

Haiti Packing List

***You must follow the 3-1-1 rule for liquids in carryon items:**

(3) ounces or less (1) quart sized ziplock (1) 1 ziplock per person.

- Passport!!!
- Copies of passport, identification, and credit/debit cards (front and back)
- Comfortable walking/working shoes (old tennis shoes are fine)
- Sandals (comfortable shoes to lounge around guest quarters and to shower in)
- Socks
- Clothing: Dress is conservative! (bring long skirts/dresses for women and slacks for men to wear to church on Sunday).
- Bathing suit (modest, a one-piece for women)
- Sleep wear
- Bag for dirty clothes (ie trash bag/laundry bag)
- Sunscreen/sunglasses/hat/bandana (the sun is very direct and very strong)
- Bug Spray
- Purse/backpack/daypack/fannypack (to carry your stuff on day trips)
- Toiletries (toothbrush, toothpaste, lotion, shampoo, soap, makeup, lip balm, contact solution, razor, etc. Use unscented items to avoid attracting bugs)
- Toilet paper/tissue packs (no public restrooms)
- Towel and washcloth for showering and beach
- Ear plugs
- Medications (ie. Immodium, Pepto, Antihistamine, and any personal medications- try to keep in original, labeled containers)
- First aid supplies
- Camera/film/memory cards/batteries
- Bible, pen, journal, reading books
- Hand sanitizer (enough for the entire week)
- 2 Water bottles (nalgene type work great) or camelback
- Powdered drink mixes (if desired... ie. Crystal light, propel, etc)
- Snacks (you will NOT have open access to food anytime you want it so pack wisely)- trail mix, jerky, granola bars, peanut butter, crackers, protein bars etc.
- Any chargers/converters/batteries needed for devices (computer, phone, camera, mp3) if you bring them.
- Flashlight/headlamp/extra batteries
- Spending money- in US dollars. Please do not purchase the following souvenirs: anything made with goatskin, voodoo drums, or a statue of an old man with a pipe leaning on a stick.
- **Things to leave at home:** short skirts/shorts, valuables/jewelry (if you don't want to lose it, don't bring it). Your diamond wedding/engagement ring. A plain band is suggested. Big/expensive necklaces and earrings. Small and simple are preferred if at all.
- **Things to take at own risk:** mp3, cell phone, computer (again, if you don't want to lose it, don't bring it). NVM is not responsible for lost/left items.