

Helpful Packing Information

1. Please check your airline's baggage allowances before packing. Also, the carry-on has to meet certain size requirements for overhead storage. **Tying a bright colored ribbon or attaching another eye catching item makes bags easier to pick out.**
2. Make sure that you put at least one set of clothes and items you REQUIRE daily in your carry-on just in case your luggage does not make it.
3. Remember that there are size requirement that you cannot exceed for liquid contents in your carryon bags. Please check current TSA regulations. Larger sizes may be put in your checked luggage.
4. Put some snacks in your carry-on – the first day traveling is long, the airlines don't supply much, and you do not stop for lunch. You can't take your own drinks on the plane in your possession or carryon because they exceed the size limit. You can put drinks in you checked luggage. HMM will have water for you on the bus.
5. One time during your stay your team will be allowed to wash clothes so it is not necessary to carry too many clothes.
6. Sheets, blankets, and pillows are provided.
7. You will need to take your own towels/wash cloths and personal items
8. We will have orientation when we get to the mission base and get settled.
9. Summer clothing is appropriate with the high temperatures and humidity. Please choose modest clothing that is comfortable, loose fitting, lightweight and washable.
10. Make sure that you pack a pair of comfortable walking shoes.
11. You will want to bring sunscreen and a hat. Long sleeves may be necessary if you are sensitive to the sun or for night trips down the mountain.
12. Swimwear will be necessary if time permits and you plan on swimming. Please be modest when deciding on what swimwear to pack. It is recommended to wear some sort of footwear to avoid stepping on sea urchins.
13. Flip flops of some type should be worn for showers and around the mission house.
14. Ladies will want to pack a small roll of tissues and hand sanitizer for the trip in and when you are in route to other places.
15. You will want to use unscented items if at all possible to help cut down on the bug attractions.
16. DRESS CODE for HAITI:
Women – No braless tops, halters, tube tops, tank tops, or anything that show your underclothing
Men – No muscle shirts, watch pictures and writing on t-shirts/hats, and shirts must be worn at all times.
17. **Take plenty of patience and flexibility – except interruptions, delays, snags and headaches**

Special Items To Pack

- Flashlight and batteries
- Sunscreen / hat
- Hand wipes and antibacterial gel
- Bars of soap
- Bible and journal
- Snacks – especially for trip in and out
- Medication and personal items you need
- Towels and wash clothes
- Flip flops for shower
- Light jacket for nights – will need when you go up in the mountains
- Imodium
- Tylenol / ibuprofen
- Insect repellent – wipes work great for sticking in a zip lock and putting in pocket
- Spending money for souvenirs and soft drinks
- Snack foods
- Anything else that you know you have to have – it may not be available in DR
- Phone and other chargers (electrical outlets are the same as in the states)
- **Hair dryers, curling irons, & straighteners are on limited use due to the power they use**

