



Preparing for Your Trip to Africa

(Apply, Bring, Immunize, Memorize, Fundraise)

1. Have a Valid U.S Passport that expires no sooner than 6 months before the trip ends.
Application for passport: http://www.travel.state.gov/passport/forms/forms_847.html
2. Immunization Card
 - a. Immunizations options:
 - i. Make an appointment with your doctor (at least 3 months before your trip), letting them know where and when you will be going – that way when you go to your appointment they will have the vaccines ready for you. Bring your immunization card with you.
 - ii. If you live in the Houston area I can help you with all but the Yellow Fever Vaccine. I know a doctor at my church that can do all but Yellow Fever at cost. His name is **Dr. Jon Rawson** and his number is 281-363-4445. Ask for Gladys when you call and tell her it is for a mission trip with Mike Navolio. His location is 1001 Medical Plaza Drive Suite #280, The Woodlands, TX.
 - iii. The **Houston Health Department** is very inexpensive. Here is their link: <http://www.houstontx.gov/health/Immunizations/foreigntravel2.htm>.
 - iv. I have heard that at the Brazoria County Clinic also gives vaccinations, several may be free. Their contact info is: **Brazoria County Health Clinic**, 260 George Street, Suite 200, Alvin, TX 77511. Their phone number is 281-585-3024 (call before you make the long drive from Houston down there).
 - v. **University of Texas Health Clinic** offers vaccinations. They may be more expensive. Their phone number is 713-5000-3267. Call for prices and an appointment.
 - vi. If you live in or near The Woodlands, TX and need to get the Yellow Fever shot: **Walgreen's** at 242 & St. Luke's Way offer them. Their phone number is 936-271-9471. Also **Kroger's** at Gosling & Research Forest Drive offer them as well as all the required shots. Their number is 281-298-6165. Call either of these facilities ahead of time. There needs to be a Yellow Fever certified Pharmacist on duty in order for the shot to be administered.
 - vii. If you work for a company with a wellness program, all or some of your vaccines may be covered under their wellness plans.
 - viii. Let me know if you need any assistance...
3. Bible Storying
 - a. We will schedule a Bible Orality Workshop. It is one of our mandatory meetings. You will love it! We had a blast last year!
 - b. Begin memorizing the 5 Bible stories that you learned in the workshop about 3 months before your trip. Kristen will give you laminated 3x5 cards. I find it easiest to memorize them while driving – one verse at a time from the 3x5 cards.
 - c. See below for more information on Bible Storying under Well Repairs.
4. Fundraising: This has already been covered in the January meeting.

5. Things to bring – Medical:
 - a. Medications we take or have as backup in case we need: Malarone (anti-Malaria medication), Cipro (antibiotic); Ambien (for sleep on plane); Melatonin or Alterill (for sleep); Bonine (motion sickness); Pepto Bismol – 1 tablet per meal if you want as a preventative & Imodium (for diarrhea); Mucinex, Sudafed & Nasal Sprays (cold/allergy).
 - b. Other personal prescription medicine (s).
 - c. Vitamins.
 - d. Pepto-Bismol and any other over-the-counter meds you might need for indigestion or a cold.
 - e. Hand sanitizer – liquid and wipes.
 - f. Bring your medical insurance card on the trip.
6. Things to Bring – Travel:
 - a. Travel documents (itinerary, etc.) – please share with team leader, especially if on different flights.
 - b. Frequent flyer numbers.
 - c. Travel insurance (optional) – We have used this in the past: http://www.allianztravelinsurance.com/?gclid=CO_N-seE1K8CFVGctgodPW6xcQ. It used to be called Access America, now called Allianz. Their toll free number is 1-800-284-8300 if you prefer to call them. We find their rates to be quite reasonable.
 - d. Bring extra \$ for souvenirs and minor incidentals. Very important: make sure U.S. denominations are dated year 2003 and later!!
7. Things to Bring – Clothing: Clothing should be conservative –
 - a. Men – long pants and shorts for work at wells and project site.
 - b. Women – long pants & longer Capri's for work at wells and project site. Skirt, knee length or longer for optional for church (but are schedule will not have us going).
 - c. Light weight jacket for cool days and cooler nights!
8. Sun protection:
 - a. Sunglasses
 - b. Sun-block, hand/moisturizing lotion.
 - c. Lip balm.
 - d. Hat for sun protection.
9. Miscellaneous to bring:
 - a. If you wear prescription glasses, bring an extra pair.
 - b. Tennis shoes or boots (the soil is very red and will *permanently* stain white tennis shoes!)
 - c. Camera (w/good telephoto especially if going on an animal safari)/video camera.
 - d. Spare batteries/battery recharger.
 - e. Plug adaptors (international kit), multi-plug or extension cord with multi-plug for simultaneous multi-device battery charging (i.e. for cell phone, camera batteries, & computer), small tripod, camera lens cleaning solution and cloth.
 - f. Voltage converters if needed for appliances like hair dryers, curling irons, etc. that normally run on 110 voltages (Tanzania). These are not needed when we stay at the project site (110). These would be needed if we stayed in a hotel in Lilongwe, Malawi.
 - g. Day pack and/or fanny pack.
 - h. Flashlight.
 - i. Toothpaste, toothbrush, dental floss for on the planes.
 - j. Snacks (if you like to eat all the time, but best not to eat in front of the indigenous people).
 - k. Water is provided, but bring a water bottle. When we go out to the wells refrain not to drink in front of the villagers, though I am guilty sometimes, and try to hide in the vehicles if I am very thirsty.

- l. Small personal 1st Aid kit: Band-Aids, moleskin, anti-bacterial tube.
- m. Toiletries including extra roll of TP (just in case!!).
- n. Computer (optional).
- o. Camera, video camera.
- p. Cell phone with international coverage (optional).
- q. Binoculars (optional). I won't be bringing, as I never use.
- r. Notebook and pen/pencil for writing down your thoughts/prayers at the end of the day.
- s. Small Bible.
- t. Credit card (beware: bank fees will be charged when you get credit card bill!).
- u. ATM card (better than Credit Card) and don't forget your passwords!
- v. Eye shades and ear plugs (for sleeping on the plane). Bose headphones.
- w. Extra clothes to give away at Health Clinic (optional).

Miscellaneous information:

1. The project site is where the Community Sustainability Project is being constructed. It is located in/near Msudwe which is about 35-40 km (20mi) west of Lilongwe (Malawi capital) city center. We will stay at the project site during our time in Malawi.
2. Laundry service is included in your Malawi fee at the CLI project site.
3. **Photos: Please, this is very important, and will save me an enormous amount of time at the end of our trip. Everyone set their cameras to the exact same time, first in Kilimanjaro (8 hrs ahead of Houston), then again in Malawi (7 hours ahead of Houston). I will back up everyone's photos to my laptop AND 2 external hard drives during the course of the trip. If your camera memory device is anything but an SD card, bring with you whatever you would need to transfer the photos from your camera to a PC or Mac laptop. It is great for organizing all our photos at the end of the trip. When we get back I will copy to a set of external hard drives that every person or couple will get. I will use your photos for our team well repair reports and we will use these photos to continue to promote what Child Legacy is doing in Malawi and the Clean Water Climb. So take lots of photos! We need them!**
4. Village visits (~2 wells/day not too far from the project site) – When we first arrive at the village, we will gather around the broken well and pray for it's easy repair and that no one gets hurt. Next we will visit the village's alternative water source. We have a very large group (15-20 people), there will at least 3 concurrent things for people to do so we are not stepping on each other's toes:
 - a. Bible Storying (3-4 people) –
 - i. Begin memorizing the five Bible stories about Jesus that we share at the wells:
 1. Jesus Calms the Storm
 2. Jesus and the Demon-possessed Gerasene man
 3. Jesus and the Blind Beggar
 4. Jesus and Nicodemus
 5. Jesus and the Woman at the Well
 - ii. Remember 3 goals each time you story:
 1. Tell the story accurately
 2. Tell the story like it's the greatest story of all time (which it is!)

3. Trust the LORD to work through the proclamation of His Word!
 - b. Well repairs themselves (3-4 people at one time can do this).
 - c. Giving out Soccer Balls, Frisbees, and Chichewa Bibles (3 people).
 - d. Giving out Vitamins (2-4 people).
 - e. Photography (everyone else!) – We need lots of photographers!
 - f. We want the kids distracted from the well repair for their safety, so since they love to have their pictures taken feel free to take lots of photos and videos of the kids and/or play various games with them. We need to be careful about taking the kids away from hearing God’s word, so play in the very beginning and at the end after we give out the Frisbees.
 - g. After the well is repaired and the bible stories completed with a call to follow Christ we will do the following in this order:
 - i. Take lots of photos and videos with the kids and with the women at the repaired well.
 - ii. Take a group photo with the kids and the women at the repaired well.
 - iii. Give out gumballs and chewable multiple vitamins – the crew will line the kids up for us.
 - iv. Give out soccer balls and Frisbees – good time to play for a few minutes
 - v. Give out a Chichewa Bible
5. Project Site –
 - a. There’s a chance we will do some work at the project site.
 - b. Church on Sunday – If we are in Malawi on a Sunday and have the opportunity to go to church please wear nicer clothes that day. This won’t be an option this year.
6. Other –
 - a. Jeff and Karen have 2 sons - Jeremy & Caleb.
 - b. Jeff loves Jiff smooth Peanut butter & Oreo cookies.
 - c. Karen loves Tapioca pudding.
 - a. Jeff and Karen *might* email a list of supplies that we could bring in our suitcases
7. What not to bring –
 - a. Expensive or flashy jewelry
 - b. Traveler’s checks
 - c. Water!
 - d. Insect repellant – it is rare to see mosquitoes.

Websites: childlegacy.org cleanwaterclimb.net facebook.com/Clean.Water.Climb



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