

Psalm 82:3, Inc.

Haiti Mission Trip Packing List

The following is a sample packing list. All items are NOT necessary, but you may find them helpful. Do not feel that we have covered everything. You may certainly have additional items you would like to take, this will just provide some ideas.

For airline travel, you are limited to 1 checked bag, 1 carry-on bag, and 1 personal item bag.
VERY IMPORTANT:

Passport and one copy of passport
Hand sanitizer
Sunscreen
Sunglasses
Hat(s)
Chapstick with sunscreen
Over the counter pain relief medication
Insect repellent
Long sleeved, light weight shirts, especially if you are sensitive to sun
Light weight long pants, or knee length shorts
T-shirts
Light jacket
Comfortable clothing for the evening (shorts, skirts, dresses)
Socks
Sleepwear
Good work or hiking boots/shoes
Small flashlight / booklight
Flip flops
Bathing suit
Toothbrush and toothpaste
Deoderant
Shampoo/conditioner (travel size)
Medications you require

Other items (optional):

New/Crisp dollar bills if purchasing additional snacks or souvenirs
Band aids/small first aid kit
Frog Toggs or other cooling device
Book(s)
Haitian Creole phrase book
Camera
Chargers for your electronics
Day pack
Daily vitamins
Snacks (i.e. granola bars, crackers)
Tissues

Work gloves (if you will be doing a work project)
Water-socks and towel if going on a beach trip