

## packing checklist

### GEAR

- Flashlight—spare batteries
- Water bottles with sport top - you might buy one in the airport to carry on plane
- Insect repellent
- Trash bag for dirty clothes
- Rain parka or jacket
- Sunglasses
- Small battery operated fan to use at night

### CLOTHING

- Cool modest clothes Women—fingertip length shorts and no spaghetti straps, .
- Athletic shoes—closed toes
- Underwear, socks
- Bandanas
- Work gloves
- Shower sandals or flip flops
- Sleepwear
- Swimsuits Women — One piece swimsuit or tankini. Shorts and top to cover when out of the water.
- Clothes for church—e.g. dress/skirt for women (not sleeveless) - sport shirt and khakis for men

### MISC.

- Passport
- Bible
- Toiletries—Soap, shampoo, toothbrush, toothpaste, etc.
- Washcloth
- Camera
- Notebook and pen
- Sanitary supplies
- Sunscreen
- Chapstick
- Wet Ones
- Hand sanitizer
- Medicine—Including Imodium and Benadryl cream
- Ear plugs for noisy nights
- Extra contacts/solution/Visine
- Small backpack for day travel
- A lot of prayer



# Preparing for Haiti

**SMI Haiti**  
8327 Haggard Ct.  
Martinsville, IN 46151  
[www.smihaiti.org](http://www.smihaiti.org)  
[contact@smihaiti.org](mailto:contact@smihaiti.org)  
317.496.4622

## HELPFUL TIPS

- **Wash your hands** often and be careful also to clean your hands with the sanitizing solution provided. It is wise to avoid putting your hands to your mouth as much as possible to avoid germs and parasites. You may wish to bring personal size sanitizing hand cleaner and/or wipes to carry with you.
- Mosquitoes in Haiti can carry zika, malaria and dengue fever. **Mosquito repellent** containing DEET or Picaridin and covering up at night with a sheet will help to repel mosquitoes. We also recommend spraying your clothes and bedding with a permethrin solution. You may wish to consult with your physician about a preventative anti-malarial medication.
- Be ready to be **flexible**. Haiti is not America. Plans change quickly or without notice in Haiti and that requires us to move with the situation. It takes God's help for us to adapt quickly and with the right spirit, but it is most likely what the Haitians will remember.
- Never travel off on your own. If you leave the larger group for any reason always consult the SMI team leader.
- Be as **culturally sensitive** as possible. You may see many sights that will surprise (and perhaps alarm) you, but remember that this is Haitian, not American, culture.
- Leave expensive and precious jewelry at home.
- Make the group leader aware of any **medical needs** or situations you have in case of an emergency.



### Can I eat and drink the Haitian food and water?

No. Meals served will consist primarily of food brought from the States. We buy Culligan water in Haiti which is safe for drinking. Please don't eat or drink the Haitian food or water unless you are advised by one of the group leaders that it is safe to do so.

### Will there be electricity or showers?

The generator will probably run all of the time at the Mission Compound. Showers are available. There are a limited number of outlets so although you can bring items like hair dryers and curling irons there may not be time for everyone to use them. It is best to plan on a simple hairstyle for the week.

### Are any shots required?

No, nothing but a passport is required to enter Haiti. We do recommend that you have an up-to date tetanus booster. Consult your family physician for further suggestions including anti-malarial medication.

### Must I have a passport to enter and exit Haiti?

Yes. Passports are required to enter and exit Haiti. Please make sure your passport does not expire within 6 months of your trip. If you do not have a passport, begin the process immediately since it can take several weeks to process an application.

### What does the cost of the trip include and not include?

The price includes all meals in Haiti, travel, materials for work and sleeping arrangements. You will need to bring money for food in the airports and to pay the \$10 Haitian tourist tax. You may also wish to purchase some souvenirs at the Port-Au-Prince airport or at a marketplace and to have some cash for offerings. Airfare, stateside costs and baggage fees are not included

### What are the sleeping arrangements?

You will be sleeping in a single or bunk bed in a fairly public area, so bring modest but cool sleeping attire. Bedding and towels are provided.

### What about the group leaders?

We believe God has put together the leadership for your group going to Haiti. We depend continually upon the leadership of the Holy Spirit to give us the mind of Christ as we journey together.

### What kinds of things might we do?

Our trip may include a number of different activities. Whatever

the assignment, all are needed and used to see the project to completion. However, when there are breaks in the work, you will find yourself content interacting with and loving the Haitian people.

### What kind of clothing should I bring?

We suggest you bring cool cotton clothing for the hot days. It would also be wise to bring a light jacket or parka in case of rain. Shorts are acceptable for the women, but they should be at least fingertip length. Sleeveless tops are acceptable (except for church), but no spaghetti straps. The women should bring a skirt or dress for church. Men should bring a collared shirt and khakis for church and are free to wear modest shorts at other times. You will want to bring athletic shoes and to have sandals or flip flops to protect your feet in the shower. You should avoid going barefoot even at the compound. Bring some clothes suitable for painting and other work projects.

### How much luggage can I bring?

It is important to confirm current baggage limitations with your airline before packing. Since we take much of our food with us it is helpful if you pack most, if not all, of your personal items in a carry-on and personal item (backpack or bag that will fit under the seat in front of you). Checked luggage can weigh no more than 50 pounds and can be no more than 62 inches in total dimension. At the least, it is wise to pack any necessities and possibly a change of clothing in the carry-on in case the luggage is misplaced by the airline. Remember that all liquids and gels carried on must fit in a one quart ziplock bag. If you are flying American Airlines your luggage must be a standard suitcase or duffle bag. Baggage fees change often, so be sure to confirm with the airline what the charges will be for your checked bags.

### How can I best prepare myself?

Spiritual preparation is of utmost importance. We go to do more than just to complete a work project or to have a good time. We go to share Jesus through the love of the Holy Spirit. Haiti is primarily a voodoo or occult worshipping nation. The powers of darkness are great, but this should not alarm or frighten us. Jesus said, "Some things come only through prayer and fasting." Therefore, we ask each participant to prepare by designating times of prayer each day and times of fasting as God may lead. This will help prepare your heart to minister to the Haitian people.