



Medical Volunteer Packing List

The team will inevitably end up sharing supplies so don't worry about having it all! It isn't unusual for bags to be lost for a day or two after arriving in Haiti. **Knowing this, keep spare food, underwear and things you have to have in your carry-on.** Some people pack in duffels, some hiking backpacks, and others use regular suitcases but whatever you choose make sure you don't care if it gets dusty and dirty.

We bring meds and supplies from the US and rely on the team to transport. American Airlines allows two checked bags per person, the first is \$25 and the second is \$40 (\$55 during peak season travel.) **It is likely that CHI will ask you to transport medicines or supplies in one of your allowed checked bags.** In that case please keep your baggage fee receipt and CHI will reimburse you. Sometimes CHI supplies the suitcases and sometimes we borrow one from you. Duffels work well as you can fold them up and place in one of your other suitcases at the end of the trip. **We cannot use army duffels.** It is a good idea to take a photo of your suitcases in case they are lost.

DO NOT put anything of value such as passport, cash, or meds in your overhead bin carry-on. American Airlines currently allows 2 carry-ons, one that fits in the overhead bin and a personal item, such as a backpack, that fits under the seat in front of you. There is a chance you will be forced to gate checked one due to space constraints on the plane. Put valuables in the bag that fits under the seat.

PERSONAL ITEMS

- **Passport!** Travelers to Haiti need to have a passport that is valid for 6 months past their travel date. Wise to put a copy of your passport in your suitcase and leave another copy with a family member or friend.
- **Two water bottles!** Nalgene work well.
- **Malaria Prophylaxis!**
- Prescription medication - You need to have the original container to present, if asked, at customs and security. Make sure to have extra in case you are in Miami or Haiti longer than expected.
- General medication such as Aspirin/Tylenol/Ibuprofen, Pepto-Bismol, Imodium, and Dramamine. Mints, ginger candy or gum work well to ease nausea.
- Antihistamine, such as Benadryl - Haiti is dusty and people with allergies can be affected. Benadryl also helps with itching from bug bites.
- Anti-itch cream to treat bug bites
- Sunscreen – Wear it!
- Bug repellent with as much DEET as you can stand
- Hand sanitizer
- Baby wipes or Wet Ones
- Clothing - Haiti is hot and humid! Breathable, wicking fabrics will keep you comfortable. We would like to respect Haitian culture by following these guidelines:
 - Shirts are to be worn at all times and stomachs should not be showing except for when wearing a bathing suit
 - Bathing suits are only to be worn after clinic at the resort
 - Underwear should not be showing
 - Shorts, skorts and skirts are appropriate. No daisy dukes!
 - Scrubs are a great option for clinic and can be worn by anyone on the team. Shorts and t-shirts or tank tops are also fine for clinic.
 - You will have the opportunity to attend church on Sunday. If you choose to attend we request that shoulders are covered, no sleeveless. Women please wear a skirt or dress. Men please bring a collared shirt.



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Tips: Pack clothes in Ziplocs, items will stay dry in case of rain and it saves space. You can definitely re-wear clothing however, it's nice to have a clean shirt for evenings and another to travel home in. Also, laundry service will be available, inquire at front desk. You may also bring soap and wash your own clothes in the sink.

- Hat
- Sunglasses
- Toiletries - Nothing will be provided by the hotel
- Bandana is awesome to have for any number of reasons
- Comfortable shoes for clinic. Keen, Teva or Chaco style sandals are a great waterproof option. Tennis shoes work well too. Plan on your shoes getting wet at some point!
- Sandals are a treat for the feet after clinics or to wear in the shower or around the resort.
- Water shoes are strongly encouraged if you go in ocean
- Towel – the quick-dry type works especially well. A towel is provided however most volunteers like to have an extra one.
- Thin sleeping bag or blanket if you prefer to supplement the provided linens. Sleeping bag liners or camp sheets work well.
- Pillows are provided but some people prefer to bring their own
- Light sleepers may want to bring a sleep aid and/or ear plugs
- Phone, camera and chargers. Electricity is available in your room and you won't need an adapter.
- Backpack - Put all your necessities and extra food in this bag and carry it with you in case your luggage is lost
- If you have a cell phone plan with international service know that it can be expensive and service is spotty. We will have a phone you can use to make a quick call home. There is WiFi at Kaliko Beach Club which works most of the time.
- Roll of toilet paper including some to use during clinic. Packs of Kleenex will also work as TP.
- Headlamp with extra batteries
- Journal and pen
- Lanyard is helpful to keep your room key safe and accessible
- Plastic grocery bags are useful for dirty or wet clothes
- Providers/Nurses – Bring your own stethoscopes, otoscopes, BP cuffs, etc.
- Providers/Nurses – Copy of your medical license/certification as well as a copy of the “Case Definition and Treatment Guidelines” document.
- 50 (or more) gallon size Ziploc bags (regular kind – not the slide top.) We give one to each patient for their clinic card and medicines. Great thing to ask family or friends to donate!

FOOD AND WATER

Each team member should bring some food. Lodging for the week is at Kaliko Beach Club and Kaliko will provide breakfast and dinner each day. The food prepared is typical Haitian fare such as rice, beans, fried plantains, eggs, bread, fish, goat, and fruit. Coffee will be available at breakfast. Bottled Coke, other carbonated drinks, Prestige beer and other beverages will be available at the resort. **Do not eat street food.** Street food smells and tastes wonderful but is risky and not cooked safely.

You'll need to bring food to eat for lunch while at clinic as well as extra snacks to share with interpreters. A few suggestions:

- Trail mix
- Cheese or peanut butter crackers
- Peanut butter or Nutella, single serve containers work well but are considered a liquid and will need to go in a checked bag
- Tortillas to make wraps with peanut butter
- Candy that won't melt such as gummy bears, Skittles, Jolly Ranchers or Starburst
- Beef jerky

Working in solidarity to create healthy, empowered, and self-directed communities in Haiti

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- Dry cereal
- Granola or energy bars such as Clif Bars, Luna Bars or Kind Bars
- Tuna in single serve pouches
- Pringles or other chips in plastic containers
- Flavor for your water such as Gatorade, Propel or Nuun
- Squeezable applesauce
- About 12 extra snacks to share with interpreters. Great thing to ask family and friends to donate!

Fill your water bottles in the Miami airport after passing through security. It may be a long time before you have access to potable water again. While in Haiti, you should consume 2-3 liters of water per day MINIMUM. Do not drink tap water or use it for brushing your teeth. Safe drinking water will be provided.

You may get an upset stomach because of the unfamiliar food, even if it is properly prepared. Always let your team leader know if you start feeling sick! We bring medicine to help with diarrhea and upset stomachs so don't hesitate to let your group leader know so we can help you start feeling better.

MONEY

Bring some cash. We suggest \$200-300 in small bills with nothing larger than \$20. **Please only bring bills in good condition so our Haitian friends can exchange them.** They are worthless if torn, written on, or damaged. You'll need money for meals in Miami before and after the Haiti flights. Opportunities to buy souvenirs will be available and our translators usually have items for purchase but do not feel obligated. **We strongly suggest you do NOT use credit cards in Haiti.** There are no ATMs. It is not necessary to exchange USD for Haitian currency. We generally suggest you speak with an experienced team member before buying anything. It is expected that you will haggle and your first quoted price is never the real price.

GIFTS AND TIPS

It is normal to want to bring gifts or goodies to give the children, our hosts and people you meet. **However, we ask that you Do Not do this.** Our primary goal in Arcahaie is to build relationships. We do not want to build or encourage dependency or create future problems. All of our Haitian support staff is paid. The gift we give the community is providing health care and building relationships. We feel strongly that this is the best long-term strategy for the communities we serve as well as CHI. **Thanks for honoring this request.**

You may feel compelled to tip interpreters, cooks and others you've gotten to know on the trip. **Please refrain from doing this.** You will have the opportunity to contribute to a tip pool at the end of the trip. These tips will be equally divided between the drivers, interpreters, cooks, security and others that helped our team during the week. This is totally optional.