

Mission Adventures Haiti Outreach To Bring List Sheets

Light Sleeping Bag

Sleeping Pad

Pillow

Appropriate clothes:

Comfortable for warm weather, Girls: shorts, pants, capris, tee-shirts and tanks (no spaghetti straps) okay on base, skirts or dresses with sleeves for ministry times. Guys: shorts or pants and tee-shirts okay for work or ministry, button-up shirt for church) If you are doing a work project, bring clothing that can get dirty and bring lots! Laundry is done by hand.

Swim suit (one piece for girls)

Towel

Mosquito net

Deet Bug spray(lots!)

Sun Screen

Hat

Sunglasses

Toiletries

Hand sanitizer

Work Shoes/Boots

Sandals

Any snacks you enjoy

Water bottle

Extra vitamins

Flashlight (extra batteries)

Personal battery operated fans (optional- we don't always have electricity at night and it can be really hot in June-October)

Plenty of whatever meds you are already taking

Headbands (if you use these)

Handkerchief

Laundry detergent (can be bought here too)

Bible

Journal

Passport

Personal money (no ATM's here, USD Cash only!)

airline regulations: each person can only have one 50 pound bag, and one small carry on