

## HAITI 180

### Running List of what to bring/not to bring

You will be able to pack carry-on bags only (one larger carry-on like a back-pack and one small personal bag) not exceeding 40 pounds in weight (per the helicopter restrictions). Please make sure that all items you pack comply with airline regulations. You **may** be asked to take a check bag full of donations and a list **will be provided to you by the ministry**. If you would like to discuss bringing donations of your own, please speak with your trip leader. Your trip leader can ask their Haiti180 contact person if there are any items that the ministry is currently in need of that we don't have in our supply and storage area in Haiti and could be collected by the group. If no donations have been requested by the Haiti180 contact person, please do not bring any. **Please do not distribute any donations on your own!** Consult a team member in Haiti to see what items can be handed out directly by you and what should be handled by the ministry.

### Necessary Items:

1. Love
2. VALID PASSPORT (check the expiration date~ it needs to be valid 6 months after you return to the US from Haiti)
3. Personal prayer items—Scriptures, Rosary, journal etc.
4. A pen—yes a pen to fill out your immigration/customs forms
5. **\$10.00 cash per missionary to enter the country of Haiti, paid to the agent at the customs counter upon arriving**
6. Hand sanitizer and/or antibacterial hand wipes (in line with airport liquid limitation rules)
7. Bug spray: We have found that brands such as “Off” or “Repel” offer wipes which make it much easier to apply the bug repellent. We have purchased them at Walmart, Target, Amazon, etc.
8. Sun block
9. Sunglasses/hat
10. Water bottle (try NOT to bring a tiny one needing to be refilled every hour, you will need to drink a lot of water during the day to stay hydrated!)
11. Powder packets for replacing electrolytes such as found in brands as “Gatorade” or “Propel” type
12. Toiletries (including light weight towel)
13. A roll of toilet paper (nice to have when out on visits and can donate to the orphanage if you don't use it)
14. Pair of sturdy, strap-on sandals with good soles or sneakers for walking and working (flip flops are not acceptable and will not last—though you can bring them to relax in at the end of the day)
15. Some type of shoes for possible walking through the river (those strap-on sandals from #14 are perfect) or a possible day trip to the beach. Water shoes will also work but please do not donate them at the end of your week as they are not good for daily wear.
16. Clothes for tropical weather. Modest length shorts and skirts, T-shirts, and tank-tops only if they are thick-strapped and modest.
17. Modest bathing suit (Absolutely NO bikinis)
18. A small pillow (if you can, please donate it when you leave!!)
19. One long sleeve t-shirt/hoodie for when it gets cool at night
20. One set of Sunday dress (Guys: nice shirt and khaki shorts Ladies: skirts or dresses, modest of course)

21. FLASHLIGHT!!
22. EAR PLUGS
23. Any prescribed medication or pain relievers that you will need
24. Diarrhea pills ☺ --just in case
25. And your malaria pills if prescribed by your doctor.
26. Don't panic if you forget anything, we can help you out!

**Optional:**

1. Little backpack to carry your personal items during the day
2. Laundry or plastic bag for your dirty clothes (you don't want to mix the clean and the dirty)
3. Sweat towel/facecloth
4. Camera
5. Holy water and/or blessed oil (remember, your carrying-on bags so items must fit airport liquid limitation rules)\*\*we already have many medals and rosaries in storage as well\*\*
6. Pocket money—for souvenirs, charity, etc. **Do not hand out any money, consult a team member.**
7. Healthy snacks to eat and also to give to the children—you'll be their best friends! Peanut-butter crackers, granola bars, beef jerky, etc are both delicious and nutritious for the children. \*we are not in need of any candy items such as smarties, our storage is now full ☺ **Check with a Haiti 180 team member before giving any food to the children**
8. Peanut butter- this provides the kids with a great source of protein and fat that is often hard to come by in Haiti.
9. Back-up supply of Love

**PLEASE DO NOT PACK:**

1. **Bad Attitude-** lose the tude!
2. **Valuables-** community living makes it difficult to ensure the security of your personal items of value. Please leave home items of great value and/or importance (jewelry, watches, i-pods, etc...you don't need that stuff in Haiti anyway!)
3. **CHEAP flip-flops or cheap shoes to donate-** In Haiti everything gets used hard, most especially Haitian feet! Cheap items don't last and it is better to provide one person with a good pair of sandals or shoes rather than 5 people with cheap ones that will break quickly and end up as trash in someone's garden. Also, please don't leave behind any water shoes. This type of shoe is not meant to be worn all day and have a tendency to give people blisters and fungus because their feet stay wet for hours.
4. **Balloons-** they are a choking hazard and even after they pop, Haitian children will chew on any little piece they can find.
5. **Jolly Ranchers and Now-or-Laters-** children who are too little often end up with them and they become a choking hazard. Eat them before you get to Haiti.
6. **Any food or candy that will melt easily**
7. **Any items to be donated that contain hazardous material.** Please check labels.

We cannot bring our trash to a proper dump and often people will toss broken items into the garden. We don't want to poison anyone's garden.

8. **NO drugs or alcohol.**
9. **Please don't pack any donations unless requested by your Haiti 180 contact person.** We have storage for donations here in the US and a very small storage area in Haiti. If the storage area in Haiti gets filled up with donations that a group brings that were not the most needed items, then we are unable to send in the items that the team has requested from our US storage.

