



ROCKBRIDGE-HAITI MEDICAL ALLIANCE

Packing List

Duffle bags will be used to carry medicines. You are only allowed the regulation carry-on limits in which to bring your articles. One checked duffle bag will be available for toiletries in sizes above carry-on limits. **Pack lightly.**

Clothing: Bring clothing to leave in Haiti

Loose, cotton clothing: T-shirts, shorts, sundresses, etc.

Scrubs

Dress neatly and respectfully

One set of clothes suitable for church (no jackets or ties necessary)

Comfortable walking shoes

Bandana or handkerchief, baseball cap, sunglasses

Toiletries: All carry-on quantities must be 3 oz. or less in a quart Ziploc bag

Shampoo, soap, deodorant

Toothpaste, toothbrush, and mouthwash (mouthwash is used for rinsing mouth and toothbrush in lieu of water)

Personal hygiene products and tissues or toilet paper (camping rolls)

Sunblock

Medical: Bring all personal prescription medicines, including malaria prophylaxis (Chloroquine); most other medicines, including Cipro, will be available.

Purel gel

Anti-acids, anti-diarrhea, anti-constipation medicine

Anti-allergy regimens (particularly for dust allergies)

Motion-sickness medicine or sugared ginger

Other:

PASSPORT and a photocopy or scanned file of your passport

Cash OR Checks (No Credit Cards) (For purchasing souvenirs)

Insect Repellent (with DEET or, for a natural alternative, we recommend a mixture of Neem Outdoor Spray, usually available at health food

stores, and _____, available from Walmart

Vaccination Records

Prescription glasses (if contacts are used, be prepared for dust)

Flashlight or reading light and batteries

Ear plugs (for city noise, morning noise, and snoring roommates)

Water bottle or canteen (empty or bought after airport security)

Spare plastic store bags or Ziploc bags

Digital Camera

Journaling Materials

A Bible

Book or magazines for relaxation time

Non-melting snack food (e.g., raisins, granola bars, crackers)