

## OLPH Haiti Retreat

**Packing List:** 6/2012

### Airline ticket & Passport

Photocopies of passport & drivers license (as a back-up if others are lost)

**Comfortable clothing.** Cotton long pants and short sleeved shirts for guys, comfortable skirts for gals. Custom used to dictate no pants for gals, although that is more relaxed now. Might be nice to bring at least one skirt for town or Mass. Definitely no short-shorts.

Bathing suit. Towel

Hiking boots and comfortable shoes. Consider "flip-flop" type shower shoes.

Small backpack or fanny pack and a water container for hikes.

Rain gear, possibly a small umbrella for rainy season (April-November)

Wearable cross if you'd like. Simple and wooden best not to be flashy.

This lets folks know why we are there.

Small flashlight and extra batteries (if needed)

**Personal meds** (in prescription bottles if applicable), & **toiletries**

Imodium-AD, Cipro, and Malaria drugs (see **medical sheet**)

Glasses are easier to deal with than contacts.

Insect repellent (DEET)

Sunscreen and hat (we usually can buy a hat in the Haitian market)

8 oz. Listerine for tooth brushing (tap water not to be trusted, only take water from bottled sources, or if reliable host tells you it is potable.

Some food or snacks if needed (keep it simple and sealable)

Purell waterless gel, or wet wipes if you'd like.

**Journal for note taking** and reflections & prayer materials.

Camera with plenty of storage and extra batteries

**Optional** video or audio recorders. Our cell phones usually won't work in Haiti.

**Cash:** can take US dollars in small denominations, \$50's & \$20's, may want a few \$5's and \$1's to buy small things. I'd say \$300 should be

enough. I always bring checks to pay Father and the guesthouse.

Cash is now needed to pay the driver. No cash machines in Haiti.

We can exchange money into Haitian Goudes at the guesthouse.

I have not brought my wallet, opting just to take my passport, one

credit card, my license, and a few checks in one of those small travel pockets you wear around your neck.