

Carrefour Haiti Packing List

If it's not on this list, you won't need it

- **Required Items:**
- **Re-hydration salts (5 packets)**
- **Cipro (by prescription from your Dr.)**
- **Packets of Gatorade for the entire trip (4 per day)**
- Passport plus 2 copies
- Spending money (small newer bills)
- Bible, small flashlight/head lamp, journal, pen/pencil
- **Clothing:** This is a working trip so pack lightweight work clothing (Ladies, no shorts. Guys and Ladies: no tank tops or sleeveless tops).
- Comfortable shoes or flip-flops, **AND** closed-toe work
 - shoes/boots (*TOMS are not adequate work shoes*)
- **Church clothes:** *Men:* Nicer collared shirt, tie and khaki pants.
Ladies: 3 Knee length skirt and nice tops with sleeve that hits mid-bicep.
- Camera
- Prescription medications, ibuprofen, band-aids, cold
 - medications, Imodium, Pepto-Bismol. Toiletries, anti-bacterial hand sanitizer or wipes
- Sunglasses, sunscreen, hat, lightweight jacket, umbrella
- Refillable water bottle, small daypack
- Insect repellent (containing minimum of 30% DEET)
- Bathroom towel, shower shoes
- Pillow Case, Bed Sheet, Travel Pillow
- Rubber Gloves and Work Gloves

*-We ask team members to **leave all electronics at home** in order to be more open to what God is doing around you.*

-Please do not bring any jewelry with you, and wear only what you would not be heartbroken over if it were lost.

Ordinary People  Extraordinary Purpose