

## Haiti Packing List

- Passport and holder
- Copy of Passport in suitcase
- Cash \$100-\$200 (in small crisp bills, no tears) for souvenirs, ice cream, sodas
- Bible
- Notebook or journal with pens
- Flashlight/headlamp with extra batteries
- Camera/phone to use as camera with charger/extra batteries
- Personal Medications as needed: Tylenol, ibuprofen, anti-itch cream, band-aids, first aid cream, anti-diarrhea, tums
- Any prescription medications including anti-malarial medication
- Toiletries – toothbrush and paste, soap/shampoo
- Feminine products
- Ear plugs
- 2 Rolls of toilet paper
- 1-2 Set of towels, bath, hand, washcloths
- Water bottle with covered spout
- Pack of hand wipes (wet ones)
- Small bottle hand sanitizer
- Backpack for daily use
- Flip flops for shower
- Deck of cards or book to read
- Extra pair of glasses/contacts
- Sunglasses
- Sunscreen
- Bug Spray
- Visor or cap
- Gloves for work projects
- Socks/underwear
- Good walking shoes
- T-shirts – (no tank tops or sleeveless)
- Sweatshirt/Jacket (Evenings can be cool here)
- Shorts (mid-thigh or longer, especially for girls)
- Women – skirt to wear to church – knee length
- Men – collared shirt, pants and dress shoes for church
- Long pants and long sleeve shirt for working in the garden
- Snacks: granola bars, jerkey, peanut butter, candy, flavored drink powder