What to Pack

Important Suggestion: Don't try to change products like shampoo, conditioner, soap, clothes or anything else that you might be accustom to just before or during your Haiti trip. Having familiar products will be important while you are abroad. To print a copy of this page, right click your mouse and select print.

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**

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**
- **Malaria pills**
- **Anti-diarrhea medication or an antibiotic (like ciprofloxacin) meant to combat traveler's diarrhea**

*NOTE: H3 Missions, Inc. is not 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**
- **Individual serving of powdered drink mix (ie. Crystal Light) or water additive containing electrolytes and vitamins**