



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.
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. COVID-19 Travel Considerations –
 - a. As of April 2021, masks are required on all flights.
 - b. As of April 2021, Malawi requires a negative PCR (viral) COVID test within 10 days of arrival. Be sure to have the test results with your important documents you keep on you like your passport.
 - c. As of April 2021, the United States requires a negative PCR (viral) COVID test within 1-3 days before travel back. Be sure to have the test results with your important documents you keep on you like your passport.
 - i. Team Members returning to the U.S. from Malawi will be able to get a PCR (viral) COVID test at Child Legacy at a cost of about \$70. If a person has a positive test, there will be a cost of \$75/day for room and board until departure after a negative test is obtained. You will be well taken care of.
 - ii. Team Members returning to the U.S. from Tanzania will be able to get a PCR (viral) COVID test in Moshi that ZARA Tours will be arranging for us at a cost of about \$115. We will want to get tested as soon after we get down from the mountain as possible. If a person has a positive test, there will be a cost of \$40/day for room and breakfast only until departure after a negative test is obtained. You will be well taken care of by ZARA. Lunch and Dinners are in addition.
 - d. As of April 2021, Tanzania has no testing requirements prior to entry.
4. Immunizations:
 - a. 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. Refer to my list of recommended vaccinations prior to seeing your doctor.
 - b. Whether or not you are an “at-risk” person for COVID-19 you may want to consider getting a vaccination if you haven’t had one for a number of reasons:
 - i. Hopefully avoid getting the virus
 - ii. Not having to scrap your trip at the last minute due to a positive test
 - iii. Avoid getting stuck overseas for an extra 10-14 days.
 - iv. The U.S. (and many other countries) may implement a “COVID-19 Vaccination Travel Passport” requirement for travel.
 - c. 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.
 - d. Yellow Fever immunization is not required for Malawi unless you are coming from a country that has Yellow Fever like Tanzania. 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. According to the CDC the Yellow Fever vaccination is good for life.

- e. The following are some options people have used in the past (pre-COVID) for Yellow Fever Immunizations:
 - i. I have heard that the **Houston Health Department** is very inexpensive. Here is their link:
<http://www.houstontx.gov/health/Immunizations/foreigntravel2.htm>.
 - ii. 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).
 - iii. **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.
 - iv. **University of Texas Health Clinic** offers vaccinations. Their phone number is 713-500-3267. Call for prices and an appointment.
 - v. 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.
 - vi. Finally, people have obtained Yellow Fever at Passport Health.
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, noise-cancelling headphones.
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 1st 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 Smartphone Bible 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, Kilimanjaro (8 hours ahead of Houston) and 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!**
4. **Videos: Take lots of videos too! Please take all videos in horizontal format to be used in future promotional videos.**
5. Village visits (~2 wells/day) – When we first arrive at the village, we will gather around the broken well and pray for its successful repair, that no one gets hurt, and the health of the community will improve. 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 (half of people team) –

- i. Begin memorizing at least three of the five Bible stories that we share at the wells (please commit to one short one (Jesus Calms the Storm or the Blind Beggar), one medium one (The Demon-possessed man or Nicodemus), and the last one (The Woman at the Well):
 - 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 help with this – the crew will show you what to do if you want to be hands-on).
 - c. Photography (everyone else!) – We need lots of videos and photos (see above)!
- 2) Village visits (continued) –
 - a. 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.
 - b. Near the end of the village visit we give out 3 Soccer Balls and 3 Frisbees to chief. We will need 2 people to demonstrate how to use the Frisbees.
 - c. Near the end of the village visit we give out 3 Chichewa Bibles to chief (1 person) and explain to him/her where the 5 stories we shared can be found.
 - d. Near the end of the village visit we give out Vitamins to villagers (4 people).
 - e. Remember that 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.
 - f. Near the end of the village visit consider playing "limbo" with the kids with the PVC pipe that comes out of the repaired well. It's a blast! THEY LOVE THIS!
 - 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 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 3 soccer balls & 3 Frisbees – good time to play for a few minutes
 - vi. Give 3 Chichewa Bibles to the chief for his village.
- 6. 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!

7. 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.

8. What not to bring –

- a. All Travelers:
 - i. Traveler's checks, Expensive or flashy jewelry
 - ii. Insect repellent – it is rare to see many mosquitoes other than at Springlands Hotel in Tanzania – wear long pants and long sleeve shirts in Moshi, TZ to avoid most of them.
 - iii. ATM card will generally not be needed as most places take U.S. cash or credit card.
- b. Tanzania Travelers:
 - i. Swimming suit, unless you want to swim in Zara's unheated pool!
 - ii. Passport on the mountain! We will put ours with cash in Zara Safe Deposit Box.

9. 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 for the hikers going to Tanzania. 50# maximum weight if traveling economy.
- 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!

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