



Haiti Relief Health and Travel Information

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Travel Insurance:

We will secure travel insurance for you, which will be included in your total trip cost.

Required Immunizations:

- Typhoid
- Hepatitis A (1 shot; booster 6 months later)
- Hepatitis B (1 shot; 2 boosters)
- Tetanus (required every 10 years)
- Polio and MMR (Measles/Mumps/Rubella) if you have never had them before.

- Yellow Fever IS NOT REQUIRED

Required Doctor Prescriptions:

- Malaria Pills (Chloriquin/Mefloquin/Lariam). Doctor will give you the dosage requirements. Also consult your doctor if you are allergic to these.

Strongly Recommended Doctor Prescriptions:

- Antibiotics for Diarrhea while in Haiti: Ciprofloxacin. Consult your doctor for dosage requirements or if you are allergic to Cipro.

Important Items to Pack:

- (Recommended) Personal First Aid kit: Ibuprofen, Immod AD, Mycitracin, Vitamins, Benadryl, allergy meds, prescription of Cipro if possible
- Water bottle - with lid that covers opening
- Passport/money holder that one can wear next to or on the body
- Sleeping pad/mat or air mattress
- Light blanket or sheet - heavy sleeping bags are NOT necessary
- Small pillow
- Ear Plugs
- Close Toed Shoes
- Flip flops/sandals
- 5 changes of clothes. Dress conservatively. Light pants or shorts.
 - Work clothes in accordance with the expected work of your team
 - Bring one pair of church clothes:
 - Men: long pants and polo/collared shirt
 - Women: skirt and shirts with sleeve covering the shoulder
- Some personal comfort (i.e. favorite gum, candy, snack..etc - think small)
- Personal snacks: recommend items with PROTEIN. Power or cereal bars, nuts, beef jerky...etc.
- Instant Coffee

- Small amount of money for possible souvenirs purchase, drink purchase while in Haiti (energy drinks, sprites/Coke...etc.), and food during travel to and from Haiti.
- Hand sanitizer and/or wipes (great to keep with you at all times!)
- Basic toiletries: shampoo, soap, toothbrush, toothpaste, deodorant, comb/brush, hand mirror, powder...etc.
- Towels
- Bathing suit
- Sunglasses
- Sunscreen
- Flashlight (with extra batteries)
- Bugspray- with at least 30% deet
- MP3 players/Ipod's - might be able to charge/ might not
- Hat with visor
- Bring large plastic bag to store dirty laundry