

Haiti Packing List

General

- A servant's heart
- Attitude of patience and flexibility
- Valid passport (not within 6 months of expiration) and another government-issue photo ID
- Fanny pack or small backpack (you must carry your passport AT ALL TIMES, along with any other valuable items such as a camera or cash)
- Bible
- water bottle
- journal and pens
- camera (optional) - don't forget extra batteries, if needed
- flashlight and extra batteries
- (there is a generator but don't plan on bringing anything that requires electricity)
- small amount of snack food - granola bars, peanuts, etc.

Medications / First Aid / Toiletries

- Over-the-counter medications
Tylenol, ibuprofen, or aspirin
Tums, immodium AD and/or pepto bismol
Benedryl
antibiotic ointment
- prescription medications - bring more than enough for the entire trip in the original container
- malaria pills / Imodium / anti-diarrhea medicine
- Oral re-hydration salts to replace electrolytes if you get sick
- band-aids
- bug spray (25 – 30% deet) & sun block
- bed netting
- necessary toiletries (shampoo, toothpaste, toothbrush, etc.)
- liquid anti-bacterial soap for showering (soap for hand washing will be provided)
- anti-bacterial hand wipes (individually wrapped)
- hand sanitizer
- Permetharin spray to spray clothing and bed net
- small first-aid kit
- Pepto Bismo

Clothing

- Cotton apparel is recommended due to the heat and humidity
- hat (for sun protection)
- 1 towel and 2 washcloths
- sunglasses
- earplugs (yes, it is VERY noisy at night)
- comfortable shoes or sandals with a lot of foot coverage (shoes required if working on

- construction sites)
- rubber flip-flops for the shower and inside the house
- modest pajamas (females may wear shorts and a t-shirt)
- short socks, enough for the entire trip
- underwear, enough for the entire trip
- 4 or 5 warm-weather outfits

Females

- feminine products
- skirts, jumpers, dresses - knee-length to mid-shin is most practical
- short-sleeved tops
- Jeans or capris on construction sites (no shorts)
- no spaghetti straps (unless you wear another top under it)
- no "gap-osis" (gap between your shirt and the top of your skirt)
- 1 "nicer" dress for church, but not too fancy and NOT sleeveless (the Haitians don't approve of uncovered shoulders on women for church services) (a dress or skirt & blouse is expected)
- some type of head-covering (hat or scarf is fine) for church services

Males

- Jeans or modest shorts for construction sites
- shorts or light-weight pants
- t-shirts or other short-sleeved shirts
- 1 "nicer" pair of pants for church, but not too fancy, and a short or long sleeved, buttoned-down, collared shirt & tie (the Haitians don't approve of shorts or sleeveless shirts on men for church services)

****Each team member must limit their personal belongings to a TOTAL weight of 40 pounds.****

This weight limit includes your suitcase and your backpack or fanny pack!!
(Carry-on bag size limitation - approx. 22" x 14" x 9" and weighing less than 40 pounds)

Reasons to limit to just a carry on:

1. Less likely to lose your luggage

More available check-on luggage slots available to bring down supplies, gifts and other materials for the missions

Current airline restriction on carrying liquids, gels or aerosols

The 3-1-1 rule for carry-on baggage only:

Limit all liquids, gels and aerosols to a maximum container size of 3.4 oz/100 ml (travel/travel size bottles)

Place all of these items in ONE quart-size, clear plastic, zip-top bag. You are only allowed one zip-top bag but you may put in as many items as it will hold.