



POKOT VISITORS GUIDELINE

Your trip to Pokot is not a vacation or a holiday. It is a mission trip but it is even more difficult than what most people know as short-term mission visits. There is no electricity and no running water. You must know that God is calling you to go. You are going to serve alongside Barb O'Donohue, be under Barb's leadership and authority, learn, observe, abide by the rules and live-out the Gospel. You are going to serve the Lord, the Pokot people and the COPE Mission.

PASSPORT/VISA

You will need a valid passport to leave the USA to go to Kenya.

The Kenyan government requires that each person entering the country purchase a Kenyan Visa that is valid for three months. The cost of the Visa is \$50 American.

It is recommended that you make a few copies of your passport and put a copy in each piece of luggage.

IMMUNIZATIONS

It is recommended that you contact your community health department to find out how to get the appropriate immunization shots prior to leaving the USA

MALARIA TABLETS

It is recommended that you get Chloroquine or Fansidar as a prophylactic malaria measure. You will need a prescription from your physician, who should also know what other medications you are taking. Malaria tablets should be started before leaving the USA.

PHYSICAL CONDITION AND MEDICATIONS

If you have a chronic physical, mental or emotional illness, full disclosure must be made before a visitor will be accepted for travel to the COPE Mission. If you take prescription medication, please provide a list of routine prescriptions and be sure you have enough for the entire travel time.

It is recommended that you bring an antibiotic such as Cipro or Amoxicillin, anti-nausea tablets and anti-diarrheal tablets.

You must be physically able to walk a couple of miles, endure heat up to 100 degrees without any cooling relief.

There is no medical professional available. The availability of medical care is extremely limited, if at all. The burden for your health will be yours and Barb's.

TRAVEL

The trip from Chicago to Amsterdam is 8 1/2 hours. The layover time in Amsterdam varies from trip to trip but can be as long as 8 hours. The trip from Amsterdam to Nairobi is 8 1/2 hours. Getting through immigration and customs in Nairobi can take a couple of hours. The airfare ranges from \$1,500 to \$1,700 round trip.

The bus trip from Nairobi to Kitale is 9 hours. The fare for the bus trip is \$40. The bus makes two stops between Nairobi and Kitale for taking care of personal needs and getting something to eat. The matatu trip from Kitale to the COPE Mission is 2 hours. The fare for the matatu is \$100.

ACCOMMODATIONS

The night of arrival in Nairobi will be spent in a hotel. The lodging fee is \$175. You will also need to buy your evening meal.

The night before your departure from Kenya will be spent in Nairobi in a hotel. The lodging fee is \$175. You will also need to buy 3 meals between the time of arriving in Nairobi and leaving for the airport.

Accommodations at the Mission are based on gender. Visitors stay at Barb's house, where she and her 34 children live. It is a small house so space and privacy are limited. Hopefully, each of you will have a bed, but there is the possibility that you will sleep on the floor on a mattress. You will most likely share a room with another visitor or people from the house.

PACKING

Everyone is permitted two 50 pound pieces of luggage on your airline ticket. COPE requests that you use one of those pieces of luggage for your personal items and transport items for the COPE mission in the other. You are also allowed one carry-on and a personal item such as a purse or briefcase.

IN YOUR CARRY-ON

- medicine you will need while traveling 4 days, i.e., prescriptions, malaria meds, diarrhea meds, stomach meds
- flashlight and batteries
- bug repellent
- snack food
- clothes you will need to travel to Pokot
- passport
- money
- toiletries, i.e., shampoo, deodorant, toothpaste/brush
- **REMEMBER that liquids in your carry-on must be less than 3 oz and in a 1 quart Ziploc bag**

CLOTHING

The dress code is dictated by Pokot culture and not necessarily what makes you comfortable.

We require that women wear dresses or skirts that are mid-calf in length. A slip is also required. Sleeveless tops or dresses are permitted but no tank tops. A shopping trip to Goodwill or a thrift store might be a good idea. Men may wear shorts or long trousers/jeans. T-shirts are also allowed. We recommend a nice shirt for the community gatherings. Bring comfortable shoes because we walk everywhere. A hat is suggested as it is very hot and shading your head and face may be important.

You will also need personal clothing, a light jacket, towel and washcloth, pillow, twin sheets and pillow case and moist towelettes.

You might consider bringing things that you would not mind leaving.

MONEY

The amount of money you take will depend on your desire to buy souvenirs. There will be time to buy some things at the market in Kacheliba and in Nairobi the day you are leaving Kenya. Do not bring travelers checks as you get a lower exchange rate for them. Bring large bills - \$100 - as they get the highest exchange rate. Do not bring any bills with a date earlier than 2007 as earlier dates will not be accepted.

INSECTS

Bring extra-strength insect repellent. We will purchase bug spray in Kitale that you can use to spray your sleeping quarters. Mosquito nets will be provided.

OTHER CRITTERS

We have very large spiders, scorpions, lizards and snakes. Unfortunately, all of these critters are poisonous. There is no way to prevent these critters from getting into the house so care must be taken. ***NEVER PUT YOUR HANDS WHERE YOU CAN NOT SEE.*** We also have rats. Barb and the kids will do everything possible to keep you comfortable and safe.

FOOD

The diet in Pokot is very limited.

Breakfast consists of a cup of tea and a piece of bread. There might be a cup of hot cereal mid-morning if school is in session.

Lunch consists of a bowl of corn and beans.

Supper consists of a slice of ugali and sukuma. Ugali is corn flour added to boiling water until it is thick enough to slice. Sukuma is a green, leafy vegetable (kale or spinach) that is boiled and seasoned with onion and tomato if they are available.

When we have visitors we try to serve rice or spaghetti every other night. The rice and pasta are served with soup poured on them.

If you want to bring food, please feel free to do so. Peanut butter, crackers, beef jerky, energy bars, pop tarts and tuna should give you some protein. Barb buys many kilos of popcorn in Kitale so popcorn is also available.

WATER

Bottled water will be bought in Kitale. ONLY bottled water should be taken while in Kenya. Use bottled water when you brush your teeth in Nairobi. At the Mission there is nothing to drink except bottled water and tea. You might want to bring the individual flavor packets to add to your water. There is no electricity so there is nothing cold to drink.

MEDICAL KIT

It is recommended that you bring a small medical kit. Items you might include are band-aids, first-aid ointment, diarrhea meds, cold tablets, ibuprofen and insect-bite medication.

COMMUNITY CELEBRATION

It is the custom for the Mission to host a community celebration for a visitor. The visitor will have to pay for the celebration. Members of the surrounding area are invited to come to the Mission to meet the visitor. People will give speeches, a traditional music troupe will entertain, gifts will be given and food will be served. The meal can be goat stew and rice or beans and rice. The cost of the community celebration can cost \$250 if goat is served.

PROJECTS

It is not possible to give visitors a list of projects very far in advance of their visit. When it is decided that a visitor(s) is coming to Pokot, we can discuss the jobs that are available at that time. If the visitor(s) has a special gift that s/he wants to share with the Pokot, every effort will be made to make arrangements for that person.

TRIP EXPENSES

Airfare, roundtrip	\$1,500 - \$1,700 @
Bus from Nairobi to Kitale	\$40 @
Bus from Kitale to Nairobi	\$40 @
Matatu from Kitale to Mission	\$100 (shared expense with all travelers)
Matatu from Mission to Kitale	\$100 (shared expense with all travelers)
Lodging in Nairobi on arrival	\$175 (single occupancy)
Lodging in Nairobi on departure	\$175 (single occupancy)
Visa on arrival	\$50
Barb's travel expenses	\$460 (shared expense with all travelers)*
Community celebration	\$250 (shared expense with all travelers)
Food	\$100 @

*Because visitors cannot travel unescorted, Barb will accompany visitors to and from Nairobi. The expense for her travel and lodging is the responsibility of the visitors. Add \$80 for her roundtrip bus, \$100 for matatu and \$350 for two nights' lodging.

Questions????

Contact Barb at childrenofpokot@gmail.com

If anyone is interested in visiting the COPE Mission a formal, written request should be submitted to the COPE Board. Please submit your request to P.O. Box 903, Lincoln IL 62656.

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