

**MOH LIST:**

- o Flashlight
- o Hat
- o Sunglasses
- o Outfit for working/painting in
- o Outfit that will be church appropriate (see Dress Code)
- o Pair of running shoes
- o Pair of sandals / flip flops
- o A small fan
- o Journal & Pen o Bible
- o Camera, film, batteries (film & batteries are very expensive in Haiti)
- o All your personal toiletries (toothbrush, toothpaste, soap, shampoo, toilet paper, etc)
- o Towels & washcloths
- o Sunscreen
- o Insect repellent
- o Anti-diarrhea medicine (just in case)
- o Personal size water bottle (1 quart size is recommended, one that can be used all week)
- o Small bills to purchase souvenirs from the vendors
- o Mosquito Nets (optional)
- o Personal pillow (optional)
- o Bedding for twin bed (optional)

**My List:**

- o Passport
- o Change to AT&T international plan
- o Spray clothes, sheets – Sawyers Spray (REI)
- o Malaria med
- o Diahria med
- o Pepto
- o Fan – O2Cool battery powered fan (Academy)
- o Batteries
- o Bug repellant – Sawyers (REI)
- o Sun screen
- o Granola bars and snacks
- o Metal or Plastic Refillable Water bottle
- o Cash small bills - \$50 to \$100
- o Hat
- o Shoes, sox (thorny and rocky)
- o Flip Flops
- o Kahkis and button shirt (for Sunday)
- o Phone and charger (power same as US)
- o Camera and charger and pc connection
- o Wipes & Sanitizer
- o Work gloves
- o Towel Mosquito net for single bunk bed (Academy)
- o Gatorade drink mix
- o IPOD
- o Food list - see list from MoH
- o Optional: Sheets/Pillow, Computer