

### 1. Medical information

- a. Refer to <http://www.cdc.gov/travel/eafrica.htm>,  
<http://traveldocs.com/ke/health.htm>
- b. Vaccinations needed – none required, but if time spent in country (like Ethiopia) that has yellow fever, they may inspect your WHO card and require the vaccination if you don't have it.
- c. You should come with any prescription meds you may be taking. You can not assume they will be available in Kenya. You should also start on a malaria pill before arrival and make sure to continue it for the required number of doses after returning home. It is also advisable to purchase while here a course of treatment for malaria so that IF you should come down with malaria after returning home, you have at least the first line of attack ready.

### 2. Passport and Visa information

- a. **All incoming visitors to Kenya (except East African Citizens) will now require a visa, irrespective of nationality.** Citizens of the following countries need to have a visa prior to arrival in Kenya: Afghanistan, Somali, Iran, Lebanon, Iraq, Syria, Libya, Mali, Sudan, Nigeria, Yemen, Cameroon, Pakistan, North Korea, Stateless Persons, Armenia, Georgia, Tajikistan, Azerbaijan, Senegal and Philippines.  
Visa requirements often change. We advise you to check with your local Kenyan Embassy or Consulate for the latest visa requirements.
- b. For those **from USA and Canada visas can be obtained at the airport upon disembarking from the airplane.** Passport holders from SOME countries may have to obtain a visa ahead of time (our recent experience with a colleague from the Philippines).
- c. **Is a Visa necessary for travel outside of destination country?** Check with your hosts or at the Kenyan embassy for your country.
- d. Bring **four or five passport sized photos** for visas or other forms.
- e. **General passport protocol** – always make sure you have at least 4 blank pages in your passport. Some countries will refuse to put a visa in a passport with fewer than 4 blank pages. Always travel with a photocopy of your passport (especially the picture/information page) kept in a place other than where you usually carry your passport.

### 3. Cultural Notes

- a. Do not think you are in your country. Pay attention to your surroundings and imitate as much as possible the way local folks interact with each other. Be observant and sensitive.
- b. Take things with your right hand. Avoid (as much as possible) using your left hand while receiving something or eating. Eating fried chicken in the village sometimes involves using both hands!

- c. When greeted, greet back with a smile and hand-shake (or in the same way you were greeted).
- d. Wash you hands before eating.
- e. EAT what's put before you! Don't just play with it. Food is a serious issue in Kenya where there is an annual hungry time. It is not for playing with, throwing, joking about... These folks are sharing openly from their little. You, in your much must receive it graciously and thereby allow them the joy of giving.
- f. Men do not shake hands with women unless the woman extends her hand to you first.
- g. Kenyans generally dress more formally than North Americans. Women should avoid shorts, sleeveless shirts, and transparent dresses. Men and women alike should avoid shorts, sandals, and other casual attire except around the hotel.
- h. Men and women do not mix freely in the village. Men tend to be around men and women tend to be around women.
- i. Take toilet paper to the village.
- j. If you are offered fruit in the village, you may eat it. If a guide is around, it never hurts to ask if it is ok to eat the fruit. Never eat food that is prepared on the roadside unless you are confident that your stomach will be able to handle it.

If you ever have questions, never hesitate to ask a Kenyan for help. Kenyans are very gracious people and will overlook most cultural gaffs as long as the guest has a humble, warm spirit and is making every effort to interact with the host culture and people as EQUALS.

#### 4. Additional things to know

- a. **Time zone** – GMT + 3 hours. That is, Kenya is 7 hours ahead of Eastern Daylight Savings Time; 8 hours ahead of Eastern Standard Time.
- b. **Electricity format**
  - i. Is a converter needed?  
Electric Power is 240V running at 50Hz. Rectangular blade plug that looks like this: <http://kropla.com!/g.htm>.  
A transformer is needed if you are bringing anything that is 110VAC only. Most electronic stuff these days is multi-voltage (100-240VAC; 50/60 Hz). The current here is 220VAC 50Hz. Be sure to check your electrical equipment BEFORE coming and make sure it will function automatically on any type of electricity or. An outlet converter will also be necessary even if you have multi-voltage equipment. You can get outlet converters at most travel stores – some are quite flexible and even offer surge protection.
- c. **Travel Advisory.**
  - i. [http://travel.state.gov/travel/cis\\_pa\\_tw/tw/tw\\_923.html](http://travel.state.gov/travel/cis_pa_tw/tw/tw_923.html)

- ii. This travel advisory is outdated yet the US Government refuses to remove it from their site. The same cautions apply in Kenya as in any other international destination. Use common sense and listen to the advice of locals. Do not travel alone at night unless it is absolutely necessary. You will be safe during your time in Kenya and your hosts will go to great lengths to make you feel comfortable.

**d. Travel Insurance**

- i. If you need medical care whilst in Kenya, it is best to be aware that medical providers may not accept payment through your insurance company. In these circumstances you will have to pay in full after your treatment and file a claim with your insurance company for reimbursement. Therefore you should have access to cash, either from a credit card or by wire transfer. If you need assistance contact the country's local embassy or representative.

To be compensated you must be treated by licensed medical personnel and provide your insurance company with proper documentation and receipts.

It is advisable to always ensure you have a comprehensive travel insurance policy which covers you for repatriation to your home country.

**e. Computer/Email access**

- i. **Bringing laptops** – if you bring a laptop, there is no guarantee that you'll be able to hook up to internet. It's possible, but will require access codes/passwords to access local service providers.
- ii. **Internet availability** – there are several local service providers. Usually you can get on line either at an internet café, through the place where you are staying or at the CRWRC office.
- f. **Telephone calls** – Cell phones from North America don't work here unless they are specifically designed for international use and "unlocked". You can buy/rent cell phones here for a reasonable price. Sometimes the CRWRC office has an extra cell phone that visitors can use while here. Generally, direct-dialing North America is not a problem – just a bit expensive – a little in excess of \$1/minute. Through the CRWRC office you can Skype people computer to computer for free – but that assumes they have a Skype address.

**g. Transportation:**

**Air / flights:**[International Flights](#)  
[Regional flights from Kenya throughout Africa](#)

[Click for flights from Europe with Air France](#) 

[Click for flights from Europe with KLM](#)

 [Click for flights from Europe with BA.com](#)

### Domestic Flights

[Domestic flights within Kenya departing Nairobi and Mombasa](#)

**Train:**Kenya has an efficient and comfortable rail service connecting Nairobi to Mombasa, Kisumu and Malaba,. The overnight Nairobi-Mombasa service offers first and second class options but it is popular and for most of the time you need to book in advance

**Bus:**A wide network of buses runs throughout the country connecting almost every town. It is cheaper to travel by bus than train and often quicker but sometimes crowded.

Matatus are a common form of mini-bus, but they are packed and are often involved in accidents. and are best avoided if possible

### [Scandinavia Express Services](#)

Cross border Bus Service between Kenya, Tanzania, Uganda and Zambia

### Self Drive /

**Car Hire:**Kenya has an extensive network of roads, mostly sealed and passable throughout the year. You may have problems on unsealed roads, particular in the game reserves, during the rains if you don't have 4 wheel drive.

Driving is on the left hand side and although not required it is convenient for you to have an International Driving Licence. You can drive on your own valid licence but you need to get it endorsed at the Road Transport Office in Nairobi.

As well as all the major international car hire firms, there are numerous local ones as well and it is worth shopping around for the best deal. Always compare the inclusive insurance. Most companies require renters to be over 23 years of age and under 70 and must have held a licence for at least 2 years.

Most reputable car hire firms are members of the Automobile Association of East Africa and have road patrols on the major highways. Nearly all lodges in the Parks have resident mechanics.

### **h. Public Holidays:**

1st January New Years' Day

1st May Labour Day

1st June

11th June Kanu Day

10th October Moi Day  
20th October Kenyatta Day  
12th December Independence Day  
25th December Christmas Day  
26th December Boxing Day  
Moveable holidays Good Friday and Easter Monday and variable Muslim holidays

**5. Be sure not to forget to take your:**

- a. US Dollars in cash -- \$200-500 each. Traveler's Cheques are a pain to use, you get a poor exchange rate, and they aren't universally acceptable. Credit cards have limited usefulness in Kenya. It's possible to use a debit card at bank ATM's.
- b. Prescription meds, extra contacts or glasses, Imodium, aspirin...
- c. Batteries or charging units for electrical equipment (cameras, etc.)
- d. Toiletries and a change of clothes in your carry-on just in case your luggage takes a side-trip and doesn't arrive with you.
- e. Sunscreen, sunglasses, or hat – this is the tropics.
- f. Towel and wash cloth – unless you KNOW you are going to be staying in a better guest house/hotel.
- g. Home contact information – not only so you don't forget to call home, but also in case of emergency, somebody in the group will know whom to contact.

**6. Weather –**

- i. The climate of Kenya is as varied as its physical structure. Climatic conditions vary from the tropical humidity of the coast, through the dry heat of the hinterland and northern plains, to the cool air of the plateau and mountains. Despite Kenya's equatorial position, Mt. Kenya is perpetually snow-capped. Seasonal variations are distinguished by duration of rainfall rather than changes of temperature; most regions of the country have two rainy seasons, the long rains falling between April and June, and the short rains between October and December.

**7. Misc. Information**

- a. Daily Exchange Rate: <http://www.oanda.com/cgi-bin/ncc>.