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A cross-cultural initiative empowering  
young people to make a sustainable difference  
in the world

## 2022 Haiti Packing List

### Documents

Passport      Medical Form w/attached immunization records and COVID vaccine record

### List of Immunizations / Medications

Hepatitis A & B      Tetanus (updated within 5 yrs.)  
Typhoid (optional)      Malaria Prescription (Mefloquine taken weekly)

*Note: It is best to go to your own doctor instead of travel clinic, most pediatricians and general practitioners are familiar with our program. We will not be near any standing water or any dangerous situations.*

*Bring this with you so the doctor knows which Malaria prescription works best in the area we are visiting.*

### To Pack:

Prescriptive medications must be in original container with your name on it.

Journal

Towels (an extra one for the beach)

3-4 pair shorts/ tank tops or t-shirts

1 dress up outfit for church (slacks for boys, skirts or dress pants for girls)

bathing suit, beach towel (Place it in a sm. bag with your name on it and put it in a team bag)

bandanas or hat

face masks

sneakers or closed toe shoes and socks for projects

sandals

flashlight w/ extra batteries

I pod, camera & chargers

Toiletries, sunscreen, hand sanitizer

Day pack

baby wipes

2 water bottles

lightweight long sleeve shirt & pants (cotton loungers)

Mosquito repellent and/or netting

### NB

- You may bring your phone to listen to music on plane and at night to sleep but you will not be allowed to use it for anything else. No other electronics. We do not have electricity except for a generator. You can charge your cameras when I turn it on. You will, however, be able to text home on my phone. I will forward emergency contact numbers when I send you the final travel documents.
- small carry on duffel for the plane with your personal supplies. Airports check all carryon sizes.
- Beach towel can be packed in the team bags plus any liquid "stuff".
- Toothpaste, shampoo, conditioner and detergent will be supplied. Pack lightly!
- Spending money should be in cash, small bills NOT in travelers' checks.

**You can bring one small carry-on bag plus one personal item per passenger if the carry-on bag fits comfortably in the sizer without being forced and does not exceed overall dimensions of 45 inches (length + width + height). The maximum dimensions cannot exceed any of the following measurements: 22" long x 14" wide x 9" tall or 115cm (56 x 36 x 23 cm). All carry-on items should be stowed in an overhead bin. Personal item - includes: purse, briefcase, laptop bag OR a similar item such as a tote. The personal item must be smaller than your carry-on bag and must fit under the seat in front of you.**

**Each of you will be assigned a team bag to check in, so your belongings must fit in carry on.**