

RICKSHARPE INTERNATIONAL

Registered Charity No: 1144206

**MEDICAL SUPPLIES &
CONTAINER CLINICS FOR KENYA**

Community Awareness & Malaria Programmes

VOLUNTEERS NEEDED IN THE UK & AFRICA

www.ricksharpe.co.uk

Tel: + 44 (0) 7932 565337

PLEASE MAKE SURE THAT YOU HAVE ANY VACCINATIONS NEEDED, AND YOUR KENYAN VISA, AT LEAST TWO WEEKS BEFORE DEPARTURE. YOU MUST HAVE A YELLOW FEVER VACCINATION & CARRY THE CERTIFICATE WITH YOUR PASSPORT AT ALL TIMES. YOU WILL NEED MALARIA TABLETS, NO MATTER WHAT PEOPLE TELL YOU!

KENYA CHECK LIST

Plane tickets
Passport
Visa
Yellow fever certificate
Malaria Tablets Preferably Malarone
Photo Copies of Passport/Driving Licence
Embassy Numbers
Local currency = Kenyan Shillings. Buy at UK airport.
Mosquito net
Sleeping bag liner
MP3 Player with + charger
Business Cards & RSI info to hand out
Travel Clock.
Travel Check List.
Glasses (If needed)
Sunglasses
Money Belt
Money
Credit Cards
Camera/Charger
Head Torch. (Pack in main luggage)
Mobile & Charger
Swiss Army Knife/ Leatherman (DO NOT PACK IN HAND LUGGAGE)
Ear plugs. (You will need these at night)
Water purification tablets

Clothes & Toiletries.

Cagoule
Hat
Pair of shorts
Boots
Sandals
Underwear
T-Shirts
Fleece (It can be very cold at night)
Sun cream
Towel
Flannel
Deodorant
Toothbrush
Toothpaste
Tissues
Loo rolls X 2 (sometimes difficult to come by in Kenya)
Water bottle
Tin Mug
Knife/Fork/Spoon
Shower gel
Socks
Cargo trousers, or trousers with many pockets, preferably zips
Shirts or tops
Pens paper/Travel games/ a couple of book to read.

Medical Kit

Antiseptic wipes.
Vitamins
Rehydration Sachets
Baby wipes.
Large Washable plasters
Small washable plasters
Antiseptic cream
Small pair scissors
Micropore
Bandage
Tweezers
Nail board (These have many uses)