

## Jacmel, Haiti Packing List

You will need everything on this list

### Required Items:

- **Re-hydration salts (5 packets)**
- **Cipro (by prescription from your Dr.)**
- **Packets of Gatorade for the entire trip (4 per day)**
- Bible, small flashlight, journal, pen/pencil
- Refillable water bottle
- Passport (+ copy)
- **Clothing:** This is a working trip so pack lightweight work clothes  
**Due to cultural issues: Ladies, no tank tops or shorts. Men, no tank tops**
- Comfortable shoes, closed-toe work
  - shoes (TOMS are not adequate work shoes)
- **Church clothes:** Men: Collared shirt and khaki pants. Ladies: 2 Knee length skirts and nice top with a sleeve that hits mid bicep
- Modest swimsuit
- Camera
- Work gloves, dust/paint masks, basic non-electric non-battery operated tools
- Bathroom towel, toiletries, anti-bacterial hand sanitizer or wipes, insect repellent (containing minimum of 30% DEET)
- Sunglasses, sunscreen, hat, lightweight jacket, umbrella, small daypack
- Prescription medications, ibuprofen, band-aids, cold
  - medications, Imodium, Pepto-Bismol
- Lightweight blanket
- Spending money (small newer bills)
- Comfort food: granola bars, nuts, snack bars, beef jerky
  - *FEI asks team members to **leave all electronics at home.***
  - *Please do not bring any jewelry with you, and wear only what you would not be heartbroken over if it were lost.*
  - *The electricity is the same as in the US, so converters are not necessary.*

Ordinary People  Extraordinary Purpose