

SUGGESTED PACKING LIST FOR TEAM MEMBERS

1. Shoes: shower shoes, one pair suitable for work (closed shoes recommended for safety) and one for church
2. Clothing: sleepwear, shirts, pants, skirt/dress, socks, underwear, and modest swimsuit (for beach/pool only)
 - Laundry is available so no need to pack extra clothing (clothing must be marked for easy identification).
 - Women: knee length skirt and shirt or dress (with sleeves) for church, skirt or slacks for clinic/worksite
 - Men: short sleeve shirt & slacks for church/work site (a tie for church is optional but appreciated)
 - *Please do not bring short shorts or dresses, sleeveless shirts, tank tops, spandex or other revealing clothing. Knee-length shorts for men and women are acceptable after school and church hours and for site seeing but not recommended on the work-sites. Please bring clothing that fits within these guidelines as to maintain safety and avoid offense. Volunteers who do not adhere to these guidelines may NOT be allowed to stay or work with HOM.*
3. Hat and sunglasses
4. Contacts, contact container (*and PLENTY of solution*)
5. Toiletries (*soap, toothbrush/paste, shampoo, deodorant*) please limit curling irons, dryers, & electric razors
6. Washcloths (*pillows and bed linens are provided at Blanchard; towels are available in limited supply*)
7. Sunscreen - at least SFP 15 or higher and waterproof
8. Insect Repellent w/deet 30
9. Lip balm & eye drops (liquid tears)
10. Antibacterial hand wash/gel
11. Personal medications (*suggest Tylenol, Imodium and antacids in addition to prescription medications*)
12. Antibacterial wipes (*recommended to clean the tops of bottle, cans etc. before drinking*)
13. Camera and extra batteries
14. Flashlight and extra batteries (*needed at night after "lights out"*)
15. Battery operated clock
16. Personal battery operated fan and extra batteries (*highly recommend!*)
17. Earplugs & iPods for after hours (*Haitians roosters and dogs often start crowing/barking at 3 am*)
18. Cell phone – *there is little need for multiple cell phones in Haiti; we provide a local phone for team use.*
19. Refillable water bottle
20. Personal snacks (*granola or protein bars, peanut butter crackers, tuna packets - be imaginative!*)
21. Copy of your passport & your PASSPORT
22. Copy of your Green Card
23. Driver's license (*needed to use a credit card*)
24. Spending money, VISA & MC (accepted in some stores - *consider pre-paid credit cards*)
25. Bible, devotional and journal items
26. Copy of Medical license(s) for medical personnel

Do not bring expensive jewelry, computers and other valuable items to Haiti; we cannot be responsible for stolen or lost items or damage to electronics due to electricity surges while charging the battery. The lockboxes provided are very small and only hold a few items: such as cell phone, passport and camera.

Airlines are strict about carry-on items; you are allowed one carry-on bag and one other personal item such as a pocket book or backpack. Other items, such as a money belt, are considered a third item and will have to be stored in your carry-on bag. Liquids and gels must be no larger than 100 ccs (3 oz) and contained in a quart sized Ziploc bag (team leaders may allow space in the team's checked luggage for personal items that do not meet this criteria) Remember to remove all unessential items from your wallet; we recommend carrying only one credit card, driver's license and professional license. While traveling, keep ALL your documents and money on your person, NOT in your carry-on or checked luggage.