

Lake Union Crew Outreach Foundation

HAITI 2012 PACKING INFORMATION

Please review the information below as you prepare for travel. Keep in mind that the week onsite is very casual. You will need mostly work clothes.

CLOTHING

Kenscoff, Haiti has hot days and can have cool nights in March - May. Late April is also the beginning of the rainy season. We highly recommend that you pack cool, lightweight clothing, a rain jacket, and something warmer for evenings as well.

DO NOT PACK

Almost as important as what to pack is what not to pack. Basically, don't pack anything you're not willing to lose. Do not wear expensive items (watches / jewelry), and do not wear fancy or expensive clothes.

High poverty and unemployment exist throughout Haiti. The usual rules of common sense need to apply at all times, which require that you do not put yourself at unnecessary risk.

RECOMMENDATIONS FOR PACKING

Have a carry-on bag with what you'll need for 24 hours after arrival in case your checked luggage is missing. If at all possible, travel in duffel bags, sports bags, or something "soft", instead of suitcases - they cram more easily into the van! If the duffel is not waterproof/dustproof, put items in plastic bags inside the duffel for extra protection.

Pack leaky items (shampoo, lotions) in zip lock bags - and tighten the cap right before you put them in. You may also want to pack things such as contact lens supplies and any other personal needs in zip lock bags to protect them.

PACKING LIST

See the following page.

LUC Outreach Foundation

Haiti 2012 Packing List

Clothing

- Comfortable light-weight clothing
- Long or 3/4 length durable pants (to protect your legs)
- Short-sleeved shirts
- Long-sleeved shirts
- Hat
- Close-toed work shoes - like old sneakers
- Flip-flops for inside the living quarters
- Bandana/handkerchief
- Sweatshirt for cool evenings
- PJ's – Keep in mind where you are staying, these are group facilities and not air-conditioned or heated
- Packing tip: Work clothes will get dirty every day so don't bother over packing - you can wear work clothes for several days. Clean socks for your feet are very important, pack a few extra pairs.

Toiletries

- LOTS OF BAND-AIDS - protect your skin before it blisters!
- NewSkin or Second Skin - protect your skin after it blisters
- Alcohol-based hand sanitizer - such as Purell
- Sun block (SPF 15 or higher) and lipbalm with sunscreen
- Insect repellent
- Feminine hygiene supplies
- Extra pair of prescription glasses, copy of prescription, protective glasses case
- Spare contact lenses and all cleaning materials
- Soap
- Skin moisturizer
- Shampoo, conditioner
- Toothbrush, toothpaste
- Medications
- Personal first aid supplies (we'll have a full kit)
- Packing tip - place all your lotions/liquids inside zip lock bags and place in your checked-in luggage

Linens

- Twin sheet set. You will leave these behind for the orphans at the school. (A pillow and lightweight blanket will be provided)
- A lightweight bath towel

Miscellaneous

- Passport with at least one empty page. **Passport must expire more than 6 months after your return date!**
- Refillable water bottle
- Flashlight
- Camera/film/batteries
- No need to pack adapters - power is 110 and plug is same shape
- Sunglasses
- Personal medical supplies (e.g., prescription medication) should be carried in original, labeled containers. (Unlabeled medication can be confiscated at airports.)
- Malaria medicine, ciproflaxin, other medications
- Binoculars
- Journal, pen
- Detergent if you want to wash something out at night
- Photos of your friends/family at home to share with kids and hosts
- Gifts for individual children are highly discouraged, as it creates an undesirable hierarchy and dependency - thanks!