



## Preparing for Your Trip to Africa

(Apply, Bring, Immunize, Memorize, Fundraise)

This is primarily focused for our time in Malawi

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](http://www.travel.state.gov/passport/forms/forms_847.html).
2. Put a photo copy of your passport in every piece of luggage including your day pack. Also, have a photo of your passport on your smart phone.
3. Immunization Card:
  - a. Immunizations options –
    - i. Make an appointment with your doctor (at least 2-3 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. **Yellow Fever will be the hardest immunization to get. Supplies are currently limited in the U.S. Once you get it you will get a "Yellow card". IT IS CRITICAL THAT YOU BRING THIS CARD WITH YOU AS TANZANIA AND MALAWI OFTEN CHECK TO SEE IF YOU HAVE BEEN IMMUNIZED FOR YELLOW FEVER.** The CDC now says that the Yellow Fever vaccination is good for life!
    - iii. I have heard that the **Houston Health Department** is very inexpensive. Here is their link:  
<http://www.houstontx.gov/health/Immunizations/foreigntravel2.htm>.
    - iv. I have also heard that at the Brazoria County Clinic 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 drive).
    - v. **Kelsey-Seiboldt Travel Clinic** also gives vaccinations, including Yellow Fever. They are located on Holcombe at Medical Center. Their number is 713-442-8747. Price charged in 2019 was \$262.
    - vi. **University of Texas Health Clinic** offers vaccinations. Their phone number is 713-500-3267. Call for prices and an appointment.
    - vii. 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 may offer them. Their number is 936-271-9471. Also **Kroger's** at Gosling & Research Forest Drive offer them as well as all the required shots. I got my YF there in 2017. Their supply is limited. Their number is 281-298-6165. Call either of these facilities well ahead of time. *There needs to be a Yellow Fever certified Pharmacist on duty in order for the shot to be administered.*
    - viii. If you work for a company with a wellness program, all or some of your vaccines may be covered under their wellness plans. In 2017 my YF was 100% covered by health insurance through my company.
    - ix. Finally, people have obtained Yellow Fever at Passport Health.
4. Bible Storying:
  - a. One of our mandatory meetings will be how to memorize and share our Bible Stories. 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. I will give you laminated 3x5 cards. I find it easiest to memorize them on a gym cardio machine – one verse at a time from the cards.

- c. See below for more information on Bible Storying under Village Visits.
5. Things to bring – Medical:
    - a. Please see separate handout on vaccines, prescription medications, and over-the-counter medications.
    - b. Vitamins and other personal prescription medicine (s).
    - c. Pepto-Bismol and any other over-the-counter meds you might need for indigestion or a cold.
    - d. Hand sanitizer – liquid and wipes.
    - e. Personal medical insurance card on the trip.
    - f. Yellow Fever Card with all your immunizations listed.
  6. Things to Bring – Travel:
    - a. Travel documents (itinerary, etc.) – please share with team leader, especially if on different flights.
    - b. Frequent flyer numbers for the appropriate airlines.
    - c. Travel insurance documents (optional).
    - d. Bring extra \$ for souvenirs and minor incidentals (coffee or a meal in airport, small tips for help with luggage, etc.). Very important: make sure U.S. denominations are dated year 2003 and later!!
    - e. Toothpaste, toothbrush, dental floss, earplugs, eye shades, headphones (Bose?).
  7. Things to Bring – Clothing: Clothing should be conservative especially for the women when in Malawi but in general too as we represent Christ in cultures that are not the same as ours (**nothing tight or short please**) –
    - a. Men – long pants or 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 (if we go to church).
    - c. Light weight jacket for cool days and cooler nights!
  8. Sun protection:
    - a. Sunglasses and wide-brimmed hat!
    - b. Sun-block, hand/moisturizing lotion, lip balm.
  9. Miscellaneous to bring:
    - a. If you wear prescription glasses, bring an extra pair.
    - b. Tennis shoes (the soil in Malawi is very red & will *permanently* stain tennis shoes!)
    - c. Camera (w/good telephoto especially if going on an animal safari)/video camera.
    - d. Spare batteries or rechargeable batteries/Battery recharger for Safari and hike.
    - e. Plug adaptors (international kit), 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. Fanny pack can be very handy for small items throughout trip.
    - g. Flashlight.
    - h. Snacks (best not to eat in front of the villagers in Malawi).
    - i. 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.
    - j. Small personal 1<sup>st</sup> Aid kit: Band-Aids, moleskin, anti-bacterial tube.
    - k. Toiletries including extra roll of TP (just in case!!).
    - l. Computer (optional).
    - m. Cell phone with international coverage (optional). I will keep mine in AP mode.
    - n. Binoculars (optional) for Safari. I won't be bringing, as I never use. Guide usually has one in vehicle.
    - o. Church Project CWC Devotional guide for writing down your thoughts/prayers at the end of each day. Please journal your daily thoughts and prayers!!
    - p. Small Bible or iPhone APP with downloaded bible.
    - q. Credit card (beware: bank fees will be charged when you get credit card bill!).

## Miscellaneous information:

1. In Malawi we will be staying at Child Legacy's Community Sustainability Project. It is located in/near Msundwe which is about 35-40 km (20mi) west of Lilongwe (Malawi's capital) city center.
2. Laundry service is included in your Malawi expenses at the CLI project site.
3. **Photos: Please, this is very important, and will save me an enormous amount of time. Set your cameras to the exact same local time, first in Kilimanjaro (8 hours ahead of Houston), then again in Malawi (7 hours ahead of Houston). I will back up everyone's photos & videos 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 via an SD adaptor. It is great for organizing all our photos at the end of the trip. When we get back, I will copy to my Google Drive organized by team members. If you have more than one device, I will create separate folders for each device. I will use your photos for water well repair reports, videos, and to continue to promote what CLI is doing in Malawi and the Clean Water Climb. So, take lots of photos and especially videos!**
4. Village visits (~2 wells/day) – When we first arrive at the village, we will gather around the broken well and pray for its easy repair and that no one gets hurt. Next we will visit the village's alternative water source. For our good-size group 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 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 videos and photos!
  - f. We want the kids distracted from the well repair for their safety, and we want them to hear the bible stories, so avoid taking videos and photos while we are sharing Christ, other than of the kids listening.
  - g. Before and after we Bible Story and pray take tons of people pictures!! Since the kids especially 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 and Soccer Balls.
  - h. Consider playing "limbo" with the kids with the PVC pipe that comes out of the repaired well near the end of our time in the village or school. THEY LOVE THIS!

- i. 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 photos and videos of the people receiving The Lord.
  - ii. Take lots of photos and videos with the kids and with the women at the repaired well. Kids will be first. Women will be next.
  - iii. Take a group photo with the kids and the women at the repaired well. We want to include at least one village shot with the summit banner and with us wearing our Clean Water Climb T-Shirts.
  - iv. Give out chewable multiple vitamins – the crew will line the kids up for us.
  - v. Give out 2 soccer balls & two Frisbees – good time to play for a few minutes
  - vi. Give 3 Chichewa Bibles to the chief for his village.
5. Project Site –
  - a. There's a chance we will do some work at the project site.
  - b. Church/Rest Day on Sunday – Please wear nicer clothes for church!
6. Other –
  - a. Jeff Rogers, Child Legacy founder, will be in Malawi with us. He loves Jiff Creamy Peanut butter and Oreo cookies!
  - b. CLI *might* email me a list of supplies to bring in our suitcases. I will let you know.
  - c. Do not give out your email or phone number to people we meet who ask for it. Some may constantly ask for money by email or text when you get back to America! Better to connect through FB. You can always unfriend if it gets annoying!
  - d. Everybody brings one soccer ball and one Frisbee in their suitcase.
  - e. Do not take photos inside of airports or of police or military along the roadside.
7. What not to bring –
  - a. Traveler's checks, Expensive or flashy jewelry
  - b. Insect repellent – it is rare to see mosquitoes other than at Springlands Hotel – wear long pants and long sleeve shirts in Moshi to avoid most of them.
  - c. Swimming suit, unless you want to swim in Zara's unheated pool!
  - d. Passport on the mountain! We will put ours with cash in Zara Safe Deposit Box.
  - e. ATM card will generally not be needed as most places take U.S. cash or credit card.
8. Luggage (2 checked bags, 1 carry on, 1 personal item) –
  - a. 2 extra-large suitcases (they call them 31" – their dimensions measure approximately 21" wide x 12" deep x 31" high (without wheels). These will be stored in Zara's locker facility while we are on the mountain. 50# maximum weight.
  - b. Carryon roller bag (you will use this for the Safari). Put all your valuables in the roller bag.
  - c. Day pack (or other personal item). Put all remaining valuables in it.
  - d. Be aware that the intracontinental flights: Kilimanjaro to Nairobi, Nairobi to Lilongwe, and Lilongwe to Johannesburg can be picky about luggage weight, so it is a good idea to keep luggage weight to a minimum. Every year it is different! So bring extra cash just in case!

**Websites:** [childlegacy.org](http://childlegacy.org)

[cleanwaterclimb.net](http://cleanwaterclimb.net)

[facebook.com/Clean.Water.Climb](https://facebook.com/Clean.Water.Climb)



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