

Haiti Short-term Trip Travel Tips and Packing List

Fast Facts

Currency: Haitian Gourde (1 USD = 68.60 HTG), note: this rate changes daily.

Electrical: 110v, a plug adapter is required

- Electricity will be available at MOH facility from 6pm – 6am daily.

Languages Spoken: French, Haitian Creole

Time Zone: Eastern Standard Time / Eastern Daylight Time, same as Michigan

Weather/Climate: Highs in the 80s-90s, lows in the 70s-80s.

Lodging: You will be staying in the MOH guest house. The sleeping arrangements are dorm-style bunk beds with several people sharing a room. Sheets and pillows are provided.

Meals: MOH will provide meals for us, but will also ask us to bring some food along.

Water: Only use bottled water for drinking and brushing your teeth. Water will be provided so be sure to bring a refillable water bottle.

Spending Money: Your basic expenses will be covered; however, you may want personal cash for snacks, souvenirs, or love offerings. \$50-100 in small bills, mostly singles, is recommended.

Currency Exchange: Most shops take US dollars; therefore, you will not need to exchange money.

Shopping: You will have opportunities to shop towards the end of the trip.

What to Wear

Haiti's culture is one where someone can easily offend another by wearing an inappropriate outfit. Our pastors have requested that, in order to respect our culture and be most effective in ministry, we abide by the following dress code. Our staff on the ground reserves the right to ask you to change if you do not comply. If you are wondering if it is appropriate or not.... leave it home. We thank you for understanding.

- **Air Travel:** Dress casually and modestly. No leggings or clothing with rips or holes.
- **Village Ministry:**
 - Men should wear lightweight pants or khaki/cargo/hiking shorts (no athletic shorts) and casual shirts or simple, solid tees.
 - Women should wear long skirts and casual shirts or simple, solid tees. Skirts must reach below the knee and cover the knee when seated. Shirts must completely cover the shoulders, chest and back. Nothing sleeveless, and no tanks or spaghetti straps at any time. Leggings can be worn under skirts, but skirts must still cover the knee.

- **Church:**
 - Men should wear long pants, a collared shirt, and closed toe shoes.
 - Women should wear long skirts and casual shirts or simple, solid tees. Skirts must reach below the knee and cover the knee when seated. Shirts must completely cover the shoulders, chest and back. Nothing sleeveless, and no tanks or spaghetti straps at any time. Leggings can be worn under skirts, but skirts must still cover the knee.
- **Service Projects:** Keep in mind that clothes may get dirty or paint on them.
 - Men should wear lightweight pants or shorts (athletic shorts are acceptable), tees and closed toe shoes.
 - Women should wear lightweight pants, capris or long shorts (athletic shorts are acceptable, shorts must reach the knee, mid-thigh won't work), tees, and closed toe shoes.

Packing

- Keep your passport and immunization card with you, do not pack in checked baggage.
- Carry-ons: One suitcase that fits in overhead compartment, and one personal item that fits under the seat in front of you.
 - Be sure to follow airlines size and weight guidelines.
 - Plan to pack a majority of your personal clothing and items in your carry-on so that your checked bag is available for ministry and food supplies.
 - Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: Plan to bring 1 large suitcase.
 - Be sure to follow airlines size and weight guidelines.
 - This bag will be used for ministry and food supplies.
- Be sure to include identification on and inside each piece of luggage.
- Be sure to weigh and measure your bags before travel day.

Other Travel Tips

- While traveling, watch your luggage, passport, and belongings at all times. Never leave personal belongings unattended. Pickpockets and petty thefts are common within airports and tourist areas.
- Bring only what you need because we don't know if there will be a secure place to keep belongings once in-country.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American.
- If you are bringing a credit card, remember to notify your credit card company that you will be traveling.

Travel Items

- Passport
- Immunization card
- Insurance card
- Backpack, passport pack
- \$50-\$100 (personal spending, mostly \$1 bills)
- Credit card
- Flight schedule, emergency contacts
- Travel toilet paper, Kleenex
- Plane neck pillow
- Personal snacks, gum

Linens

- Washcloth, small towel, beach towel
- Plastic mattress cover (optional)
- Bag for laundry (huge Ziploc)

Clothing

Women:

- 1-2 lightweight pants, capris, long shorts (service projects)
- 2-4 skirts (below the knee, church and village ministry)
- Tees, blouses, shirts (1/day plus a few extras)
- Swimsuit (modest, one piece or tankini, mid-section must be covered)

Men:

- 2-3 lightweight pants, long shorts
- Tees, shirts (1/day plus a few extras)
- 1-2 nicer pants, collared shirts (church)
- Swim shorts (modest, long)
- Closed toe shoes for church

All:

- Work gloves
- Light jacket, sweater, hoodie (for cooler evenings)
- Sleepwear
- Underwear, socks
- Hat (sport or wide brimmed)
- Sandals (sturdy, comfortable for walking)
- Closed toe shoes for work projects
- Flip flops, shower/beach shoes
- Outfit for plane home

Other Items

- Toiletries: soap, shampoo, shaving, feminine prods, etc.
- Glasses, contacts, solutions
- Sleep aids: meds, earplugs, mask, etc.
- Personal meds/prescriptions (pack in carry-on)
- Cipro – Rx
- Malarone- Rx
- Hair dryer (if needed)
- Hand Sanitizer, Wipes
- Sunscreen, sunglasses, Chapstick
- Bug repellent, repel wipes (containing DEET)
- Reusable water bottle
- Headlamp, flashlight, batteries
- Alarm clock
- Rain Gear: umbrella, poncho (dollar store)
- Bible
- Notebook, notepad, journal
- Devotion for day scheduled
- Pens, pencils
- Life token
- Playing cards, games
- Headphones
- Camera, Batteries
- Phone, charger, cord,
- Plug adapter
- Family photos
- Ministry supplies as designated by team