

Basic Haiti HVM Mission Trip Checklist

- Bible
- Current Passport and copies (also - leave a copy with family)
- Anti-Malarial medication (must have Rx from doctor in order to get)
- Personal medications, Imodium, Ciporil, Tylenol, etc.
- Chapstick
- Sunscreen
- Wet wipes and Ziplocs
- Towel and wash cloth
- Soap and shampoo
- Mosquito net or tent (*suggestion - Skeeter Defeater tent available at www.longroad.com*)
- Water Bottle (wide mouth)
- Small pocket knife (**place in checked bag**)
- Headlamp and/or flash light
- Insect Repellent
- Snacks (Granola bars or energy bars)
- Electrolytes to mix with water (Gator Aid powder)
- Plastic box for snacks
- Hat and sun glasses
- Flip flops for bathing
- Personal fan
- Fanny Pack/small backpack
- Sleeping bag liner and a sheet
- Air mattress and linen (same type we use on youth mission trips)
- Sheet/large towel (for under air mattress)
- Appropriate work clothing and gear
- Camera
- Small journal and pen if desired

Disclaimer: This information is provided based on previous mission trip experience for your information only and is not intended to be all inclusive.