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 mosquitoes 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 repellant (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)