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General Information on Visiting Haiti

Suggested Items for Backpack and Carry-on Luggage only:

Insect Repellent

Camera (memory card or film and extra batteries)

Hand Sanitizer and/or antibacterial wipes

Shampoo and conditioner in small marked bottles (under 4 ounces per airline restrictions and to be transported in plastic baggie) Log onto American Airlines.com for more info.

Soap

Deodorant

Sunglasses

Change of glasses/contact lenses

Sunscreen

Books, iPod, Laptop

Granola bars and desired snacks

Water Bottle

Flash light

Toothbrushes/toothpaste

Small notebook and pen

Water resistant watch

Travel toilet paper and/or tissue packs * 2 Photo copies of your passport *

- Accommodations in Les Cayes include linens, towels, bathroom and kitchen facilities, and drinking water.
- Food and beverages will be provided.
- Wireless Internet may be available but not always dependable.

Suggested Clothing:

Hat

Good walking shoes/sneakers and socks and underclothes

Sandals

Cool Clothing (short sleeves, hospital scrubs, light-weight pants, recommended layers as temperatures can vary between daytime and evening).

Bathing suit

* Use your own discretion on what you will be comfortable wearing – be prepared for your clothes to get dirtied or stained. Stay away from any dark-colored clothing as it will attract the sun. (Please leave all jewelry at home)

Electricity:

All US appliances are compatible such as hair dryers. Expect some interruption of electric services and do not anticipate warm showers.

Medical:

Each team member is responsible for their own prescription medications. Please advise HFH staff of any

condition that treatment protocols may be needed and prepared. Immunizations are not required but it is recommended you consult with your family physician. Basic first aid kit will be available.

Note: Pack lightly; bring some spending cash for souvenirs.

If there is any extra room...items for collection and donation:

Crayons/markers/colored pencils/coloring books

Playing cards

Dominos

Small gifts for children (matchbox cars, stickers, candy, bubbles...etc.)

Pencils/Pens

Deflated Soccer Balls

Books

DVDs

Helpful websites:

<http://www.hopeforhaiti.com/>

<http://www.state.gov/r/pa/ei/bgn/1982.htm>

<http://www.state.gov/>

<http://www.infoplease.com/ipa/A0107612.html>

<http://www.discoverhaiti.com/index1.shtml>

<http://travel.nationalgeographic.com>

http://www.iexplore.com/world_travel/Haiti/Facts/

<http://wwwn.cdc.gov/travel/destinationHaiti.aspx>