

Haiti Packing List Suggestions – Adult Travelers

Notes Regarding Packing:

- **Everything you pack should fit in a carry-on bag plus a day/personal bag or backpack.**
- You should plan on re-wearing clothing items to help you pack lightly. It is totally reasonable that you could wear the same skirt/pair of pants more than once, and each of your shirts twice (especially if you wear undershirts). You may sleep in the same clothes each night. And so on.
- Generally, light colored clothes are best, not only due to temperature, but because mosquitos like darker colors 😊

Packing List:

- ✓ 1 long sleeve shirt/light sweatshirt (it is hot so you don't need anything more than this)
- ✓ 2 past knee-length skirts or pants for women
- ✓ 2 pairs of light pants for men
- ✓ 1-2 pairs of shorts for relaxing (at hotel)
- ✓ 4 t-shirts (dry-fit, etc. are great for undershirts and relaxing), 1-2 nicer for going out, church service
- ✓ 1 pair of sandals or flip flops (optional – only if you think you have room!)
- ✓ 1 pair of running shoes or hiking boots (your choice – wear these on flight to and from Port au Prince)
- ✓ 6-7 pairs of socks
- ✓ 6-7 pairs of underwear
- ✓ 3-4 sports bras or comfortable bras for women
- ✓ shorts or similar for sleeping
- ✓ Bathing suit for pool
- ✓ Sun Hat
- ✓ Headlamp or small flashlight (unless your iPhone has one)
- ✓ Sunblock
- ✓ Insect repellent (Ultrathon 12 hour time release is great – for sale at REI)
- ✓ Sunglasses
- ✓ Camera (or your iPhone)

- ✓ Reading materials (please do not count on internet)
- ✓ Journal (and pens)
- ✓ Cards or other small games if you'd like
- ✓ Snacks like granola bars, power bars, etc., that you might want with you.
- ✓ Travel size toiletries: shampoo, toothpaste, soap (not guaranteed at hotels)
- ✓ Toothbrush
- ✓ OTC / common meds (Imodium AD, Advil, Tylenol, etc.)
- ✓ Hand sanitizer (pocket-sized bottle(s))
- ✓ Wet wipes (good for cleaning hands and sanitizing them)
- ✓ **Whatever existing prescription medications you take (especially allergy medications – drugs that are common here may be unavailable in Haiti)**
- ✓ **Malaria Medicine**
- ✓ Zithromax Z Pak – (antibiotic for potential stomach bacterial infection while in-country)

- ✓ **Miscellaneous (from other handouts):**
 - Cash: ~\$200 US (esp. \$1, 5, \$10's – US cash is accepted everywhere in Haiti)
 - Gifts: small toys, candies (not melt-able), new t-shirts, hand fans, cars, dolls, stuffed animals, bubbles
 - Creole – English dictionary
 - Sweat Rag / Cloth
 - Portable hair dryer if you wish (not in hotels). Standard electric outlets.
 - Earplugs / headphones
 - Duct tape (small roll)
 - Plastic trash bags (great for soiled/wet clothes)