

Below is a list of supplies and tools that teams traveling to Haiti are being asked to the in-coming team will need to bring with them:

PERSONAL SUPPLIES:

- Tent
- Air mattresses to sleep on (thick)-ground is concrete
- Chap stick
- Sunscreen
- Baby wipes
- Hand sanitizer
- Insect repellent
- Work gloves
- Flashlight
- Extra batteries
- Large plastic garbage bags
- 2 gallon zip lock bags
- Backpack
- Water bottle
- Filter for water bottles for drinking water (optional)
- Towel & wash cloth
- Soap
- Benadryl (oral and cream)
- Imodium (or other anti-diarrhea medication)
- Repel Permanone (Note: spray all clothing prior to packing and bed linen before going to bed for mosquitoes)
- Rain gear
- Small first aid kit
- Small battery operated lantern
- Small battery operated fan for your tent
- Toilet tissue

FOOD SUPPLEMENTS:

- Vitamins
- Protein bars
- Power bars
- Trail mix
- Beef jerkey
- Can fruit with a peel away lid
- Any other food supplements to sustain you, beans, rice and chicken are the primary meal

NOTE:

- It is very dusty
- It is hot (80's or 90's) during the day and 60's or 70's at night
- Women can wear capris or long pants, skirts for church service
- Water proof shoes
- Sneakers are ok
- Cell phone (for in-country communication only, you will need to check with your carrier to make sure you can received service)
- Cash-if you take cash please take small bills, no denominations over \$50