In preparing to pack for Haiti, please keep the following in mind:

Your CARRY-ON baggage

1. Liquids (lotion, shampoo, conditioner, perfume, liquid meds, etc) must be limited to 3 ounces each. All liquids must be in one *quart* sized zip-lock bag.
2. Put any necessary medications in your carry-on.
3. If you have an item in your carry-on that uses batteries, keep the batteries separate. Ticking alarm clocks are very bad at security check points!
4. All valuables (money, jewelry, etc) should be packed in carry-on.
5. It would be wise to carry a full change of clothes in your carry on in case luggage is lost during transit.

Your CHECKED baggage

1. Weight limit is 50 pounds per bag.
2. Please limit yourself to one checked bag. You may be asked to carry an extra suitcase with ministry materials.
3. Make sure your luggage is tagged with your name and address.

What you should Pack for a one-week trip:

Clothes for the entire trip.

Laundry service will NOT be available.
Comfortable, broken-in shoes.
Flip-flops for the bathing
Roll of toilet paper
Soap * Towel * Wash cloth
Sleeping bag * Pillow
Flashlight with extra batteries (Take batteries out of all devices during transit)
Battery powered travel alarm clock
Do not bring electronic devices …..There is no electricity available at this time.

Medicines:

Malaria Medication – Mandatory
(See Needed Vaccinations List)
Sinus tablets * Anti-diarrheal
OTC pain killer * Benadryl

Snacks:

Nuts, granola bars, power bars, trail mix, beef jerky (think *nutritious*)

Insect repellent with ***DEET***

Books for the airplane ride

What you should wear

Men and Ladies:
Day time: Casual pull-over or button-up shirts, work shirts, Jeans, skirts for ladies if desired.
Church Services: Casual slacks for men and skirts for ladies.

Shorts are not acceptable for men or ladies.

For both Men and Ladies…... *Modesty* is the key!