



YOUR  
HAITI

# PACKING LIST



BACK2BACK  
MINISTRIES



## CAN'T TRAVEL WITHOUT

- Passport - you can't travel without it  
*(must have 6 months validation remaining after your trip)*
- Photocopy of passport *(in carry on)*

## IMPORTANT

- Water bottle *(insulated recommended)*
- Alarm clock
- Backpack/small bag
- Twin bed sheets & pillowcase  
*(pillows & blankets provided)*
- Bath towel & washcloth
- Bandannas, hat, or scarves
- Bible, notebook & pen
- Bug spray
- Trash bag for dirty clothes
- Earplugs for light sleepers
- Flashlight *(separate from phone)*
- Hand sanitizer/wet wipes
- Shower sandals
- Closed-toe working/walking shoes
- Sunglasses & sunscreen
- Toiletries
- Beach towel
- Camera *(if desired)*

*\* Leave at home: hair dryers, curling irons, straightener, designer clothes, expensive jewelry.*

## OPTIONAL MEDICINES

- Personal prescriptions
- Allergy medicine *as needed*
- Ibuprofen/Tylenol
- Imodium/Pepto/Tums
- Motion sickness medicine *as needed*

## WOMEN

- Capris/shorts\*\*
- T-shirts *(at least 2 per day)*
- Swimsuit *(modest one piece or tankini)*
- Long dresses/skirts *(for church)*
- Work clothes\*
- Closed-toe shoes

## MEN

- Pants *(culturally more accepted)*
- Shorts\* *(must be knee length)*
- T-shirts *(at least 2 per day)*
- Swimsuit
- Underwear *(at least 2 per day)*
- Collared shirt, long pants *(for church)*
- Work gloves
- Closed-toe shoes
- Work clothes\*

*\* Please bring old clothes and shoes, as they may be ruined from work projects*

*\*\*All shorts must be knee length. No tank tops, midriiffs, spaghetti strap shirts or leggings*

*Note about clothing: many people like to shower at the end of the day before (or after) dinner and change into clean leisure clothing for the evening.*

## MONEY

- \$100 cash recommended  
*(small bills for souvenirs/snacks)*
- Money for airport purchases

## FOOD

- Granola/protein bars\*
- Snacks *(non-perishable)\**
- Powdered Drinks

*\*All snacks must be kept in Ziploc bags*

## COMMUNICATION

While we encourage you to spend the week unplugged, we recognize that your cell phone may serve as your camera, too. You may bring your cell phone if you would like, but keep in mind that not all cell phone plans are covered internationally. Please check with your provider to verify your plan. This is subject to the team leader's guidelines.

Family members should expect to have no communication from you during the week. No news is good news!

# WE ARE LOOKING FORWARD TO SERVING WITH YOU!