

## HAITI MEDICAL MISSION OF WISCONSIN, INC.

### PERSONAL PACKING LIST

Please use this list as a guide. Volunteers may wish to omit some or bring additional items for personal use. We recommend first time volunteers consult with their team leader in regard to what to bring for personal use and what to expect. Please retain all documents, cash and personal prescriptions on your person or personal carry-on during travel.

#### **DOCUMENTS**

Airline tickets  
Travel Insurance Information  
Passport neck pouch, money belt and/or fanny pack  
\$100-\$200 in small bills, optional spending money

Passport & paperclip for affixing Haitian documents  
Team Leader cell number, emergency and Haiti contact info

#### **MEDICATIONS (please consult with your travel medicine provider) AND TOILETRIES**

Personal prescription medications  
Cipro or Azithromycin  
Loperamide  
Chloroquine/malaria prophylaxis  
Mosquito repellent  
Sunscreen  
Wash cloth and camp towel (chamois cloth-type for quick dry)  
Larger size disposable moist towelettes or wipes to use in lieu of shower (water is usually cold)  
Motion-sickness medication for the drive to/from Thoitte if you are prone to motion sickness

Nail brush and clippers  
Shampoo and shower gel/soap  
Deodorant  
Tissues  
4 small rolls of toilet paper  
Shower shoes

#### **CLOTHING**

Comfortable shoes (such as athletic shoes - running/walking or Teva/Keen-type)  
One pair of warm pants, hat and sweatshirt or jacket for cooler evenings  
1-2 pair of light weight pants or capris or 1-2 skirts for women  
1 nice pair of pants or skirt/dress (shoulders covered) for church, if you wish  
3-4 shirts  
Optional rain jacket or small travel poncho (volunteers report rarely needing rain gear)  
Sunhat (if prone to burning, but we're mainly inside providing care during the daytime)  
1-5 pair of scrubs (laundry may be available)  
Socks and underwear

#### **PERSONAL ITEMS**

Watch  
Sunglasses  
Headlamp or flashlight  
Lightweight sleeping bag, liner, or blanket and sheet  
Water bottle (if you use a disposable in Haiti, please refill it to minimize waste)  
Ziplock bags, a few in various sizes

Travel pillow  
Earplugs  
Chargers/extra batteries

#### **OPTIONAL SNACKS TO SHARE**

Tea/coffee bags, crackers, granola bars, trail mix, candy bars, peanut butter, jam, nutella, instant oatmeal