



KENYA FIELD GUIDE



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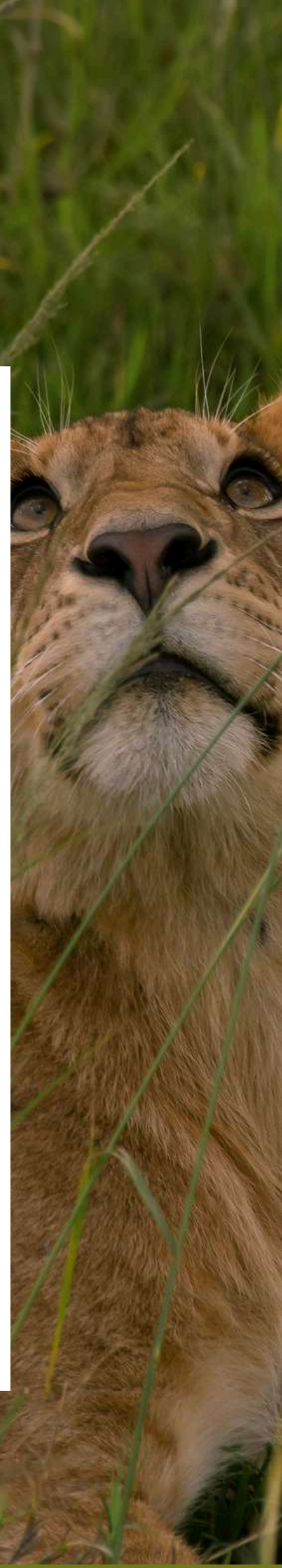
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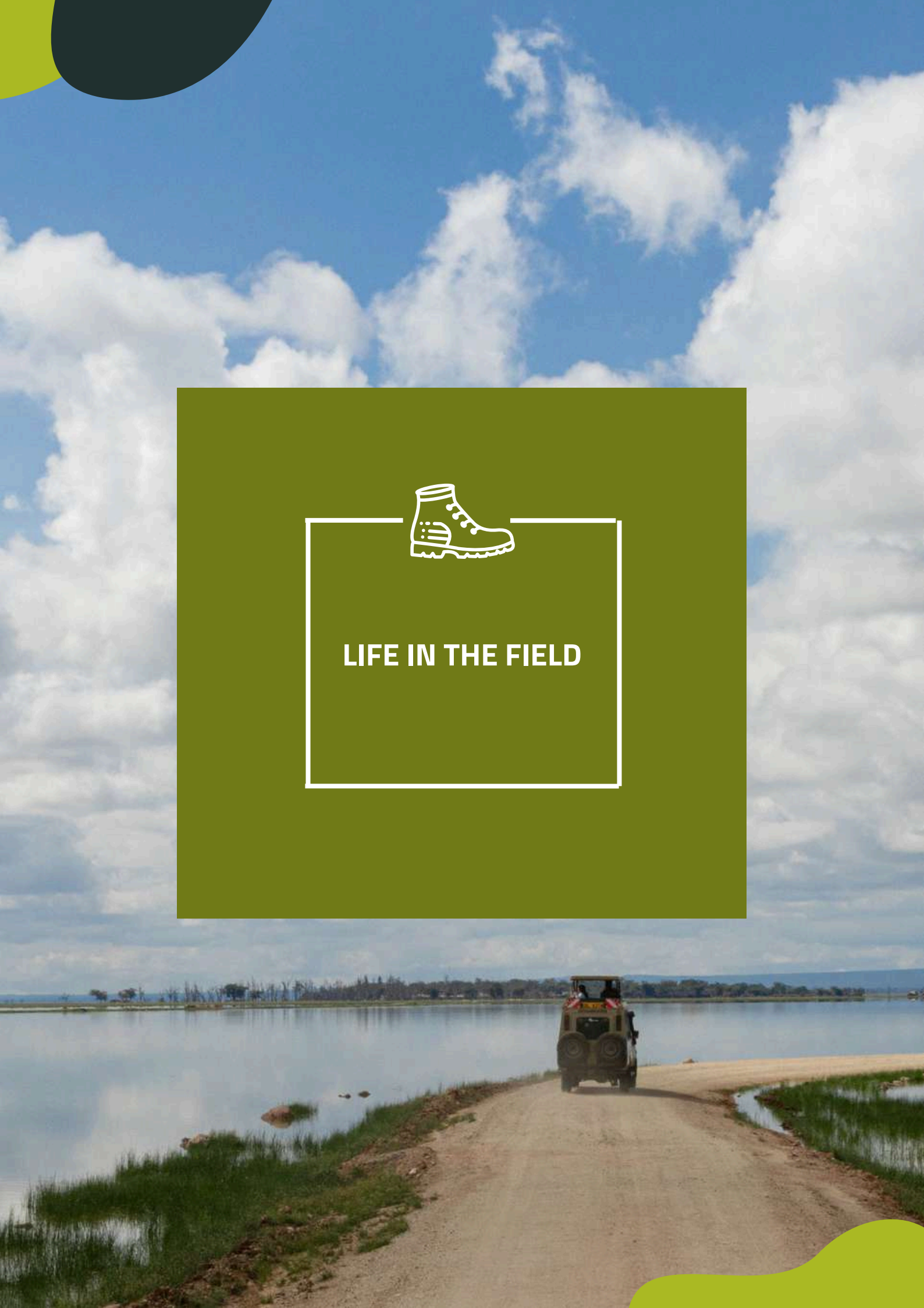
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LIFE IN THE FIELD





Academic Foci

Kenya

- The Kenya center sits in the foothills of Mt. Kilimanjaro in the heart of the Rift Valley.
- The region offers a wide variety of national parks, wildlife sanctuaries, protected areas, and Maasai communities. All providing unique approaches to wildlife conservation.
- There is a strong interconnectivity between wildlife, human settlements, and natural resource availability in Kenya. Competition for the region's finite natural resources is intensified by climate change, drought, ecosystem fragmentation, and human development.

Rwanda (Semester programs)

- The Rwanda center is located in Musanze, Rwanda's most mountainous district home to the country's largest population of mountain gorillas.
- The Dianna Fossey Gorilla Fund, a partner of SFS, is the longest-running gorilla research site in the world and provides critical research to help mountain gorilla conservation. In part due to their incredible findings, mountain gorillas are the only great apes that are increasing in the wild.
- Volcanoes National Park offers the perfect backdrop to track gorillas and also provides students the opportunity to learn about Rwanda's conservation challenges and innovative solutions.

SEMESTER: ENDANGERED SPECIES

Wildlife ecology, behavior, and management. Conservation strategies. Community governance of protected areas. National Park management. Water conservation.

SUMMER 1: ELEPHANTS OF THE AFRICAN SAVANNA

Elephant ecology, behavior, communication, and habitat. Population dynamics and management. Conservation strategies and challenges.

SUMMER 2: WILDLIFE HEALTH AND CONSERVATION

Wildlife identification, behavior, and population monitoring. Wildlife threats, diseases and injuries, preventative medicine, and translocation management. Epidemiology and veterinary services. Climate change and human impacts.

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field. All classes are taught in English.



Setting and Facilities

Kenya

RURAL ← ● → URBAN

13-acre property within small agricultural village.

KIMANA	LOITOKITOK	NAIROBI
5-minute drive or 60-minute walk.	60-minute drive	3-5 hour drive
Population ~10,000	Population ~190,000	Population ~5,110,000
Nearest town. Community conservation area, doctor, pharmacies, small shops, tailor, bank, and weekly market.	Weekly market, banks, and pharmacies.	Capital city. International airport

HOUSING	OTHER FACILITIES
9 student cabins or "bandas," 2-4 students per cabin in twin beds. Personal storage cubbies.	Central building or "chumba" contains kitchen, dining area, classroom, and student lounge.
En-suite bathroom with fresh-water shower (warm water) and western-style toilet.	Additional buildings include staff offices, staff housing, soccer field, volleyball court, basketball/tennis court, ping pong table, fire pit, and giant outdoor chess.
	All clothes are washed by hand (detergent not provided) and hung on clotheslines. Students can pay locals to wash their clothes for \$3-5 USD per 5-gallon bucket.

Rwanda (Semester programs)

RURAL ← ● → URBAN

Hotel accomodation in Musanze city.

MUSANZE	KIGALI
15-minute drive	3-hour drive
Population ~475,000	Population ~1,300,000
Third largest city in Rwanda and most visited city in the country. Busy tourist area with clinics, ATMs, restaurants, and other amenities.	Capital city. International airport.

HOUSING	OTHER FACILITIES
10 rooms, 2-3 people per room in twin beds.	Shared hotel areas.
En-suite restrooms with showers (warm water) and western-style toilets.	Laundry can be washed at the hotel for a small fee.



Campus Policies



CURFEW, SIGN-OUT LOG & BUDDY POLICY

Because center locations are often unfamiliar to students, policies including nightly curfew, sign-out logs, and a buddy system help keep students safe.



CHORES

There is no cleaning service at the center, so students are expected to take responsibility for their space. Students will help set up/clean-up for meals and engage in center-wide clean-ups. Specific chore responsibilities will be shared during orientation.



ALCOHOL & OTHER DRUGS PROHIBITED

Consumption or possession of alcohol is prohibited on campus. Students who consume alcohol during non-program time need to do so in moderation and maintain respectful behavior toward others.

SFS does not allow possession or use of any medications or substances that are illegal in the U.S. or host country for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using e-cigarettes or vaping devices on program.



NO VISITORS

Students are obligated to stay at the center during program time. No non-SFS members are allowed on campus without center staff approval. If family or friends are planning on visiting have them do so at the end of the program and coordinate with the center director for approval. There is no time off during program time to spend with guests.



TIME OFF IS LIMITED

Students will have highly structured schedules on weekdays and Saturdays with Sundays generally free to spend at the center doing staff-organized activities away from the center. Attendance is required for all activities including multi-day trips that may fall on the weekends. Students will not be given a mid-semester break or the opportunity to travel independently.

Students participating in Summer 1+2 will be responsible for their own food and accommodation between sessions if they choose to leave campus to travel.



Community Interaction

Students live at a center, rather than a homestay, local apartment, or university dorm. This means they will not navigate the local culture, cuisine, or language every day. However, meaningful research is only possible with the input of local people, so community engagement and Directed Research projects vary each term to reflect the requests of our partners. Some examples of past outreach initiatives include planting trees, working in community gardens, and outreach at schools.



Food

SFS can support most dietary needs, but the variety of food will be extremely limited due to local availability and cost. SFS cannot accommodate strict Halal or Kosher diets. Meals are simple and repeat every week, so SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc.

The cuisine may be heavy on carbs and oils. Meals may include rice, chapatti (unleavened bread), ugali (corn flour dough), lentils, roasted vegetables, fresh fruit, and meat such as goat or beef. Snacks may include tea and coffee, fruit, and bread with peanut butter.



Exercise

The Kenya center has yoga mats, a soccer field, volleyball field, and basketball/tennis court. In Rwanda (Semesters), there is occasional access to walking trails.



Money

The local currency is the Kenyan Shilling (KES). In Rwanda (Semesters), the local currency is the Rwandan Franc (Rwf).

Both Kenya and Rwanda (Semesters) are primarily cash-based economies. However, all students are required to bring a credit card with a limit of at least \$3,000 in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify banks about international travel.

Please bring at least 300 USD to start (see page 13). Staff will assist students in exchanging USD to KES and Rwf upon arrival. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). USD should be series 2010 or newer, and \$50 and \$100 bills get the best exchange rate. Students will have access to ATMs in Kimana and Loitokitok in Kenya and Musanze in Rwanda (Semesters).



Climate

Students will be exposed to extremely dusty conditions. Temperatures range from 50–80°F, prepare for cooler weather than expected by packing lots of layers.



Considerations

Language: In Kenya, English and Swahili are the 2 official languages. In Rwanda (Semesters), Kinyarwanda, French, English, and Swahili are the 4 official languages. Most of students' time will be spent with their cohort, so do not expect to practice Swahili daily.

Culture and Diversity: In Kenya, 99% identify as African, of which 95% is the Bantu ethnic group. Foreigners are called "Mzungu" which means white person. 63% of the population is Christian and 34% Muslim. In Rwanda (Semesters), 99.99% identify as Rwandan, and due to their history, they avoid further sectioning their ethnicity. In Kenya and Rwanda, many activities are separated by binary genders. PDA is frowned upon. Conservative clothing is required on and off campus.

Physical Readiness: Students must walk/stand for up to 8 hours. In Kenya, most fieldwork is done from safari jeeps. In Rwanda (Semesters) students will also need to hike for up to 6 hours at a time at altitudes of up to 8,500 ft. During overnight trips, students will sleep in remote field environments with limited amenities.

Hazards: Snakes, spiders, rats, insects, scorpions, etc. In Kenya, lions, cheetahs, hippos, rhinos, monkeys, and many other mammals are frequently seen from the car. In Rwanda (Semesters), students will also encounter gorillas.

Travel: Students will frequently travel long distances by car often on unpaved roads. During Summer, students may be away from camp for up to one week at a time per session. During semesters, students may be away from campus for up to one month at a time.





Electricity

The electrical voltage in Kenya is 240 and in Rwanda (semesters) is 230 (the U.S. uses 120). Check all electrical devices to see if voltage converters are needed. Kenya uses plug type G and Rwanda (semesters) uses types C and J (the U.S. uses A and B). All U.S. students will need plug adaptors.

Power outages are common and while the center has a backup generator, there may be times where electricity is gone for several hours.



Internet

Wireless internet is available at the centers, but it can be slow and sometimes unavailable. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.). Internet will not be available during expeditions.



Computers

Students must bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port (or USB adapter). Electronic devices are subjected to a much harsher environment than normal, which may cause malfunction. In particular, Apple products do not fare well in high humidity, and there are no nearby Apple stores. All devices are difficult to repair or replace locally, so please take extra precautions.



Phones

Students with unlocked phones also have the option to buy a local sim card/eSim to use for approximately ~10 USD per month for personal use. Most students choose to rely solely on WIFI. During the short stay in Rwanda (semesters), students will rely on WIFI only.



Mail

Packages are not permitted to be sent to the center. Letters can be a maximum of 5x7 inches. Do not send any medications by mail. The average one-way travel time for letters from the U.S. to Kenya is 10-14 days. Therefore, no mail can be sent the last two weeks of programs as students will not receive it! Mail will not be forwarded.

Address: Student name, Center for Endangered Species Conservation, P.O. Box 358-00209, Loitoktok, Kenya, East Africa



Sample Schedule

This schedule is a sample; no week will follow it exactly. Programs typically begin with long classroom days and transition into more fieldwork later on. Final schedules are provided upon arrival and are subject to change, including the day-of, due to weather, availability, and factors outside of SFS' control. Flexibility is essential.

All events are mandatory. We respect religious and cultural observances, but because of our cohort-based field programs, accommodations (schedule changes, special meals, personal observance time, etc.) may be limited. Communicate any anticipated needs with SFS in advance to discuss any feasible arrangements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8am Breakfast	5:30-6:30am Breakfast & Pack Lunch	7:30-8am Breakfast	5:30-6:30am Breakfast & Pack Lunch	7:30-8am Breakfast	7:30-8am Breakfast	7:30-8am Breakfast
Free time at the Center (Laundry, Homework, Relaxation) Lunch provided. Optional Day Off Activity as a Group (See Page 13 for budgeted costs).	6:30am-6:30pm Field Trip w/ Lunch in the Field Field trips can be any day of the week and occasionally last multiple days.	8-11am Human Dimensions of Endangered Species Conservation - Lecture	6:30am-12pm Field Trip	8-9am Introduction to Swahili language and East African Culture - Presentation Prep	8-9am Introduction to Swahili language and East African Culture - Project Presentations	8-9am Human Dimensions of Endangered Species Conservation - Lecture
		11am-12pm Introduction to Swahili Language and East African Culture - Lecture		Field trips can be any day of the week and occasionally last multiple days.	10am-12pm Ecology of Endangered Wildlife - Lecture	10am-12pm Human Dimensions of Endangered Species Conservation - Guest Lecture
		12-1pm Lunch	12-1pm Lunch	12-1pm Lunch	12-1pm Lunch	12-1pm Lunch
		2-4pm Endangered Species Conservation - Lecture	1pm-6pm Community Engagement	2-4pm Endangered Species Conservation - Lecture	2-4pm Ecology of Endangered Wildlife - Evaluation	2-4pm Endangered Species Conservation Lecture
		5-6pm Free time at the Center		4-7pm Free time at the Center	4-7pm Free time at the Center	5-6pm Free time at the Center
6-7pm Optional Soccer Game	6-7pm Optional Volleyball Game					
6:30pm Curfew (Due to Increased Wildlife Activity)	6:30pm Curfew (Due to Increased Wildlife Activity)	6:30pm Curfew (Due to Increased Wildlife Activity)	6:30pm Curfew (Due to Increased Wildlife Activity)	6:30pm Curfew (Due to Increased Wildlife Activity)	6:30pm Curfew (Due to Increased Wildlife Activity)	6:30pm Curfew (Due to Increased Wildlife Activity)
7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting

- Meals and Announcements
- Free Time
- Community Engagement
- Classroom Time
- Field Work
- Curfew



Health & Safety in the Field



24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



Student Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or an equivalent certification, and trained in sexual assault first response. They also counsel students on life abroad, conduct risk assessments, attend medical appointments, and help coordinate program logistics.



Orientation

Prior to departure, SFS requires attendance at a pre-departure orientation focused on essential aspects of the program. Students must also research the inherent risks associated with traveling abroad and cultural considerations themselves. Upon arrival to campus, students receive an additional orientation about the local community and culture, center operations, and relevant risks.



Medical Care

SFS maintains detailed risk assessment and management plans. If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care is delayed. Students are responsible for all medical costs and all incidental expenses related to injury, illness, or quarantine incurred by any party involved, including but not limited to transportation, accommodations, etc. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawals are made by SFS. See the Health and Safety Guide for more information.



Mental Health Support

Adjusting to new environments while away from usual support systems is challenging. While abroad, there is decreased communication with home, limited privacy, and fewer opportunities for exercise. Many students find the rigorous schedule of SFS programs and the rare opportunities for alone time overwhelming.

SFS is partnered with Telus Health ([My SSP website](#)) to provide students with access to free, mental health and wellness support via WIFI. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan while abroad. See the Health and Safety Guide for more information.



Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Students should research how their identity might be perceived in a new context.

Studying abroad is a privilege, and it is not our students' place to change the host country's culture or values. SFS campuses are permanent fixtures and home to staff year-round. As representatives of SFS and students' own countries, behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community.



Sexual Health & Wellness

Please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS provides support to students including access to medical care and support systems and the option to report to law enforcement. However, local laws and limited availability of resources such as rape kits can complicate reports of sexual harassment or sexual assault in foreign countries.



LGBTQIA+

SFS welcomes all students at our centers, but recommends students know the following when traveling:

- Laws and social customs of other countries may criminalize same-sex relationships or certain gender expressions.
- Travelers may experience discrimination and harassment when traveling.
- Some cultural practices are based on traditional gender roles. As a result, when traveling, students might be misgendered.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- In other countries, health services specific to transgender people may be limited or unavailable.
- In some situations, it is not possible to use preferred names or genders (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information. See the LGBTQ+ Resource Guide for more information.



**PREPARING FOR
DEPARTURE**



Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve their spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing and meals during program time, field excursions and cultural activities, official transcript processing, and evacuation and 24/7 support in case of emergencies.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1+2	April 1st
Summer 2	May 1st
Fall	June 1st

BASIC COSTS (BILLED BY SFS)	SEMESTER	SUMMER 1	SUMMER 2	SUMMER 1+2
Tuition	\$21,250	\$5,850	\$5,850	\$11,700
Room & Board	\$5,750	\$2,450	\$2,450	\$4,900
BASIC PROGRAM COST	\$27,000	\$8,300	\$8,300	\$16,600
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)				
Airfare	\$2,000	\$2,000	\$2,000	\$2,000
Passport	\$200	\$200	\$200	\$200
Visa fees (if applicable)	\$85	\$50	\$50	\$50
Immunizations/Medications	\$1,000	\$600	\$600	\$800
Personal Expenses	\$1,300	\$400	\$400	\$800
Program Breaks	\$675	N/A	N/A	\$300
ESTIMATED ADDITIONAL PROGRAM COSTS	\$5,260	\$3,250	\$3,250	\$4,150
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)				
ESTIMATED TOTAL PROGRAM COST	\$32,260	\$11,550	\$11,550	\$20,750



Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcome. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



PASSPORT

Students must have a passport in hand four months prior to departure that is valid for at least 6 months after their arrival to Kenya (summer programs) or 6 months after their arrival to Rwanda (semester programs).



VISA

Kenya

Students will enter using an ETA which will be applied for and granted within 3 months of departure and last for 90 days. ETA instructions will be given upon acceptance. ETA costs are the responsibility of the student and are approximately \$51 USD, prices are subject to change. Semester students' ETAs will be extended another 90 days for an additional \$51 USD, prices are subject to change. Students' ETAs are supplemented with a student visa (Pupil's pass). Staff will process and pay for student visas.

Rwanda (Semesters)

Students will receive a tourist visa upon arrival. Nothing needs to be done for the visa pre-arrival. Visa costs are the responsibility of the student and are approximately \$50 USD, prices are subject to change.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying for their own visa(s) valid for the duration of their program. If traveling before or after the program, students should make sure that the visa will remain valid for their entire stay.



FLIGHTS

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If students are traveling before the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.





Medical Requirements



Medical Approval Process

Students are required to complete the SFS medical approval process. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. See the Health & Safety Guide for more information.



Vaccinations & Medications

Required

- Yellow Fever vaccine
- Malaria prophylactic medication for the entire program and pre- and post-exposure dosage

Recommended

- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations.



International Health Insurance

Students are required to buy international health insurance. Students will receive international health insurance requirements upon acceptance to their program. Keep in mind most companies reimburse medical costs, so students need an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses upfront.

All students are enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This is supplemental insurance to students' own comprehensive health insurance outlined above. See the Health & Safety Guide for more information.



Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding health or learning accommodations can be directed to the Student Life Department or the Office of Academic Affairs respectively.



PACKING GUIDE



Packing Considerations



Luggage

SFS does not have a specific policy regarding how much or what type of luggage students bring, however, students will be sharing a room, and there is limited space to store belongings. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees.



Culture & Climate

Most program time is spent in classrooms or vehicles, so students often wear their “normal” clothes more often than their field clothes. However, prepare for lots of dust and sun. It is not necessary to buy new clothing just for this program. Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that cannot be damaged!

Dorm room

Crop tops, spandex, and shorter shorts are okay.

Around the center

Shirts that cover chest and waist.

Shorts/skirts/dresses mid-thigh or longer.

Pants, leggings, or yoga pants are okay if not sheer material.

Community wear and Guest lectures

Shoulders, blades, knees, and everything in between needs to be covered.

No leggings or yoga pants.

No tank tops.

Additionally in Rwanda, camouflage items and clothing are not allowed.

Tsetse flies (which have a nasty bite) are common and are particularly attracted to dark clothing.

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Plastic bags are banned in Kenya. While this law is rarely enforced among tourists, please avoid trash bags, Ziploc bags, and other single-use plastics out of respect for their government and the environment. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.





Required Packing

▪ **Shorts/Skirts MID-THIGH OR LONGER AROUND CAMP AND COVERING KNEES OUTSIDE THE CENTER.**

▪ **Pants** for field work, lightweight blends for non-field time, and sweatpants, casual pants, or jeans for the center. Field pants that can zip to shorts recommended.

LEGGINGS CAN ONLY BE WORN AT THE CENTER.

▪ **Waterproof pants (SEMESTER ONLY)** 1 pair

▪ **T-shirts** that completely cover the shoulder, back, and waist. **SPAGHETTI STRAPS, CROP TOPS, AND V-NECKS ARE NOT ALLOWED.**

▪ **Long-sleeved shirts** Light-weight fabric for working in the field and heavier ones for warmth.

▪ **Tank tops** should have wide shoulder-width straps.

▪ **Sweaters/sweatshirts** Recommend fleece. Students are commonly surprised how cold it gets!

▪ **Waterproof rain jacket with a hood**

▪ **Underwear and Socks** 2+ pairs of long, lightweight, moisture-wicking synthetic (not cotton) hiking socks, 1+ pairs of warm socks, and normal socks.

▪ **Casual/Nice clothes** for days off in town.

Only shirts that cover the shoulder, back, and waist and shorts/skirts/pants that cover the knees are permitted.

NO TANK TOPS, LEGGINGS, OR ATHLETIC PANTS OUTSIDE THE CENTER.

▪ **Pajamas** appropriate for shared spaces.

▪ **Swimsuit**

▪ **Sun hat and sunglasses** Hat should have a brim.

▪ **Bandana or Scarf** for the dust.

▪ **Hiking boots (SEMESTER ONLY)** Waterproof with thick soles to protect from thorns.

▪ **Sneakers** with thick soles to protect from thorns.

▪ **Sandals**

▪ **Flip-flops or crocs** for around the center or showering.

▪ **One set of sheets, pillow, and a pillowcase** Standard twin size. A mosquito net is provided.

▪ **Sleeping bag** rated for 50°F.

▪ **Sleeping pad** for camping trips. Foam or inflatable. If inflatable, also bring duct tape to repair it.

▪ **Towels** 2 large towels and 1 face/hand towel. Quick dry towels are best!

▪ **Toiletries and Laundry detergent** Basic items can be bought in town but bring enough for at least a week. Preferably biodegradable. Recommend laundry detergent bars or powders over sheets if students plan to have locals wash their clothes.

▪ **Record of immunizations and Health history**

▪ **Personal first-aid kit** Consider Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Immune boosters, Hydration salts/Liquid IV, etc.

▪ **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.

▪ **Motion sickness medication/ Dramamine/ Ginger chews** preferably non-drowsy.

▪ **Period care** Students can buy pads in town, but tampons are not common. We encourage menstrual cups or environmentally friendly, biodegradable options.

▪ **Flash drives and/or External hard drive** At least 4 GB recommended.

▪ **Computer** that can open Microsoft Office documents offline and has a USB port or USB port adapter.

▪ **Surge protector and Plug adaptors**

▪ **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.

▪ **Headlamp or flashlight** Rechargeable recommended.

▪ **Collapsible chair/camp stool** with 3 or 4 legs

▪ **Gardening Gloves (SEMESTER ONLY)**

▪ **Waterproof Gaiters (SEMESTER ONLY)** up to knee

▪ **Day pack** small backpack suitable for taking gear into the field. 15-30L recommended.

▪ **Weekend bag** to bring on overnight field excursions. 35-55L recommended.

▪ **Notebooks and Pens/Pencils** Can buy locally.

▪ **Student ID**

▪ **Water bottles** 2 bottles with 1L capacity each. Alumni recommend insulated bottles!

▪ **Insect Repellent** 1+ bottles.

▪ **Sunscreen** 1+ bottles.

▪ **Tupperware, Silverware, and Travel mugs** for packing lunches. 2+ Tupperware are recommended.

▪ **Clothespins**





Recommended Packing

- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Laundry bag**
- **Light gloves and hat** It can get cold.
- **Pocketknife** Checked luggage only.
- **Clipboard**
- **Lightweight blanket** Alumni strongly recommend.
- **Hammock**
- **COVID-19 Tests and Masks** for personal use. Recommended as local supply may vary.
- **Earplugs and Eye mask**
- **Shower caddy** to carry items to bathroom during field trips.
- **Baby wipes and Hand sanitizer**
- **Journal**
- **Games, Game Consoles, Movies, Books, and Crafts**

- **Snacks, Drink powders, and Dietary supplements** Any favorites.
- **Camera**
- **Voltage converter** if needed for electronics.
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **HDMI Adapter**
- **SD Card Reader**
- **Extra batteries and External battery packs** since electricity can be unreliable
- **Wristwatch** Preferably water-resistant.
- **Items to donate to the community** School supplies, books, watches, water bottles, pens, sunglasses, clothing, and sports equipment.



Contact Us

Keep up with SFS follow us on Instagram [@theSFS](#)/[@theSFSkenya](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, immunizations, managing medical conditions, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit, application materials, and travel and visa logistics.