



**H3Missions, Inc.**  
Help for Hurting Humanity

## WHAT TO PACK

### Welcome to H3Missions, Inc.

H3Missions, Inc. is a nonprofit organization committed to improving the healthcare available to impoverished communities around the world. We do this by leading medical, dental and surgical teams to Haiti, providing primary care to cervical cancer screenings to specialized surgical services.

### Join Us

We invite you to join H3Missions in Haiti by participating in one of our volunteer trips. We work in orphanages, medical clinics, the open bush, schools, tent cities and hospitals. Our trips, while focused primarily on healthcare, also seek to improve the communities where we work. As a result, since 2010, hundreds of volunteers have joined us in Haiti to help complete projects such as building classrooms, toilets, and digging wells. Team members have also played soccer and taught American football to youth, and conducted dental and women's healthcare seminars, while patients are waiting to be seen. All team members will have an opportunity to experience the culture, to interact with the people of Haiti, and to provide healthcare that will have a positive and lasting impact on Haitian Children, families and entire communities.

Thank you for helping us fulfill our mission and vision for the people and nation of Haiti.

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### Important Suggestion:

Don't try to change products like shampoo, conditioner, soap, clothes or anything else that you might be accustomed to just before or during your Haiti trip. Having familiar products will be important while you are abroad.

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The following is a suggested packing list:

### Clothing

- ◆ Modest summer clothes
- ◆ Work clothes
- ◆ Hat
- ◆ Sunglasses
- ◆ Bathing suit
- ◆ Shoes ideal for work and for general walking around
- ◆ Sandals or flip flops that can be worn in the shower or outside
- ◆ Water shoes
- ◆ Towel and Cloth
- ◆ Although not necessary, some volunteers have brought sheets and pillowcases



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### General items

- ◆ Cash for personal purchases, small bills totaling no more than \$200
- ◆ Soap, shampoo, lotion, hair products and toiletries
- ◆ Sunscreen
- ◆ 30% DEET (or higher) insect repellent
- ◆ Flashlight or headlamp
- ◆ Towels (pool/beach)
- ◆ Wet wipes and/or hand sanitizer
- ◆ Wide mouth reusable bottle with lid
- ◆ Color copy of passport and License (One copy of each in each item you carry and stored away from actual passport and License)
- ◆ Small Camping roll of Toilet paper

### Medical

- ◆ Prescriptions—Make sure you take enough to last the trip + a few extra days
- ◆ Over the counter medications, such as Tylenol, Benadryl, Ibuprofen, Orajel, small tube of Neosporin, Pepto Bismol or tums
- ◆ Extra contact lenses and solution



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### Medical

- ◆ Extra contact lenses and solution
- ◆ Malaria pills
- ◆ Anti-diarrhea medication or an antibiotic (like ciprofloxacin) meant to combat traveler's diarrhea

\*NOTE: H3 Missions, Inc. is not qualified to dispense medical advice. Please consult with your family doctor or with a travel medicine specialist for professional guidance prior to traveling with us to Haiti.

### Snacks

- ◆ Trail mix
- ◆ Energy bars
- ◆ Granola bars
- ◆ Turkey/Beef jerky
- ◆ Peanut butter
- ◆ Nuts
- ◆ Mints



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### Snacks

- ◆ Individual serving of powdered drink mix (ie. Crystal Light) or water additive containing electrolytes and vitamins

### Other things to think about:

- ◆ Have a pen with you so you can fill out the custom forms on the plane
- ◆ Many people will bring an electric portable teapot for their room. You can use this to heat water for coffee, hot chocolate, oatmeal, cups of noodle soup or anything else that you decide to bring with you. This will give you comfort with some of your home favorites.
- ◆ Some of our volunteers have brought a portable, battery operated fan to use when the heat is overwhelming.
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