



Packing Recommendations for Haiti Outreach

Forecast: highs reaching 100°F, lows around 80°F, very humid with thundershowers

Hotel: bed w/ sheets + towel, intermittent power (standard US 110v plugs), Wi-Fi and A/C at night

Don't bring anything you don't mind being ruined, and don't over-pack!

All items must be packed in a carry-on (we will use checked baggage space for supplies)

General items:

- Bible, journal, pen/pencil and ministry materials
- Passport
- Sunglasses and hat, bandana or gaiter for dust and hair bands / ties for long hair
- Water bottle (e.g. Hydroflask, Nalgene) marked with your name
- Daypack for your gear and water
- Hefty bag for dirty clothes you won't re-wear, travel size Febreze for those you will
- Phone Apps: Mobile Passport (Officially Authorized) by Airside Mobile LLC
- Other Apps: Haitian Creole for Aid Workers by Brainscape; AA for in-flight entertainment
- Optional: snacks or protein bars, cash for souvenirs, but debit/credit card for food on planes

Toiletries: (bagged in a Ziploc inside another Ziploc with your name in sharpie on it)

- Mouthwash, toothbrush & toothpaste (consider Wisps - no water needed)
- Antiperspirant / deodorant
- Soap / body wash / shampoo
- Shower shoes (if you're one of those people)
- High SPF sunscreen & aloe + SPF lip balm / chap stick
- Insect repellent w/ DEET (e.g. Ben's 100 available on Amazon)
- Antibacterial hand gel / wipes
- Medications (e.g. Imodium, Tylenol, anti-itch cream, Cipro / antibiotics)
- Prescription glasses as a back-up if you wear contacts

Clothing:

- Emphasize modesty – you are ministering in a foreign country
- Tops: T-shirts, modest tank-tops (no spaghetti straps)
- Bottoms: Pants, shorts, skirts, & comfortable closed-toe shoes for outside the hotel
- Comfortable clothes, flip-flops are fine when relaxing at the hotel
- Optional: swimsuits (women: one piece suits only, please)
- Dress clothes (women: shoulders & knees covered; men: pants & collared shirts) for trips that include church services or business meetings such as training conferences
- Specialized gear for your team focus (gloves for construction; goggles for surgical, etc.)