

Packing List for Haiti Updated 2018

Clothes (Enough for each day

stay—no laundry service)

Short-sleeved shirts

Shorts/capris

Lightweight pants

1 collared shirt (boys)

1 dress/skirt (girls)

Underwear, socks, bras

(Enough for entire trip)

Pajamas

Tennis shoes (a lot of walking)

Flip flops

Bandana (for sweating)*

Accessories*

Eye mask (for sleeping)

Reading glasses

iPod & charger

Headphones

Camera & charger

Extra Batteries (AA, AAA)

Flashlight

Journal & pen

Pleasure reading

Personal Hygiene

Toothbrush

Toothpaste

Dental floss

Deodorant

Hair brush/comb

Hair ties/clips

Facial cleanser/moisturizer

Face wipes*

Lotion*

Sunscreen

Bug spray w/30%-50% Deet

Lip balm (w/sunscreen)

Razor*

Ear plugs

Feminine hygiene

Hand sanitizer (travel & large)

Antibacterial hand wipes

*These items are only suggestions

Note: Your team leader will inform you of toiletries and supplies needed for ministry, missionaries and guesthouse use.

Packing List for Haiti

Medications/Vitamins*

Vitamins
Prescription meds
Pain reliever
Motion sickness remedy
Pepto Bismal
Anti-diarrhea remedy
Tums
Allergy meds
Cough drops

Personal Snacks*

Protein bars
Tuna/crackers
Trail mix
Nuts
Pringles
Sunflower seeds
Cookies
Candy/Gum
Beef jerky
Drink Mix-ins w/electrolytes
(Gatorade/Propel)

Misc. Supplies

Swimsuit/swim trunk
2 large luggage & tags
(Fit in one another)
Rolling carry-on (chocolate)
Backpack
Travel wallet
Hat
Sunglasses

Travel Info

Plan tickets/itinerary
Passport (leave copy at home)
Medical Insurance (copy)
Haiti Address & Contact Info
\$40 Luggage fee (credit card only)
\$10 Cash (Haiti entrance fee)
\$50 Cash (airport food, souvenirs)

*These items are only suggestions

Note: Your team leader will inform you of toiletries and supplies needed for ministry, missionaries and guesthouse use.