

Packing List – Medical Teams

Harvest Field Ministries

A wonderful thing about this kind of trip is that it turns into a community/family/help-each-other trip. The team will inevitably be sharing food, supplies, etc. So don't worry too much about having it all as someone else will likely have what you need. Some people pack in duffels, some hiking backpacks and some regular suitcases. Just make sure you don't care if it gets dirty as it will get dusty and dirty!

American Airlines allows you 2 carryon bags – one that fits in the overhead bins and 1 that fits under your seat in front of you. **Do NOT plan on having more than one checked bag for yourself and it's even better if you can get all your stuff in your one carryon duffel/suitcase and one personal item (backpack).** American Airlines allows 2 checked bags per person – one for free and second one for \$40. It is very common that we need to fill one of (or sometimes also the 2nd) your checked bags with medicines and/or supplies. We will know usually 2-4 weeks before we leave for a trip if we will need team members to carry checked bags for us. Chances are great that you will bring bags for us if you live in/near Knoxville. If we do use your 2nd checked bag for supplies, we will reimburse you the \$40. **Pack light!**

PERSONAL ITEMS

- **IMPERATIVE - Passport! Officially, travelers to Haiti are supposed to have a passport that is valid for 6 months after their travel date.**
- **IMPERATIVE - Two 1 liter or 2 liter water bottles with wide mouths for easy refilling.** Nalgene® brand bottles work great.
- **Copy of your passport in your suitcase. Leave a copy with your family/friends.**
- **Malaria prophylaxis**
- Sunglasses
- Toiletries such as soap, deodorant, Chapstick, shampoo, toothpaste, toothbrush, shaving supplies, extra contacts/glasses, feminine hygiene products
- Personal meds - You need to have the original container for the prescription to present, if asked, at customs and security. Make sure to have extra in case something comes up and you need to stay in Miami or Haiti longer than expected.
- General medicine such as Aspirin/Tylenol/Ibuprofen, Pepto-Bismol, Imodium, Dramamine
- Baby wipes/Wet Ones work well to help you feel clean and give you a quick shower
- Clothing – People pack differently. Some people can get by with 2-3 shirts for the week while others prefer 5-9 shirts. These are just guidelines - 5-7 sets of shorts/capris, 5-7 t-shirts, 1 pair of pants, 1 long-sleeve shirt and/or sweatshirt, socks, underwear. Some on the team choose to wear scrubs. It's nice to have a clean shirt to travel home in – can be same one you travel to Haiti in. It's nice to have cleaner shirt to put on in the evenings. You can rewear clothes as no one cares or notices. ☺ Tip: Pack clothes in Ziplocs in case it rains so they can stay dry plus saves room.
 - **Dress code** - comfortable, breathable, wicking fabrics are great. Shorts and t-shirts are fine for clinic. Shorts should not be "short shorts" please.
 - **Church attire** - long pants for men and skirts for women are necessary for church. Attending church is optional.

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- Miss Betty at the hotel will do laundry if we ask. It's \$10/person (subject to change).
- Hat
- Benadryl (or other similar drug) as Haiti is dusty plus people with allergies can be affected. Plus Benadryl helps with itching from bug bites. You will most likely be bitten by some bug(s).
- Anti-itch cream to treat bug bites.
- Light sleepers may want to bring ear plugs and/or sleep aid
- Mirror, if desired
- Comfortable shoes you can walk in. Keen-type sandals work really well to wear all the time as they are breathable and waterproof. Tennis shoes work well too. Plan on the potential of your shoes getting wet at some point.
- Sandals/flip flops are a treat for the feet to wear after clinics.
- Towels are provided. However, some people prefer to bring. The quick-dry type work especially well.
- Flashlight/headlamp with extra batteries
- Bug repellent with as much DEET as you can stand. Some people bring the battery operated clip-on fan to put near their bed at night.
- Sunscreen – Wear it!
- Hand sanitizer
- Thin sleeping bag or blanket to sleep in if you would prefer not use the provided linens. Fitted sheet, top sheet and pillow are provided.
 - Camera, phone, iPod and chargers.
- Pens and a **black** Sharpie (you'll need these during clinic)
- Backpack (or fanny pack) – Helpful to use to bring your water, snacks and other things to clinic in.

Put all your necessities in this bag and carry it on the airplane with you in case your luggage gets lost. In all truth, it's unusual for all the checked suitcases to actually arrive. Also, pack a Ziploc with 24 hours' worth of food just in case the bag with your food gets lost.
- If you have a Verizon or AT&T phone with international service, it may work although it won't be cheap at around \$3/minute. Service is usually spotty.
- Roll(s) of toilet paper
- Bandana(s). Wonderful for wiping sweat, as a washcloth or headband.
- Dramamine or other similar drug if you tend to get carsick.
- Plastic grocery bags are helpful to have for collecting your trash in your room, dirty clothes, wet clothes, etc.
- Swimsuit - optional.
- Providers/Nurses – Bring your own stethoscopes, otoscopes, BP cuffs, etc.
- Providers/Nurses – Bring a copy of your medical license/certification
- Occasionally team members will go jogging during the week. Those interested may consider bringing appropriate shoes and attire.
- Around 12 Snacks to share with the interpreters such as peanut butter crackers; cheese crackers; jerky; granola bars, etc. Great thing to ask family/friends to donate.

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- **Please do not bring:** large amounts of cash (\$200-300 is plenty); traveler's checks/ATM/debit/credit cards to be used in Haiti as they won't work (but obviously you will want these options to use while traveling within US); expensive or valuable jewelry or other items that you would be disappointed if you lost; weapons or banned items; alcohol or tobacco products.

FOOD & WATER

Fill your 2 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.

Each team member should bring some food. We will receive breakfast and dinner. Coffee will be readily available at most meals. We will need to bring food to eat for lunch while at clinic. Soda will be provided mid-day on clinic days. The food prepared for us is typical Haitian fare such as rice beans, fried plantains, eggs, bread, fish, goat, sometimes fruit and/or juice. Typically we will be served similar things each day. Some people choose to bring extra food to supplement meals. Bottled Coke and other drinks will be available to buy. It's a treat that can take the edge off of a rough day. Avoid eating street food unless you enjoy diarrhea. Street food smells and tastes wonderful but the uninitiated will often get more than they paid for.

Tip: Pack food in gallon Ziplocs. Some non-perishable food suggestions that won't smash or melt:

- Poptarts (kept in the box is the best way)
- Dried fruit and nuts, peanuts
- Cheese crackers (or peanut butter & crackers) – single serving containers of PB that work well
- Trail Mix/Chex mix without chocolate which might melt
- Candy that doesn't melt such as gummy bears
- Beef jerky
- Dry cereal
- Tortilla wraps with peanut butter
- Energy bars/granola bars/Cliff bars
- Tuna in sealable pouches
- Pringles in the plastic containers
- Packets to flavor your water, if desired, such as Gatorade, Crystal Light, etc. Our water is treated with chlorine. Sometimes the people treating our water get a bit heavy-handed, and the water is vaguely reminiscent of a swimming pool, but a little Gatorade makes everything better.

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MONEY

Bring some cash. We suggest around \$200-300 for emergencies. Most of this you will probably not spend. We suggest you bring small bills of mostly \$1, \$5 and \$10 with nothing bigger than \$20. Opportunities to buy souvenirs will probably be available, typically the work of local artisans. Our interpreters usually have items to buy but do not feel like you have to buy anything from them. There may also be the occasional Coke. We strongly suggest you do **NOT** use credit cards in Haiti. There are no ATMs. It is not necessary to change your money to Haitian currency. We would 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 & TIPS

Gifts – It is normal to want to bring goodies and gifts to give the children, our hosts and people you meet. **However, we ask that you refrain from doing this.** Our primary goal in Les Anglais is to build relationships. We do not want to build or encourage dependency or create future problems due to bad feelings or feelings of inequity of who we give what to. All of our Haitian support staff (translators, cooks, drivers, security, hosts) are paid. The gift we give the community is to provide health care as well as contribute to their economy by staying there, by buying things at the market as well as building relationships. We feel strongly that this is the best long-term strategy for Les Anglais as well as our organizations. **Thank you for honoring this request.**

Tips - At the end of some trips, some people may feel compelled to give a little more to the interpreters, cooks, and others that they have gotten to know on the trip. Volunteers may have the opportunity to contribute to a tip pool. These tips will be equally divided between the drivers, interpreters, cooks, helpers, security guard and other people that helped our team during the week. This is totally optional.