

RESTORE HAITI - TEAM PACKING LIST-2018

PRIORITY TRAVEL ITEMS

<input type="checkbox"/> Passport – Triple Check before leaving for airport	<ul style="list-style-type: none"> • Apply at least 3 months before Departure Date
<input type="checkbox"/> Passport-Wallet-Moneybelt	<ul style="list-style-type: none"> • Waist type is preferred
<input type="checkbox"/> Personal Money - \$100US	<ul style="list-style-type: none"> • SMALL BILLS (\$1's and \$5's) • for Airport Food, Souvenirs, Water-Soda at the hotel
<input type="checkbox"/> Credit Cards	<ul style="list-style-type: none"> • For Emergencies, Airport Food etc. • PLEASE NOTE: NOT accepted at the hotels in Haiti • Call Credit Card Company-let them know you are traveling

MANDATORY CLOTHING POLICIES

Our Community Leaders in Haiti have requested our teams to be very cautious how we dress in their city.

They are a **modest community** and we are there to **partner** with them.

As missionaries to their community we need to comply with this request and dress appropriately!

WOMEN

- **NO SHORTS – THIS INCLUDES NO LONG BASKETBALL VARIETY! INCLUDES TRAVEL DAYS and TO-FROM THE BEACH! – Wear a long skirt and t-shirt over your suit!**
- **NO SHORT SKIRTS! Nothing ABOVE THE KNEE!**
- **NO SHORT DRESSES – Above the knee**
- **NO YOGA PANTS or YOGA CAPRIS – Tight Fitting!**
- **NO SPANDEX TYPE PANTS/CAPRIS/LEGGING WORN AS PANTS!!!**
- **YOU CAN WEAR CAPRIS as long as they are NOT spandex, exercise type.**
- **NO LEGGINGS UNLESS COVERED by a DRESS or TUNIC that goes **past your knees!!!****
- **NO Spaghetti Straps**
- **NO LOW CUT, REVEALING or See-Through SHIRTS, DRESSES etc.**
- **NO Shirts with Sides CUT OUT revealing your Bras**
- **NO Bikinis or revealing bathing suits for the beach. NO EXCEPTIONS**
- **NO 2 PIECES UNLESS it is a FULL Tankini!**

EVERYONE

- **NO Offensive Language or Images such as **skulls** or **guns** on Clothing.**

***DO NOT** walk around the hotel with your sleepwear on.

- **PLEASE OBSERVE Clothing Policies on Travel Days! – NO SHORTS, SHORT SKIRTS, TIGHT Legging, Yoga Pants, Capris etc.**
- **PLEASE FOLLOW** the descriptions in the packing list next to each clothing item.
- These policies are in place to protect you, the team and the community.

If you do not observe these policies, you will be asked to change.

CLOTHING/ITEMS FOR TRAVEL DAYS

<input type="checkbox"/>	WEAR your RESTORE HAITI TEAM TRAVEL SHIRT	<ul style="list-style-type: none"> Helps in Airports, Especially if we need to find other Team Members
<input type="checkbox"/>	Women Please Note:	<ul style="list-style-type: none"> PLEASE observe our clothing policies on Travel Days! If you do wear these items, you will be asked to change.
<input type="checkbox"/>	Light Jacket, Sweatshirt	<ul style="list-style-type: none"> Planes can be cold. Be prepared just in case they are.
<input type="checkbox"/>	Carry On Suitcase – 1 allowed per person	<ul style="list-style-type: none"> Max dimensions are 9" x 14" x 22" includes handles and wheels.
<input type="checkbox"/>	BackPack – STURDY and RELIABLE	<ul style="list-style-type: none"> Keep essential items in your backpack-Electronics, Camera, Meds, Food(Snacks), 1 Extra Outfit, Sm Liquids in Clear Quart-Sized Bag

DAILY CLOTHING – Casual for Daily Routines

- You will need a Total of **6-8** outfits for daily activities - a combination of clothing pieces and does not need to be **6-8** separate outfits.
- Please factor in a couple of outfits for Work Projects in addition to the **6-8** outfits

MEN

<input type="checkbox"/>	Long Shorts	No short, running type shorts please
<input type="checkbox"/>	Jeans	Evenings would be the best time to wear them, it's hot!
<input type="checkbox"/>	T-shirts/Tanks	No shirts with skulls, offensive language or graphics
<input type="checkbox"/>	Polo Shirts	Light-weight wicking types are the most comfortable, golf shirts are great!

WOMEN

<input type="checkbox"/>	Capris/Pants	NO Exercise, Yoga, Spandex Legging types! NOTHING tight fitting
<input type="checkbox"/>	Jeans	Evenings would be the best time to wear them, it's hot!
<input type="checkbox"/>	Skirts/Dresses	LONG – Passed your knees – may want bike shorts also for friction and climbing. NOT Low-Cut/Thin
<input type="checkbox"/>	T-shirts	NOT Low-Cut, NOT Thin (see through), No shirts with skulls, offensive language or graphics
<input type="checkbox"/>	Tank Tops	NOT Low-Cut, NOT Thin (see through) or revealing. NO SPAGHETTI STRAPS , Think LASAGNA 😊 NO side cut out variety that reveals your bras.

EVERYONE

<input type="checkbox"/>	Underwear	Bring enough just in case laundry cannot be done due to rain – clothes are hung to dry.
<input type="checkbox"/>	Socks	
<input type="checkbox"/>	Pajamas	Please Wear in Room only and do not walk around hotel in them.
<input type="checkbox"/>	MODEST - Swimwear	NO BIKINIS or LOW CUT SUITS - 2 pieces are fine as long as it appears as a 1 piece
<input type="checkbox"/>	Hat	
<input type="checkbox"/>	Bandanas	
<input type="checkbox"/>	Shoes	<ul style="list-style-type: none"> Daily – Sturdy, Comfortable Sandals w/Good Walking soles or Sneakers Beach Day, Shower - Flip Flops(Not for Daily Wear or Church), Water Shoes Heavy Work Projects – Steel Toes Shoes
<input type="checkbox"/>	Work Project Attire	<ul style="list-style-type: none"> Work Clothing – Modest, Note that they will get dirty/painty/dusty and gross. Sturdy, Close Toed Shoes Goggles or Work Glasses, Work Gloves, Dust Masks
<input type="checkbox"/>	Medical Clinic Attire	<ul style="list-style-type: none"> Scrubs – This is your best option as they are professional, light weight and modest Collared/Athletic Wicking, Modest Shirts, polo / golf shirt preferred if not wearing a scrubs.

CLOTHING FOR Restaurant/Party of Excellence(August School Trip) and other Occasions

- You will need a Total of **2-3** outfits for church, restaurant and possibly another outing.
- It can be a combination of clothing pieces and does not need to be **3** separate outfits.
- Please Observe our clothing policies when selecting your Dress Up outfits.

MEN

<input type="checkbox"/>	Khaki or Dress Pants	NO SHORTS
<input type="checkbox"/>	Button Up Dress Shirt	
<input type="checkbox"/>	Nice Polo Shirt	
<input type="checkbox"/>	Dress Shoes or Nice Casual Shoes	Nicer Sketcher Type is good, NO FLIP FLOPS for these occasions

WOMEN

<input type="checkbox"/>	LONG Skirts and Dresses	Below the knees, NOTHING low-cut, Maxi Skirts/Dresses are good items for length.
<input type="checkbox"/>	Dress Pants	Nothing tight fitting
<input type="checkbox"/>	Modest Tops	NO low-cut, thin, revealing or spaghetti straps tops
<input type="checkbox"/>	Dress Shoes	NO FLIP FLOPS , Comfortable, Dressy sandals are fine

Note:

- Light Weight DRI-FIT Wicking Clothes/Socks are ideal for Daily wear, Clinic and work projects.
- Most Team Members wear 1 outfit and change after the day's work is completed as you can get pretty dirty/sweaty. Keep that in mind when packing.
- The daytime/evening change of clothes can be worn more than once.

PERSONAL ITEMS

Note:

TSA Regulations state this: "Liquids, gels, aerosols, creams & pastes 3.4oz(100ml) or less per container; put in 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger put into screening bin. This limits the total liquid volume travelers can bring."

Restore Haiti Recommends:

- Liquids **over 3.4 oz** should be placed in a Ziploc bag, **Labeled** w/Team Member's **Name** & placed in **CHECK IN BAG**.
- We recommend "**Larger Liquid**" bags be spread out amongst the **CHECK IN BAGS** in case a bag is lost.
- This way the team would not lose ALL liquids.

BATH & BEAUTY

<input type="checkbox"/>	Shampoo/Conditioner	
<input type="checkbox"/>	Body Wash or Soap	
<input type="checkbox"/>	Wash Cloth or Loofah	soap alone doesn't cut through layers of dirt
<input type="checkbox"/>	Razor/Shaving Cream	Disposable Razors are best for travel
<input type="checkbox"/>	Face Wash or Wipes	Make Up Removing Wipes are great if there is no available water supply.
<input type="checkbox"/>	Baby Wipes	Great for cleaning at work projects or anytime
<input type="checkbox"/>	Deodorant	
<input type="checkbox"/>	Toothbrush/Toothpaste	1 Extra toothbrush is recommended, Paste: Optional Item for travel: "wisp" mini-disposable s

BATH & BEAUTY(Con't)

<input type="checkbox"/>	Make-Up	Whatever basic items you would like to bring
<input type="checkbox"/>	Chapstick	
<input type="checkbox"/>	Cotton Balls/ Q-Tips	
<input type="checkbox"/>	Hair Brush	
<input type="checkbox"/>	Hair Elastics, Ties, Hair Bands	You can even bring small elastics for braiding. Our little girls in Haiti love to braid hair.
<input type="checkbox"/>	Feminine Products	
<input type="checkbox"/>	Toilet Paper	Note: No Flushing Toilet Paper at the hotel in Jacmel, Trial Sized packs for Travel Days optional
<input type="checkbox"/>	Tissues	Little Packs – carry in your DayPack to use as Toilet Paper if needed
<input type="checkbox"/>	Jewelry- RINGS	Diamond engagement rings or similar we advice you leave at home! LEAVE expensive at home.

OUTDOORS

<input type="checkbox"/>	Water Bottle or Camelbak type water pack	The ones with a spout that you don't have to touch are the best.
<input type="checkbox"/>	SunBlock	Small Size(Carry-On) Large Size(Check In)
<input type="checkbox"/>	Bug Repellent - 20% or more Deet Recommended	Small Size(Carry-On) Large Size(Check In)/Bug Repel Bands are good additions

- **There are many varieties of Repellent. Whatever you choose – deet/non-deet, essential oils, be consistent w/application!**
- **After sweating and showering it NEEDS to be reapplied!**

Note: *SUNBLOCK/REPELLENT will not be effective if you don't follow these guidelines*

How to Apply Sunblock/Insect Repellent

1. Apply your **SUNBLOCK** first - 15-30 minutes after you apply **SUNBLOCK** Apply **INSECT REPELLENT**

OUTDOORS(Con't)

<input type="checkbox"/>	Aloe Vera Gel/Burn Cream or Gel	There are several varieties even ones with Lidocaine if you happen to burn badly.
<input type="checkbox"/>	Antibacterial Hand Sanitizer Gel	Carry in DayPack – Bring 2
<input type="checkbox"/>	Wet Ones/Baby Wipes/Lysol Wipes/Spray	Any type of no-rinse bathing wipes
<input type="checkbox"/>	Sunglasses	Leave Expensive ones home.
<input type="checkbox"/>	Beach Towels	For Beach Day – the hotel has towels for showers
<input type="checkbox"/>	Gloves	Work, Rubber Dish Type-Clorox used in dishwater, Non-latex Medical variety
<input type="checkbox"/>	Dust Masks	For Sanding Work Project

DEVOTIONS/DEBRIEFS/PERSONAL TIME

<input type="checkbox"/>	Bible	
<input type="checkbox"/>	Team Book	If you are reading one as a team
<input type="checkbox"/>	Notebook/Journal	Also good to carry in DayPack for Children to write and draw in
<input type="checkbox"/>	Pen/Pencil/Highlighter	

FOOD/SNACKS

Note:

- We recommend bringing something to eat that is easily accessible in your bag for ALL travel, as it is a long trip.
- You may not always have time to grab food in the airport.
- Also avoid food items that melt easily, it's hot.
- We also suggest keeping all food items double bagged in Ziploc bags to discourage ants from invading your hotel room.

FOOD/SNACKS(Con't)

<input type="checkbox"/>	Granola/Protein Bars	Cliff/Meal Replacement type, Bring enough for daily especially if you have food restrictions!
<input type="checkbox"/>	Trail Mixes/ Nuts	Great for team bonding ☺ Bring plenty to share
<input type="checkbox"/>	Cookies/ Pretzels/ Jerky	Small Packs to Carry are good
<input type="checkbox"/>	Peanut Butter	Packets for CARRY ON/Plastic Container for CHECK IN
<input type="checkbox"/>	Tuna Packets/Small	Ziploc w/Tuna Packet/Easy-Open Can, Mayo Packet, Napkin and Plastic Fork are great snacks!
<input type="checkbox"/>	Dried Fruit/Fruit Leathers	
<input type="checkbox"/>	Cheese/PB Cracker Pks	
<input type="checkbox"/>	Gum	
<input type="checkbox"/>	Electrolytes	Nuun Tablets, Ultima Replenisher Packets, Gatorade,Trace Minerals, Vega Brands are good ones.

Notes Concerning Electrolytes:

- We strongly advise and recommend you bring Electrolyte Packets of some variety.
- You can use one in the morning before or during breakfast.
- It is best not to wait until you feel light headed to take them.
- **Please check with your Dr if you have high blood pressure, diabetes or a condition that would prevent you from high amounts of salt/sugar. These are typically the main ingredients in electrolytes.**
- They do have varieties that you can take so just ask your physician for recommendations

FIRST AID – “YOUR PERSONAL PHARMACY”

Note:

- We suggest keeping items you need in your DayPack **NOT** at the hotel.

<input type="checkbox"/>	Prescriptions	ALL prescriptions you are currently taking
<input type="checkbox"/>	Anti-Malarial	Please visit a Travel Clinic/Dr for a prescription or Natural Preventatives.
<input type="checkbox"/>	Dramamine	Any travel sickness meds – Needs to be taken for travel to Jacmel/ Take 1 hr before departure
<input type="checkbox"/>	Antibiotic	For travelers diarrhea – Ciprofloxacin or Azithromycin are typically what Dr's Prescribe
<input type="checkbox"/>	Vitamins	
<input type="checkbox"/>	Probiotics	Non-refrigerated variety
<input type="checkbox"/>	Imodium	with magnesium is best
<input type="checkbox"/>	Stomach Upset Med	Pepto Bismol, Prilosec, Zantac or other similar stomach aids
<input type="checkbox"/>	Pain Relievers	Aleve, Tylenol, Advil etc
<input type="checkbox"/>	Allergy Meds	Benedryl, Zyrtec etc
<input type="checkbox"/>	Anti-Itch Cream	Benedryl, Cortizone etc
<input type="checkbox"/>	Antibacterial Cream	Any variety for minor cuts or scrapes
<input type="checkbox"/>	Antiseptic	Rubbing Alcohol (spray/pads) Hydrogen Peroxide/Witch Hazel Spray, Essential Oils that are antiseptics
<input type="checkbox"/>	Band-aids	
<input type="checkbox"/>	Athletic Bandage/Braces	Ace types - If needed for your ankles, wrists or knees
<input type="checkbox"/>	Cold Medicine/Cough Drops	Day/Night Time cold meds, cough/throat drops, Afrin nasal spray (it is bad to be congested & fly)

Electronics

Note:

- Bringing and use of electronics are up to your **TEAM LEADER**.
- **Please do not bring items you are not allowed to bring.**

<input type="checkbox"/>	Watch/Alarm Clock	
<input type="checkbox"/>	Small Fan(Optional)	Battery version, Most rooms have A/C – power can go out though, Bring extra batteries
<input type="checkbox"/>	Camera	Bring batteries(if needed), charger,cords, SD cards
<input type="checkbox"/>	Phone/Charger	Check w/your phone co. for international plans/rates
<input type="checkbox"/>	Back-Up Charger	For your phone or tablet
<input type="checkbox"/>	Headphones	
<input type="checkbox"/>	Flashlight	Bring Extra Batteries

MISCELLANEOUS

<input type="checkbox"/>	DayPack	Lightweight, Durable, Backpack, Cross-Body Bag, or Cinch variety
<input type="checkbox"/>	Blanket(optional)	Small, lightweight, for plane, airport or cold A/C rooms
<input type="checkbox"/>	Ziploc Bags	Sandwich, Quart, Gallon sized for your snacks or other items
<input type="checkbox"/>	Trash Bags	For dirty or wet clothes, Also doubles as a rain poncho
<input type="checkbox"/>	Powdered Laundry Soap	Small Amount to wash out clothes in your room/Trial Sizes are sold – Bodywash works well also
<input type="checkbox"/>	Sm Scissors or Knife	PUT in CHECK IN BAG ONLY
<input type="checkbox"/>	Games	For Team Downtime – Example: Card games
<input type="checkbox"/>	Toys for Downtime	<ul style="list-style-type: none"> • For kid time-bubbles, sm elastics, nail polish, balls, tattoos, candy(non-melty) • Empty notebook, colored pens/pencils. For "down" times, children, youth and adults can draw a favorite picture, write their favorite verse etc.
<input type="checkbox"/>	Gifts for Sponsor Kid(s)	Needs to fit in a gallon sized Ziploc
<input type="checkbox"/>	Haitian Creole Dictionary	SUGGESTED: - https://smile.amazon.com/Haitian-Creole-Dictionary-Phrasebook-English-haitian/dp/0781810949/ref=sr_1_1?ie=UTF8&qid=1472855248&sr=8-1&keywords=haitian+creole+dictionary

TEAM LEADER –Suggestions to carry for your team

<input type="checkbox"/>	Slush Fund Money	Included in Team Fees - Please get Small bills - \$1's and \$5's
<input type="checkbox"/>	Tourist Tax	Included in Team Fees - \$10 per person to be paid upon arrival at airport in Port au Prince
<input type="checkbox"/>	Phone for Team	w/International Plan or Unlocked w/ability to insert a SIM from Haiti, Check w/your Carrier for help.
<input type="checkbox"/>	First Aid	Basic Kit plus “Sting relief”, Anti-itch cream, Burn Cream, Feminine Products, Extra Electrolytes
<input type="checkbox"/>	Pens/ Sharpies	
<input type="checkbox"/>	Scissors/ Pocket Knife	CHECK IN BAG ONLY
<input type="checkbox"/>	Duct Tape	Carry-On Bags to repair luggage
<input type="checkbox"/>	Paper Clips	
<input type="checkbox"/>	Rubber Bands	
<input type="checkbox"/>	Paper	Notepads, Post its, Notebook
<input type="checkbox"/>	Ziploc/Trash Bags	Used for food, laundry, raincoats, seat protectors etc
<input type="checkbox"/>	Large Hand Sanitizer	CHECK IN BAG ONLY
<input type="checkbox"/>	Extra Snacks for Team	A small variety of snacks, a couple jars of peanut butter for check in bag