

Traveling to Haiti

What should I bring for up to a week in Haiti?

Clothing: Best to bring cotton and/or other breathable fabrics designed for hot temperatures. It is possible to have laundry done, by hand and hung out to dry. Apart from traveling attire, we suggest you pack:

- Comfortable walking shoes--sneakers, sandals, crocs, etc. and one pair of shoes suitable for nice occasions (Basically, bring one extra pair of shoes apart from your travel attire.)
- Flip flops or "shower shoes"
- o Bathing suit
- o Bandanna or handkerchief
- Sweat shirt or long-sleeved shirt for chilly evenings in the mountains
- o Light rain jacket (optional May October, not necessary November April)
- Light weight sleeping attire

Men:

- A shirt for every day you're in Haiti, at least one long-sleeved button down.
- \circ 2 or 3 pairs of shorts (three days in Haiti = two pairs of shorts).
- o 1 or 2 pairs of lightweight long pants, one pair that's suitable for nice occasion.

Women:

• Two pairs of pants and shorts and 1 or 2 skirts or dresses (everything of modest length). At least one skirt or dress should be appropriate for a nice occasion.

Toiletries:

- Shampoo and deodorant
- Toothpaste and toothbrush
- Any other hygiene products you need for personal care

Medical Supplies: We have a first-aid kit on hand.

- o Prescription medications in original containers
- Anti-Malaria medication *if you decide to* Please consult your physician and/or read <u>Center For</u> <u>Disease Control info on Haiti</u>. Notice the "most" and "some" categories. It's also important to note that Malaria is not common where you'll be staying and that many visitors who come to Haiti with us don't get immunizations. We've never had a problem to-date.
- Additional things you may wish to consider bringing on any international trip: A couple Band-Aids, Dramamine (if you are prone to motion sickness--plane, bus or boat), Pepto-Bismol tablets, anti-diarrhea medicine.

Travel documentation:

- Email flight information to john@haitipartners.org so that we can greet you outside of airport.
- o Passport
- Address for John & Merline Engle. You will need this to fill out documents on the plane.
 #32 Rue Borno Prolonge, Petion-Ville, Haiti
 Contact: Merline Engle: merline@haitipartners.org (509) 4627-2757,
 Alex Myril: <u>alex@haitipartners.org</u>, (509) 4773-4633,
 John Engle: john@haitipartners.org and (Whatsapp too): 202-236-6532

Port au Prince airport tips:

- Have \$10 ready for entrance fee, \$2 for luggage cart, and several dollars for tips if you choose to accept help from skycaps. They're aggressive, but don't feel obligated to use them.
- If you use a skycap, communicate that he will take your luggage **to the car**. Don't pay him until you get to your car. \$5-\$10 tip per passenger is appropriate depending on the number of bags.
- A Haiti Partners rep will meet you outside the exit of the airport and will have a sign with your name on it. John, Alex or Benaja will be at the airport to pick up large groups.

Good Ideas / Optional:

- Record of vaccinations
- Day pack and water bottle (stay hydrated!)
- Sunblock, hat and sunglasses (depending on your sensitivity)
- Insect repellent
- Laptop (Wi-Fi available at guesthouse and at Children's Academy)
- Smartphone/camera and/or video camera, journaling materials
- Wet wipes, hand sanitizer, tissues and snacks
- Earplugs (for night noises you may not be used to, such as roosters crowing and dogs barking)
- Haitian-Creole resources: <u>Haiti Hub: Practicing Most Common Phrases</u>
- Pictures of your family, a sample of what you do (to share with Haitian people)
- Small gifts are sometimes appropriate (flashlights, USB flash drives, soccer ball (with pin for inflation) and jump ropes, baseball caps, tee-shirts, other nice clothes.

Money

Your meals, lodging and in-country transportation are covered with the money you've paid to Haiti Partners for your trip. For payment to Haiti Partners: <u>https://haitipartners.secure.force.com/donate/</u> or mail check made out to "Haiti Partners" to Haiti Partners, PO Box 2865, Vero Beach, FL 32961

- Cash: We suggest that you have a minimum of \$150 in cash (including small bills: 5's, 10's, 1's)
- **Optional:** Money to buy gifts. Beautiful Haitian crafts will be available, and can range greatly in price from a few dollars to hundreds of dollars for wooden carvings, paintings, etc.
- Consider what you may buy to take home and how much, if any, you intend to give away*.
- Credit Cards: Hotels, restaurants and grocery stores accept major credit cards. Best to notify your credit card company dates of your Haiti travel.
- **If needed:** To obtain extra cash (in Haitian gourdes), you can also bring your checkbook. We have a local business owner that cashes checks assuming John or Merline vouches for them.

*Please don't give any money away without first getting input from someone like John, Merline, or Alex who can help guide you in culturally sensitive and appropriate ways.