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## KENYA FREQUENTLY ASKED QUESTIONS

### MEDICAL:

Like most tropical countries, it is always advisable to take extra precautions when visiting Kenya.

**Malaria:** This is usually top on the list of visitors' worries, and prevention goes a long way towards keeping you protected. Although it is believed that the anopholes mosquito (the species that carries malaria) hunts only at night, make sure that all exposed areas are well slathered in insect repellent at all times. Sleep under a net – there are some very good travelling mosquito nets available now, but budget travelers are well-advised to bring their own since the nets at most low-end guesthouses have holes or are invariably too small. If you're sleeping in a tent that doesn't have a net, spray insect repellent inside, close the flap, and leave for a few minutes.

Make sure to visit your doctor to get a prescription for the anti-malarial drugs that best suit your health and condition – there are some very good ones available on the market now, but tell your doctor if you are pregnant or breast feeding. If you feel achy, have chills and hot flushes, headaches, or a fever either during your trip or up to two weeks afterwards, visit a doctor immediately to be tested for malaria. If your symptoms persist, don't hesitate in seeking a second opinion. A malaria test only takes about fifteen minutes and involves a simple finger prick, and it's available around the country. Treatment is widely available and recovery times are fast, provided that you get diagnosed as soon as you notice any possible symptoms. After all this advice, it's worth noting that not every mosquito has malaria and that if you're conscientious and take precautions, it's unlikely that you will be exposed.

It is also advisable to pack your own small medical kit with basic remedies such as antacids, painkillers, anti-histamines and cold remedies. You will also need anti-diarrhoeal medication such as Imodium (adults only); and oral rehydration sachets such as Electrolade, especially if travelling with children.

**Vaccinations:** These vaccinations are commonly recommended when traveling to any African country:

1. Tetanus
2. Diphtheria
3. Polio
4. Typhoid
5. Hepatitis A
6. Hepatitis B
7. Yellow Fever
8. Rabies
9. Meningitis

**Food and water:** It's best to drink bottled water when traveling through Kenya – numerous brands are widely available and served in all restaurants and lodges. Steer clear of ice, raw vegetables, and salads when eating at street restaurants. High-end lodges and restaurants will clean their produce in antiseptic solution, but should you feel wary about anything on your plate, leave it. Try to avoid eating in empty restaurants – the food may have been sitting out for some time – and order your meat well done. On the coast, seafood and fish are usually fresh, but again, make sure everything is well-cooked. While on holiday, it's always better to err on the side of caution.

## **ENTRY VISA:**

All tourists are required to carry a valid Kenya visa to enter the country. The Visa can be applied in the United States or can be applied upon your arrival in Kenya. You can download the visa form which can be found on our website.

## **MONEY:**

The unit of currency is the Kenya shilling (KSh). It's best to carry as little cash as possible when travelling to avoid further inconvenience if anything should be lost or stolen.

That said, major currencies (like the US Dollar, the English Pound, and the Euro) are easily changed in large towns, although US Dollars are sometimes preferred.

Before departure, travelers are advised to convert any excess Kenya shillings into foreign currency at a bank or bureau de change before departure. Departure taxes can be paid in local or foreign currency. Anyone wishing to take more than 500,000 Kenya Shillings out of the country will require written authorization from the Central Bank.

## **TRAVEL INSURANCE:**

Precautions are a necessary part of staying healthy, and while you will of course make every effort to stay healthy and safe during your trip, it's always wise to plan for emergencies. International travel insurance and emergency medical evacuation plans are available for purchase before you even leave home, so be sure to provide for yourself in the event of unforeseen circumstances.

It is important to have a medical policy that will insure you while travelling, and cover any theft, loss, or medical emergencies you may experience while away from home.

Check your policy's evacuation criteria and notify your travel agent of any necessary details.

## **WHAT TO PACK:**

**Clothing:** The temperature in Kenya varies from one area to the other; hence this should be kept in mind when packing. You should pack according to your travel plans and destinations you plan to visit. You should also be careful not to over pack and exceed luggage limits; especially if you plan on taking domestic flights within regions.

## **CHECKLIST:**

\_\_\_ Photocopy of your passport (incase original is lost or stolen)

\_\_\_ 4 copies of your passport size picture

\_\_\_ Travel documents (Tickets, Passport, Vaccination certificate, Itinerary, Travel Insurance)

\_\_\_ Medications (Malaria prescriptions)

\_\_\_ Mosquito repellent sprays

\_\_\_ Clothing - cool casual clothes for day wear; if on safari avoid white and bright colors - neutral colors are most conducive to good bird-watching and game-viewing; warm clothing at night - a warm sweater, tracksuit or anorak, woolen hat and gloves recommended for early-morning and evening game drives; semi-formal attire for city restaurants

\_\_\_ Sun hat - a wide brimmed hat preferable to a peak cap in order to protect the sensitive neck area prone to sunburn.

\_\_\_ Camera - as well as spare batteries and film / card

**Useful Information:**

**Electricity** – 220/240 volts AC. Plugs are UK type, round 2 pin or flat 3 pin. You can buy a converter.

**Local Time** – GMT +3 (Appx 7 to 8 hrs ahead of USA Eastern Time)

**Currency:** Keya Shilling (KSh)

**Language:** The national language is Swahili. We provide all our clients with a English – Swahili dictionary to make quick and short conversations.