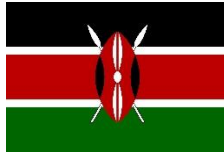


RUN KENYA CAMP TRAVEL INFO



FLIGHTS

You are responsible for getting your running legs, running heart, and running shoes from your home to Eldoret Airport. Fly into Nairobi, Kenya (Jomo Kenyatta International Airport) and then take a small airplane to Eldoret (there are only two airlines that fly into Eldoret – Jambojet and Fly540). Dr. Karp will arrange for someone to pick you up from the airport and drive you to Iten (and drive you back to Eldoret Airport at the conclusion of the camp). The cost for ground transportation from the airport to Iten is about \$30. After you have booked your flights, please email your flight itinerary to Jason Karp at jason@drjasonkarp.com so we can keep track of you and arrange pick-up from Eldoret Airport.

VISA

You will need a visa to enter Kenya, which you can get at evisa.go.ke. Use the following details for your VISA application:

Accommodation: Use address of where you are staying

Contact Details: Jason Karp 1-619-787-4084

COVID-19 Test

The Kenya government requires a negative COVID-19 test (PCR) within 3 days prior to arrival.

QR Code

As part of COVID-19 precautions, you need to get a traveler's health surveillance QR code from the Kenya Ministry of Health. Go to ears.health.go.ke/airline_registration. Print the QR code or have it available on your phone so you can show it to the Kenya health official upon arrival at the airport.

VACCINATIONS

Several vaccinations are recommended before entering Africa, including:

COVID-19

Hepatitis A

Yellow Fever

Rabies

Typhoid

Tdap (tetanus, diphtheria, pertussis)

Cooties (kidding about this one!)

You may also want to bring malaria and antibiotic drugs with you, although the likelihood of getting malaria is very small since the altitude of Iten is too high for mosquitos carrying malaria.

CURRENCY

The currency in Kenya is the Kenyan shilling. You can exchange currency before you leave your home country, or you can exchange currency at Nairobi or Eldoret Airports. You will not need much money with you in Iten because there is not much to spend money on. There are no tourist gift shops, no movie theaters, no bowling alleys, no bars or dance clubs, and no fancy restaurants. There is a small café/restaurant associated with the High Altitude Training Center and a beautiful, scenic restaurant at the Kerio View Hotel.