is a society where business casual dress is typical. You will be working with people who live in extreme poverty, so please don't wear anything flashy or clothes that call attention to yourself. Work clothes and clothes you don't mind getting dirty are appropriate for ministry days.

You will want to bring casual outfits and pants while on safari, at the HEART Lodge, or on casual outings. Capris or jeans are appropriate for women.

## ADDITIONAL CLOTHING NOTES

HEART does have washing facilities available for a fee. This is dependent on availability and weather permitting (line dry). Please hang undergarments in your room to dry. You may also pay to have your clothes cleaned at the safari lodge.

If you would like to leave clothes behind in Kenya, we will be collecting them for a new thrift store project we are starting at the Project Lucas Center.

# PACKING LIST →



## SUITCASES

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One suitcase and one carry-on bag are permitted for your personal use. Project Lucas might ask you to fill a suitcase full of supplies. Your checked suitcases CANNOT BE OVER 50 LBS.

## PASSPORT AND E-VISA

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One copy of your passport in all luggage.

One copy of your passport for your team leader .

One copy of your passport for you to keep in a special place at home.

Two copies of your eVisa (one for you and one for your team leader).

## WHAT TO BRING

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- Backpack (can be your carry-on)
- Older clothes/work clothes (clothes you don't mind getting dirty)
- Comfortable clothes for the safari
- Church clothes (women: nice pants are fine)
- Personal items/toiletries
- Cell phone
- Bible
- Water bottle
- Camera
- Flashlight
- Medications: Malaria prevention (in your carry-on), Tylenol or ibuprofen, antidiarrheal (Imodium, etc.)
- Sunblock/bug repellent
- Hand sanitizer
- 110/220 adapter and/or converter (most electronics only require an adapter)

## OPTIONAL

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- Hair dryer
- Pillow for the plane
- Sleep aid
- Binoculars (for the safari)
- Permethrin (bug repellent clothing spray)
- Swimsuit (there is a pool at the safari lodge)
- Snacks
- iPad/computer

**\*Please do not bring gifts or other items for children unless approved by Project Lucas.**



# PACKING TIPS →



## WHAT TO WEAR AND WHEN TO WEAR IT

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### GUYS

- Project Lucas Work Days:** T-shirts, long sleeve shirts, jeans/sweatpants/khakis, close-toed shoes
- Church Attire:** Pants, polos, collared shirts (ties are fine)
- Down Time/Safari:** Jeans, shorts, t-shirts, jacket/sweatshirt (flip-flops are fine)

### WOMEN

- Project Lucas Work Days:** T-shirts, long sleeve shirts, jeans/sweatpants/khakis, close-toed shoes
- Church Attire:** Pants, nice top, skirts/dresses
- Down Time/Safari:** Jeans, shorts, t-shirts, jacket/sweatshirt (flip-flops are fine)

Kenyan women are generally more conservative in dress than U.S. women. Modesty is the key when planning your packing.

Bring less expensive watches and jewelry and avoid wearing diamond rings.

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# Pre-trip TIMELINE



## GETTING STARTED

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Please note: In order to hold a spot for a specific trip, a \$100 team member deposit is required. This deposit will go toward your fees and is not an additional charge.

If you are going to do a fundraising project for your personal funding, we encourage you to get started early. We have a sample letter on our website to give you some ideas on how to approach potential donors. Go to [projectlucas.org/trips](http://projectlucas.org/trips).

## 3 MONTHS BEFORE DEPARTURE

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Contact the Project Lucas U.S. office with any questions regarding the process of acquiring airline tickets. You can purchase them through an on-line service such as Expedia, or you can choose to use a travel agent.

Once your airline tickets are secured, purchase travel insurance (purchase at time of booking to maximize coverage). Insurance can be purchased later, but it must be purchased no later than 14 days prior to departure.

## 10-12 WEEKS BEFORE DEPARTURE

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Ensure that you have a current passport. If not, begin the application process to acquire one. If you already have a passport, check the expiration date. If it will expire within 6 months of your departure date from Kenya, you will want to renew it. Acquiring a new passport can take up to two months. You may obtain the information for acquiring a passport by going to [www.travel.state.gov/passport](http://www.travel.state.gov/passport).

Schedule a consultation regarding immunizations.



# Pre-trip TIMELINE



## ONE MONTH BEFORE DEPARTURE

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Each team member should complete the missions trip survey at least one month prior to departure. Go to [projectlucas.org/survey](https://projectlucas.org/survey).



You will also have to apply for an eVISA online. Visas to Kenya must be granted before you arrive at the airport. Your team leader or a member from the Project Lucas staff will contact you and guide you through this process.

Confirm with the Project Lucas U.S. office if there are any supplies to be taken to Kenya in your second checked bag.

## 2 WEEKS BEFORE DEPARTURE

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Secure your crisp bills from the bank. If you are bringing extra spending money, be sure to have \$50 or \$100 bills that have colored ink (not just green). We recommend \$100 - \$300 for spending money.



If you plan on using a credit card during your travel, call your credit card company to explain that there may be activity on your card from the countries to which you are traveling. It is good to have a back-up plan in the event your credit card is not accepted while traveling.

Note: ATM machines are available in Nairobi.

## 48 HOURS BEFORE DEPARTURE

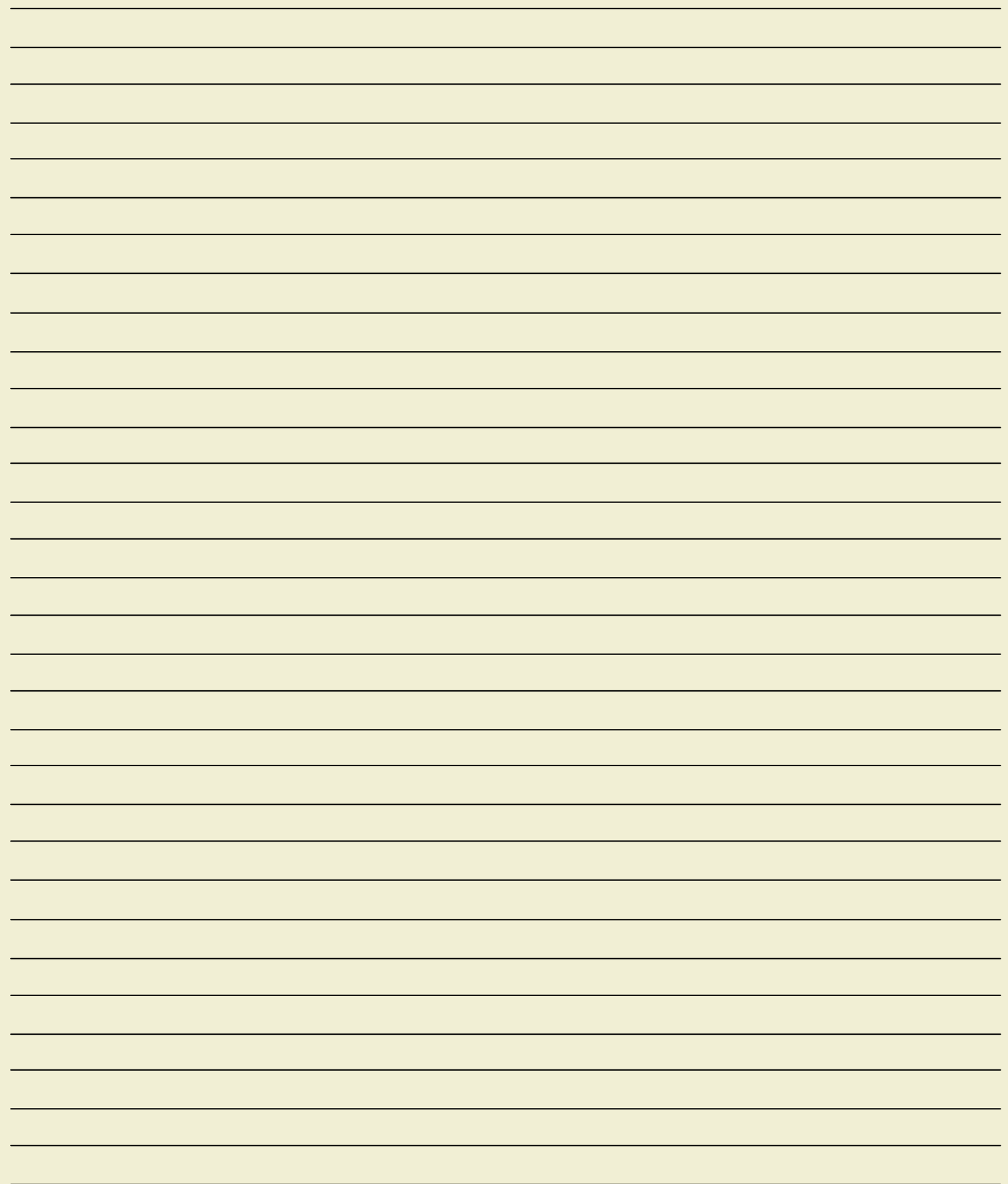
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Confirm your flight to ensure that no last-minute changes have been made to the flight schedule.

Ensure you have completed your necessary travel documents.

Arrive at the airport 2 to 3 hours prior to departure.









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