

CHECKLIST FOR HAITI

Everyone is permitted ONE large bag (duffel preferable) weighing no more than 50 pounds and ONE carry-on that can fit under the seat of the plane. You will want to take a backpack to use during travel while in the country. Wrap things in Ziploc bags inside your duffel.

IN YOUR CARRY-ON (just in case your luggage is lost!)

- PAPERWORK

- Passport
- Money (at least \$20 in singles for Haiti and spending money in Ft. Lauderdale, no bills larger than \$20)
- Driver's License
- Health Insurance Card
- NO CREDIT CARDS

- CLOTHES

- 2 Pair of Shorts (quick dry)
- 2 Shirts (quick dry)
- 2 Pair of Underwear (quick dry)
- 2 Pair of Socks (cotton not recommended)
- Poncho/Rain Jacket
- Watch
- Hat/Bandana
- Sunglasses

- TOILETRIES

- Shampoo/Conditioner (3-oz. bottles in Ziploc bag)
- Body Wash/Soap
- Toothbrush/Toothpaste
- Ladies – Feminine Products
- Deodorant
- Brush/Comb
- Necessary Cosmetics (3-oz. bottles in Ziploc bag)
- Toilet Paper (1 roll)
- Ladies – Hair Ties

- MEDICATIONS

- Malaria Medications
- Sunscreen (3-oz. bottle in Ziploc bag)
- Bug Repellent (3-oz. bottle in Ziploc bag)
- Mini Medical Kit
 - Band-Aids
 - First-Aid Ointment
 - Diarrhea Medication
 - Cold Tablets
 - Ibuprofen
 - Grapefruit Seed Extract

- MISCELLANEOUS

- Bible
- Journal and Pen
- Camera
- Snack Food (no chocolate – it will melt)
- Flashlight/Headlight
- Batteries
- Wet Ones (you'll use these a lot!!!)
- Wallet w/min. essentials (Ins. Card and Driver's Lic.)
- Gum
- Nalgene
- Extra Ziploc Bags
- Towel and Washcloth
- iPod/Reading Material
- Tissues

** All liquids must be in 3-oz. bottles or smaller.
All bottles must fit in ONE quart-size Ziploc bag.
This bag will be taken out of your carry-on at each screening, so have it on top.

IN YOUR LARGE LUGGAGE

****WE RECOMMEND EVERYTHING BE PACKED IN A BACKPACK OR DUFFEL, NOT A SUITCASE.****

- CLOTHES

- 5 Pair of Shorts (quick dry - no heavy shorts)**
- 5 Shirts (quick dry - no heavy shirts)
- Ladies – 2 skirts (customary in Haiti)
- 6 Pair of Socks
- 6 Pair of Underwear
- Ladies – 6 Bras
- Tennis Shoes
- Hiking Shoes
- Sandals
- Work Gloves
- Sleep Clothes
- Swimsuit
- Beach Towel

**** Ladies, shorts should be as long as you can find them!**

Think 95 degrees and 65% humidity, so no heavy clothing!

- TOILETRIES

- Shampoo
- Conditioner
- Contact Solution/Container
- Glasses
- Deodorant
- Soap
- Washcloth
- Towel (quick dry)
- Ladies – Hair Ties
- Ladies – Feminine Products
- Toilet Paper (1 roll)
- Wet Ones
- Necessary Cosmetics
- Necessary Medications

- MISCELLANEOUS

- Copy of Passport
- Copy of Health Insurance Card
- Copy of Driver's License
- Lightweight Sleeping Bag or Sheets
- Travel Pillow
- Sleeping Pad (Lightweight)
- Mesh Clothes Bag