



TRIP PLANNING GUIDE – 1

Preparing and Registering for the trip

After traveling with nearly 2500 people and planning their trips, we have put together a Planning guide 1 that will cover what you need to know before you even buy our ticket. Once you decide you are coming, we will provide Planning guide 2.

The first package contains all of the needed information at this stage of your planning.

Items to be completed and returned:

- Registration Form
- Liability Release Form
- Copy of Picture Page of Passport (if you haven't yet submitted)
- A Valid Passport (not expiring 6 months prior to travel) with at least three blank pages.

Thanks again for your interest and support. We look forward to welcoming you.

Sincerely,

Eric Rajah,
Co-founder and Tour Leader
erajah@abwcanada.ca

Vaccinations and Medication

The Center for Disease Control (CDC) recommends the following vaccinations for travelers to Kenya:

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
Routine	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/ vaccine, poliovirus vaccine, etc.
Hepatitis A or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with “standard” tourist itineraries, accommodations, and food consumption behaviors.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission especially those who might be exposed to blood or body fluids, or be exposed through medical treatment (e.g., for an accident).
Typhoid	Recommended for all unvaccinated people traveling to or working in or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.
Yellow Fever	CDC yellow fever vaccination recommendation for travelers to Kenya: Vaccination should be given 10 days before travel and at 10-year intervals if there is on-going risk.
Malaria	Malarone is the medication of choice. Please check with your local health unit on their recommendation for travelers to Kenya.
Rabies	Optional – Please check with your local Health Unit

NOTE: You should ask your doctor for a supply of Ciproflaxin or similar medication for severe traveler’s diarrhea. Hopefully, you will not need it, but it is wise to have it on hand.

Kenya, Tanzania and Rwanda Electrical Plug/Outlet and Voltage Information

The Basics: Voltage: 220-240 Volts (U.S./Canada are 110-120 Volts)

- Primary Socket Type: British BS-1363
- Multi-voltage appliances (laptops, etc.): Plug adapter
- 110-120V electronics: Plug adapter + step-down transformer
- 110-120V Hair dryers, curling irons, etc.: Plug adapter + voltage converter

For the most part, electrical sockets (outlets) in **Kenya** are the type G British BS 1363 type. If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into.

For **Tanzania** there are two associated plug types, types D and G. Plug type D is the plug which has three round pins in a triangular pattern and plug type G is the plug which has two flat parallel pins and a grounding pin. Tanzania operates on a 230V supply voltage and 50Hz.

For **Rwanda** there are two associated plug types, types C and J. Plug type C is the plug which has two round pins and plug type J is the plug which has three round pins. Rwanda operates on a 230V supply voltage and 50Hz.



Type G



Type C



Type J



Type D

The shape is only half the story –

Electrical sockets (outlets) in Kenya usually supply electricity at between 220- and 240-volts AC. If you're plugging in an appliance that was built for 220-240-volt electrical input, or an appliance that is compatible with multiple voltages, then an adapter is all you need.

Travel plug adapters **do not change the voltage**, so the electricity coming through the adapter will still be the same 220-240 volts the socket is supplying. North American sockets supply electricity at between 110 and 120 volts, far lower than in most of the rest of the world. Consequently, North American appliances are generally built for 110-120 volts.

This doesn't mean that your specific appliance isn't already compatible with the higher 220-240 voltage of Kenya – it may very well be. On your appliance, battery charger, or power supply, etc. there should be a label showing the input voltage.

NOTE: Please check the voltage requirements for each electrical/electronic item you plan to bring!

How Much Cash to Take

Realistically, the amount of cash you bring will depend on your own personal spending habits, how many gifts and souvenirs you buy, how much you eat while traveling, etc. The important thing is to bring cash in US Dollars. Local currency is Kenya Shillings (KES).

1 USD = approximately 100 KES depending on the exchange rate.

NOTE: Canadian Dollar is accepted, but because of the exchange rate, the US Dollar is much more preferred.

There are some costs which you will incur which are not covered in the price of the trip. Here is a probable list of how much extra USD cash you should bring:

Type	Probable costs that are not covered
Entry Visa into Kenya	\$50.00 payable on arrival (cash only – exact amount) or on-line.
Airline Baggage Fee	\$50.00 depending on your carrier, for your second piece of luggage.
Beverages	\$15 for bottled water, juice, pop and snacks/day.
Meals	\$15.00/meal when not included with the tour (please see the itinerary). In general, the meals not covered would be on travel days, free days and touring days, etc. Most meals are included.
Spending money	For gifts and souvenirs.
Emergencies	Any unplanned expenses for emergencies will be the responsibility of each individual traveler.
Additional Activities	Activity costs not included in the tour package will be the responsibility of each individual traveler.
Vaccinations	Traveler's responsibility.

NOTE: If you do require more cash than you brought, Visa and MasterCard are also accepted only at major hotels and restaurants. If you plan to use your credit card while traveling outside of North America it is always advisable to call the 800 number on the back of your card and alert them to your travel plans before leaving home.

General Note on Luggage and Packing
(baggage information is subject to change)

Only 1 checked bag per person, and one carry-on bag, plus a purse, brief case or laptop. Below you will find a list of suggested clothing and personal items to take with you.

Items you may want to have in your day pack include a water bottle, face cloth, flashlight, light jacket, umbrella, notepad, some toilet paper, hand sanitizer, snacks for yourself. We also recommend you take with you any medication you need, sunglasses, sunscreen, a hat, binoculars, a camera, and extra batteries.

Suggested Items to Pack for Yourself

Just because something is on this list, does not mean you must pack that item (with a few obvious exceptions of course). A good rule of thumb when packing is if you aren't sure if you'll need it, leave it home. Remember you will also want room to bring souvenirs back. Edith Fitch, who traveled with us, contributed to this list. Please don't hesitate to call me if you have questions or concerns.

A Traveler's Attitude

We are no longer in North America and things are done differently here. Many things will seem strange, but remember that this isn't a bad thing. We are here to learn about another culture and no one's culture is wrong. Try to avoid comparing everything to the way it is done back home. Focus on learning something new every day and you will enjoy yourself.

Packing List

Documents

- Credit Card/US Cash
- Passport (carry a copy of the identification page in a separate bag and leave a copy at home)
- Airline ticket
- Insurance Documentation (both travel and health)
- Immunization Card
- Itinerary and leave a copy for your family

Clothing

– *comfortable, easy-care fabrics are best*

- Sweater/Jacket for cooler evenings
- Comfortable closed-toe walking shoes
- Sandals
- Shirts
- Pants/Shorts
- Underclothing
- Socks
- Ladies – modest, long skirt or wrap and sleeved shirt if travelling to Lamu
- Swimwear/Flip-flops for swimming
- Safari or Tilley hat
- Raincoat

Personal Care Items

- Shampoo/Conditioner
- Lotion (anti-bacterial is good)
- Hairspray
- Feminine hygiene supplies
- Soap/Shower Gel
- Toothbrush/paste/dental floss
- Deodorant

- Baby-wipes
- Kleenex and /or toilet tissue
- Face cloth
- Shaver
- Malaria pills
- Medication (Tylenol, Antacid, prescriptions)

Electronics

– *bring only what you cannot live without*

- Adapter plug
- Alarm clock
- Hair dryer
- Curling iron
- Shaver

Miscellaneous Items

- Ear plugs for light sleepers
- Camera/Video Camera/Memory card
- Extra batteries
- Flashlight
- Food: simple snacks, granola bars
- Plastic bags for laundry or garbage
- Souvenir shopping list
- Binoculars (field glasses)
- Sun hat (cloth and foldable)
- Insect repellent
- Sunglasses
- Sunscreen
- Notebook and pen for journaling
- Umbrella
- Laundry soap for hand-washing

Registration Form

Passenger Name (as it appears on your passport): _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Telephone: Res. _____ Bus. _____ Cell: _____

E-Mail: _____

Gender: Male Female Other Occupation: _____

Date of Birth (dd/mm/yyyy): _____

Citizenship: _____ Passport Number: _____ Expiry Date: _____

Special Needs (allergies, boarding assistance, etc.): _____

Flight Details

Please, check your ticket carefully for dates, times and connections.

Our travel agent in Lacombe is:

Shelley Cota E-mail: shelly@sunandsandtravel.ca Phone: 403 350 3259

You can tell her that you are with A Better World Group. If you are booking online, please, send us your itinerary.

Emergency Contact Details

Contact person (in case of emergency): _____

Telephone: Res. _____ Bus. _____

E-Mail: _____

Liability Release Form

RELEASE AND INDEMNITY,

A Better World is a voluntary organization that provides opportunities for individuals to participate in international travel for humanitarian assistance. As such all services are provided on a cost basis. All participants join on a voluntary basis.

WHEREAS,

The undersigned has requested that The Directors and A Better World arrange, facilitate and permit the undersigned to travel to and provide humanitarian assistance in Kenya.

AND WHEREAS,

The Directors and A Better World wish to expressly disclaim any liability for any and all damages to the personal property and of the undersigned and as well for personal injury or death of any person engaging in such travel or humanitarian work.

ACCORDINGLY,

In consideration of the agreements herein contained and for the purpose of inducing The Directors and A Better World to arrange, and facilitate and permit such travel and humanitarian work.

THE UNDERSIGNED HEREBY AGREES,

To release, hold harmless and indemnify The Directors and A Better World and their respective heirs, successors, assigns, officers and employees against any liability arising in any manner whatsoever and incurred by it/them by reason of the undersigned having undertaken such travel and overseas work. The undersigned acknowledges that The Directors and A Better World, shall not be liable for and are expressly released from liability or damage caused to the personal property of the undersigned or personal injury or death of the undersigned and whether caused by the negligence of The Directors and A Better World or otherwise. The undersigned agrees to obtain appropriate insurance as may be reasonable to compensate for any such damages as may arise or be caused by any and all risks whatsoever. It is acknowledged that travel overseas and in under developed countries entails certain inherent risks which are not readily foreseeable. The undersigned volunteers to undertake such risk and shall not have any remedy on account of same as against The Directors and A Better World. The undersigned agrees to release, hold harmless and indemnify The Directors and A Better World for any personal injury or death to any of the undersigned and to any other minor person travelling with the undersigned and at the invitation of the undersigned.

Dated at _____ in the province of _____ this ____ day of _____ 20__

Signature

Printed Name

Signature of Parent or Legal Guardian
Guardian (Required for travelers under the age of 18 years)

Printed Name of Parent or Legal