

Journey to Haiti

What to Bring (updated 2019)

- **Passport** - Email us a copy of the first two pages of your passport
- **Travel Insurance documents/ emails us a copy of your policy**
- **ESTA for transit through the USA** – email us a copy of your ESTA. This is required for transit through America, and is filled in and paid for/ instantly attained online before you go. Go to the ESTA web page: <https://esta.cbp.dhs.gov/esta/>
- **Suitable clothing** for hot, humid days and sometimes chilly nights
- **One dressy-casual outfit if you would like to attend church**
- **Shoes, trekking shoes/boots, and/or sandals** (comfortable for working and walking) **work boots** (optional)
- **Thongs** (to be worn in living quarters and showers)
- **Sleepwear**
- **Swimsuit**
- **Rainproof Jacket**
- **Sunglasses and/or hat**
- **Sunscreen***
- **Insect repellent*** (extra-strength with high levels of DEET is recommended)
- **Toiletries***
- **Sunnies**
- **Personal medications** (prescriptions, pain reliever, Imodium)
- **Small torch (+ batteries)**
- **Phone and charger with adaptor for Haiti** (same as America) →
- **Bath towel / washcloth**
- **Bedding** : blow-up mattress and sleeping bag
- **Travel pillow**
- **Earplugs** (The nights can be pretty noisy.)
- **Snacks** (for your own personal use)
- **Camera and charger and adaptor**
- **Hand sanitizers**
- **Zip top bags – largest size** (optional – great for dirty clothes and dirty shoes in your bag)
- **Spending money**
- **Refillable water bottle**
- **OPTIONAL**
- **Small tent** If you would like your own privacy up at Bouvier.
- **Laptop and charger and adaptor**
- **Pepto-Bismol tablets** (buy these as you come through America -plan on taking 2 twice a day to help prevent traveller's diarrhoea)
- **Books/ Bible/ Journal**



*Keep in mind that the Transportation Security Administration (www.tsa.gov) allows you to carry up to three-ounce size containers of liquids, creams and gels that fit in ONE quart-size, clear plastic zip-top bag through security checkpoints. Larger size containers, as well as any aerosol cans, should be placed in a large zip-top bag in your checked luggage.

Important Reminders

- Pack your photo ID, medicine, prescription, cash, keys, jewellery, electronics, film and cameras in your carry-on baggage — not your checked baggage.
- If you are carrying gifts on board, make sure they are unwrapped for easier security clearance. All carry-on baggage is subject to inspection by the Transportation Security Administration (TSA).