

WHAT TO TAKE ON YOUR TRIP TO HAITI

| MUST TAKE | OPTIONAL |
|---|---|
| <ul style="list-style-type: none"> • Passport • Airline Ticket (unless e-ticket – most are) • Cash • Prescription meds that you use • Over-the-counter meds that you use (especially Pepto, Immodium, etc) • Sun block lotion • Mosquito repellent • Sunglasses • Hat, cap or visor • Comfortable walking/work shoes • Clothing (see tips below) • Toilet paper (used as a spare when traveling) • Moist towelettes or Purell • Work gloves • Water bottle (IMPORTANT – canteen or nalgene bottle, or a few pre-filled “Evian” type water bottles in zip locs) • Flashlight with extra batteries • Camera & film • Personal toiletries – toothpaste, soap, shampoo, etc. • Large plastic garbage bags (useful as emergency rain gear or laundry) • Backpack (need to take to work sites with water, etc.) • Sandals, flip flops, or extra shoes for inside the Guest House | <ul style="list-style-type: none"> • Snacks: peanut butter, spun honey, granola bars, tea bags, etc. • Zip loc bags for food, liquids, possible wet items • Ear plugs for sleeping (STRONGLY recommended) • Bandanna • Chap stick • Calamine lotion • Books to read • Notebook or journal, pens & pencils • Band aids • Duct tape (not necessary – helps if suitcase in rough shape, other misc. use) • Pocket knife (Put in luggage, NOT carry-on) • Pictures of your family • Money belt • Shower shoes • Swim suit • Towel and washcloth (are furnished unless you want to use your own) |

TIPS & HINTS

A belt pack or a backpack is very handy for hands-free carrying. Something big enough to accommodate your water bottle(s) is best.

It will be hot (80’s or 90’s) during the day and in the 60’s or 70’s at night. Women and men wear shorts or long pant jeans while working. Haitian women always wear skirts, but skirts are tough to deal with while riding in the back of a pickup. Women may choose to bring one skirt to wear to church. Best NOT to wear shorts to church, men or women. Haitian dress up for church. A lightweight sweater or sweatshirt is good to have for evenings. Sandals are OK, but it is very dusty and sneakers may be more appropriate, offer more protection.

Laundry service is available by the cooks for a small fee, like \$3 US, so you can get some of your clothing washed if you need. The washing is done by a washing machine and hung up to dry.

It is a good idea to bring granola bars or other snacks that might be needed to tide you over between meals, especially on the traveling days to and from Haiti, when eating might not be regular.

