

## HAITI PACKING LIST AND SUGGESTIONS

MUST TAKE	OPTIONAL
<ul style="list-style-type: none"> <li>• Passport</li> <li>• Airline Ticket (unless e-ticket – most are)</li> <li>• Cash</li> <li>• Prescription meds that you use</li> <li>• Over-the-counter meds that you use (especially Pepto, Immodium, etc)</li> <li>• Sun block lotion</li> <li>• Mosquito repellent</li> <li>• Sunglasses</li> <li>• Hat, cap or visor</li> <li>• Comfortable walking/work shoes</li> <li>• Clothing (see tips below)</li> <li>• Moist towelettes or Purell</li> <li>• Work gloves</li> <li>• Water bottle (IMPORTANT)</li> <li>• Personal toiletries – toothpaste, soap, shampoo, etc.</li> <li>• Backpack (need to take to work sites with water, etc.)</li> <li>• Sandals, flip flops, or extra shoes for inside the Guest House</li> <li>• Thin rain gear</li> </ul>	<ul style="list-style-type: none"> <li>• Snacks; specialty foods if you have a strict diet (discuss with Trip Leader)</li> <li>• Zip loc bags for food, liquids, possible wet items</li> <li>• Ear plugs for sleeping (STRONGLY recommended)</li> <li>• Notebook or journal, pens &amp; pencils</li> <li>• Band aids</li> <li>• Swim suit</li> <li>• Towels (no washcloths) are furnished unless you want to use/bring your own; sheets and blankets are also furnished</li> <li>• Flashlight</li> <li>• Large plastic garbage bags (useful as emergency rain gear or laundry)</li> </ul>

### 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 it is not frowned upon if women travelers wear pants or shorts (just not super short shorts). A lightweight sweater or sweatshirt is good to have for evenings. Sandals are OK, but sneakers and covered shoes will offer more protection.

Laundry service is available by the cooks for a small fee of about \$3 US. 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.