



What should you bring for a week in Haiti?

Clothing:

Because of the hot and humid tropical climate in Haiti, it is best to bring cotton and/or other breathable fabrics.

Apart from traveling attire, we suggest you pack:

Comfortable walking shoes--sneakers, sandals, crocs, etc. and one pair of shoes suitable for nice occasions.

(Basically, bring one extra pair of shoes apart from your travel attire.)

- ☐ Flip flops, slides or “shower shoes”
- ☐ Bathing suit
- ☐ Bandanna/Hat
- ☐ Sweat shirt or long-sleeved shirt for chilly evenings in the mountains
- ☐ Light rain jacket (optional May – October, not needed otherwise)
- ☐ Lightweight sleeping attire
- ☐ Sunglasses

Men:

- ☐ A shirt for every day you're in Haiti, at least one long-sleeved button down.
- ☐ 2 or 3 pairs of shorts (three days in Haiti = two pairs of shorts).
- ☐ 1 or 2 pairs of lightweight long pants, one pair that's suitable for a nice occasion.

Women:

- ☐ A shirt for every day you're in Haiti
- ☐ Five pairs of pants and shorts or skirts/dresses (everything of modest length).
- ☐ *At least one skirt or dress should be appropriate for a nice occasion.*

Toiletries:

- ☐ Shampoo
- ☐ Deodorant
- ☐ Toothpaste and toothbrush
- ☐ Sunscreen
- ☐ Wet Wipes
- ☐ Hand Sanitizer
- ☐ Any other hygiene products you need for personal care

Medical Supplies:

We will have a first-aid kit on hand.

- ☐ Prescription medications in original containers
- ☐ Anti-Malaria medication if you decide to – Please consult your physician
- ☐ BandAids
- ☐ Dramamine (if you are prone to motion sickness--plane, bus or boat)
- ☐ Pepto-Bismol tablets
- ☐ Anti-diarrhea medicine
- ☐ Insect repellent

Additional things you may wish to consider bringing:**Travel documentation:**

- ☐ Email flight information to gcomsara@gmail.com so that we have a record.
- ☐ Passport
- ☐ Address for where you are staying in Haiti, please check with your assigned trip leader. You will need this to fill out documents on the plane.

Good Ideas / Optional:

- ☐ Record of vaccinations

Electronics:

- ☐ Laptop (Wi-Fi available at guesthouse)
- ☐ Smartphone/camera and/or video camera
- ☐ All Necessary Chargers

Other:

- ☐ Bible
- ☐ Notebook and Pens

- ☐ Earplugs (for night noises)
- ☐ Haitian-Creole resource
- ☐ Pictures of your family (to share with new friends)
- ☐ Snacks
- ☐ Small gifts are sometimes appropriate
(flashlights, USB flash drives, jump ropes, jacks, balls, bubbles, etc.)

Money:

Your meals, lodging and in-country transportation are covered with the money you've paid to GCOM for your trip.

- ☐ **We suggest that you have a minimum of \$150 in cash (small bills: 5's, 10's, 1's)**
Beautiful Haitian crafts will be available, and can range greatly in price for wooden carvings, paintings, etc.
- ☐ **Credit Cards:** Hotels, restaurants and grocery stores accept major credit cards