

## **DRESS IN HAITI**

At hotel: whatever you want that is decent (swimsuits must be one piece or tankini).

At church: women must be in a dress/skirt that goes below the knees, no sleeveless; men in jeans/pants, shirt with a collar.

In the field: No shorts, must wear long pants or capris. **NO SHORTS, NO LEGGINGS!**

Traveling to and from Haiti: - **NO LEGGINGS, NO TANK TOPS**, shorts can be worn but they have to be knee length. Sandals can be worn in airport and hotel.

ALL SHOES ARE CLOSED TOE SHOES – EVERYWHERE.

Bring and extra pair for safe measures.

## **MONEY:**

American cash can be used in Haiti; some places will take Visa/Master Card

On the way to Haiti: money for snacks on the way, Saturday you will be responsible for meal traveling to Haiti in the airport, but be prepared and have something in your backpack- may not have time to eat.

In Haiti: Lunch on Sunday and shopping, cold drinks and water at hotel. These are by the pool and cost \$1.00. **You will be responsible for paying your tab at the end of the week.**

On the way home: Dinner at the airport in Miami if time allows.

As of August: \$1.00 = 69.28

## **MEDICATION:**

MEDICINE REQUIRED TO TAKE: LEAVE ALL MEDICINE IN THE ORIGINAL PACKAGE AND PRESCRIPTIONS MUST HAVE YOUR NAME ON IT. Some are just suggestions.

Anti-Malaria prescription (if taking) Pro-biotic (recommended)

General Antibiotic

Anti-diarrhea

Phenergan gel

Other medicine you may need

Pepto tablets

**\*Keep all medications with you in your carryon while traveling.**

**Only bring medicine prescribed to you.**

## **Immunizations Needed:**

Check with the CDC for any updates: [www.cdc.gov/travel](http://www.cdc.gov/travel)

See your physician.

Cholera and Typhoid: check with your doctor (optional)

**Hepatitis A:** Adults don't need a prescription, children do, go to Pharmacy to get shot.

**Tetanus - a must have.**

## **WATER TO DRINK**

**DO NOT DRINK HAITIAN WATER**

**DO NOT BRUSH TEETH WITH HAITIAN WATER**

**DO NOT RINSE TOOTHBRUSH WITH HAITIAN WATER**

**BRING AN EXTRA TOOTHBRUSH INCASE YOU FORGET.**

Filtered water in bottles at the hotel; fill up water bottle every day.

Ice from hotel is ok to use; will have to ask for it.

**NEVER DRINK THE WATER THAT IS PASSED OUT IN THE BAGGIES.**

Bottled water will be provided at VBS, Construction, Evangelism and Medical.

**Remember:** Ice used in the ice chest is not filtered or clean; for safe measure, wipe off bottle before opening it.

## **FOOD FOR THE TRIP:**

Bring snacks – non chocolate

Bring something every day for lunch: it will be very hot so keep this in mind. Tuna packs, vienna sausage, protein bars, granola bars, peanut butter crackers, belvita bites, nuts, dried fruit. We will take turns eating. We will not eat where the children can see us. Remember our drivers, security, and interpreters won't have food to eat.

Food at hotel is good; but for picky eaters bring food.

Remember: it is insulting to them to not eat the food prepared.

**LUGGAGE:**

1 bag is free- up to 50 lbs. (be sure to weigh you bags before getting to airport).

1 carry on (backpack is helpful)

Old luggage is possible. We will not pay for a second return suitcase.

Liquids in carry-on bags: Must fit in quart size zip lock bag. 3.4 oz. or less per liquid.

**PASSPORTS:**

Always keep you passport with you.

Keep a copy in your suitcase.

LBCH Coordinator will have a copy if you sent a copy in with your application.

Leave a copy a home as well.

**RESORT:**

Electricity approximately 6pm – 6am, goes off during the night sometimes.

May not have hot water. Mostly like NOT.

Bedding is provided (optional: you may want to bring and extra pillow. It must fit in suitcase).

A towel is provided (may want to bring an extra or two in suitcase).

**CHURCH IN HAITI:**

**IT IS HOT!!!** Service is 1 - 1.5 hours. Usually spoken in Haitian Creole but there will be translators.

**BRING AN OFFERING: They expect you to give, it is their custom.**

**Women: Must wear dress/skirt, closed toe shoes; NO PANTS! NO LEGGINGS!**

**Men: Jeans/Slacks are preferred, shirt with a collar.**

## PACKING LIST

- Medicine – keep in carry on, keep in original bottles
- Probiotics
- Small backpack or bag to carry to worksites
- Bible and journal
- Underclothing
- Modest sleep clothes. Please Do Not come out in the common area in pj's.
- Modest swimsuit (one piece or tankini) bring a cover up.
- Sunglasses/hat ( it gets very hot during the day)
- Closed toe shoes.
- Flip flops for shower and pool area
- Toiletries always good to carry extra toilet tissue in backpack.
- Frog tog rag to keep cool (optional, this helps keep you cool)
- Bug spray with Deet
- Extra towel and wash cloths
- Disposable wipes, baby wipes, wet ones to name a few. (You will want to wipe off water bottles, bathroom use in the village, hand cleaning).
- HAND SANITIZER – bring several travel size
- 2 refillable water bottles. (Keeps down your water bottle tab).
- Small Lysol spray
- Single- use packets of Gatorade/Propel, Crystal light for your use.
- If needed: bag for dirty laundry
- Passport/copy of passport
- Cash for food while traveling, offering, souvenirs. If you take a credit card, get approval thru your institution that hold the card.
- Work gloves (construction team)
- Extra toothbrushes (optional)
- FLEXIBLE ATTITUDE
- Servant's Heart
- NO LEGGINGS.

\*\*Know what your cell phone plan is for international calls/text. Use FaceTime or Skype.