

HAITI PACKING LIST
(This is not a required list of things to bring)

Carry on bag:

- Bible
- Notebook, pencils or pens
- Identification (passport, driver's license, insurance)
- Phone numbers (Family, physician, employer, church, emergency notification)
- Insurance information (Company, policy number, agent, coverage)
- Money
- 2 sets of clothing
- Slacks and a collared shirt for church
- Prescription medicine in the original container
- Camera Sunglasses
- Non- prescription medicine: Tylenol, ibuprofen, Imodium, antacids, Dramamine
- Allergy kit: Stings
- Bar Soap Deodorant and personal needs

Checked baggage:

- Comfortable shoes, shoes to relax in during the evening
- Socks & underwear (enough to wear without doing laundry)
- Hat or cap Laundry bag Garbage bags
- Flash light + extra batteries Alarm clock, (Battery)
- Single set of sheets, pillow Towel/washcloth Backpack
- Hand sanitizer Toilet paper/wipes Ear plugs (for noise/snoring)
- Snacks Water bottle Trail mix Drink powder Protein bars
- Sunscreen SPF50
- Band-aids, triple anti-biotic, tape etc. Insect repellent shower shoes

Any liquids or items that may leak should be placed inside Ziploc bags. Keep soap and scented items separate from food items. Keep jewelry to a minimum and do not bring expensive items: watches, bracelets etc. Turn batteries around to prevent accidental discharge. **Minimize on toiletries:** Take only half a tube of toothpaste rolled up tight, store shampoo in small containers, toilet paper- smash it flat and put it in Ziploc bag. Rolling your clothing and wrapping them with rubber-bands will take up less space. You can purchase soda and bottled water at the guest house for \$1. Water from the cooler is free. Bring snacks for in the evening and snacks to take to the work site.

Items that they may need at the orphanage: diapers, vitamins/with iron, children's vitamins, Liquid/chewable Tylenol for children, coffee creamer.

Please consider leaving as much clothing items as you can along with sheets, pillow cases and towels. Each of us needs to bring 1 jar of peanut butter and 1 jar of jelly/honey for our lunches.

Temperature will be in the lower 90s during the day and 70s at night. Please bring adequate sunscreen; the sun is quite intense there. Insects are not a problem during the day but the mosquitoes are out from early evening until morning. There are mosquito nets over each bed in the rooms.