

Packing List for Haiti- Medical

Clothes (for 1 week, no laundry service, washing by hand)

- 7 short-sleeved shirts or scrubs (no sleeveless shirts, Lt. colors & quick dry recommended)
- 2 lightweight long sleeve shirts (bug & sun protection, quick dry recommended)
- 3 pair lightweight work pants or modest shorts (jeans will be too hot, no yoga pants, too tight)
- Pajamas
- Underwear, socks, bras (enough for entire trip)
- 1 dress/skirt & blouse (girls)
- 1 collared shirt (boys)
- 1 lightweight rain jacket/ponchos
- 1-2 pair old work shoes (tennis shoes ok)
- 1 pair shower shoes (flip flops)
- Sandals or shoes with skirt
- Modest swimsuit
- Bandana

Accessories

- Backpack
- Money belt/travel wallet
- Hats/visors (wide brimmed is best for sun protection)
- Sunglasses/reading glasses & cases
- Leatherman (optional)
- Duct tape (optional)
- Ear plugs (optional)
- Eye mask (optional)
- Travel pillow (bring pillow, none provided)
- iPod & charger (optional)
- Headphones (optional)
- Camera & charger
- Plug adapter (Shepherd House has 110V)
- Batteries (AA, AAA)
- Flashlight/head light
- Alarm clock
- Journal & pen
- Sm battery operated fan (recommended!)
- 2 water bottles for backpack (empty)

Personal Hygiene

- Toothbrush
- Toothpaste
- Dental floss
- Mouthwash
- Soap/bodywash
- 1 quick-drying bath towel
- 1 wash cloth
- Deodorant
- Shampoo/conditioner
- Hair brush/comb
- Hair ties/clips
- Mirror
- Facial cleanser/moisturizer
- Body moisturizer
- Sunscreen
- Bug repellent with 30%-50% Deet
- Mosquito bug spray (to spray room and/or clothing)
- Lip balm
- Razor
- Liquid laundry soap (travel size)
- Feminine hygiene
- Nail clippers/emery board/nail file
- Antibacterial hand wipes (e.g. Wet Ones)
- Antibacterial hand wash- (containing @ least 60% alcohol)
- Tissues
- Toilet paper (1 lg. roll, 1 ply)
- Tweezers

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Medications/Remedies/Vitamins

Vitamins (pillbox recommended)
Anti-Malaria pills
Antibiotic (e.g. Cipro, Zithromax)
Pain reliever
Motion sickness remedy (if necessary)
Pepto Bismal &/or Tums
Anti-diarrheal remedy (e.g. Immodium)
Allergy meds (if necessary)
Cough drops
Antibiotic ointment (ie. Neosporin)
Fiber-All (optional)
Airborne (optional)
Band aids

Protein bars
Tuna/crackers
Pb crackers
Trail mix
nuts
Drink Mix-ins w/ electrolytes (ie. Gatorade/Propel)
Frisbees, soccer balls (deflated w/pump)

Tools

Medical equip you might need
(ie. Stethoscope, blood pressure cuff)
Work gloves (just in case)

Misc. Supplies

Sleep sack (optional; sheets provided)
1 laundry bag (optional)
Ziploc plastic bags in various sizes
(sandwich, quart, gallon)
2-3 Plastic grocery bags
Sharpie permanent marker

Travel Dos and Don'ts

- **Don't** wear or bring expensive jewelry; wrist watches, and simple stud earrings for girls ok
- **Do** not swallow water while showering
- **Do** keep a bottle of water in your room for brushing teeth and drinking
- **No** Whining
- **No** alcohol, smoking, or drugs
- **Do** attend all morning and evening team meetings
- **Do** act appropriately on plane, being considerate of other passengers
- **No** running around or goofing off at airport, hotel, or in the village
- **Do** respect adults in authority

Travel Info

Plane tickets/itinerary
Passport (leave a copy at home)
2nd form of I.D. (driver's license)
Medical insurance card (copy ok)
Voluntary Missionary Medical Insurance confirmation
Cash for souvenirs & airport snacks

Other Items- Snacks enough for each day (ex.-)

Here are the baggage dimensions that Continental & American Airlines allows:

45 in/114 cm (carry-on)

No larger than 22 in/56 cm long, 14 in/ 35 cm wide, and 9 in/ 23 cm high

62 in/157 cm (checked) This is calculated by adding length, width & height of bag.

50 lbs/23 kgs. (checked)