

What to Take With You on the Trip, and What to Leave Behind

Valuables

Don't bring anything you would hate to lose. Leave at home:

Valuable or expensive-looking jewelry

- Irreplaceable family objects
- All unnecessary credit cards
- Social Security card, library card, and similar items that may be in your wallet.

Do bring medical necessities (see the health sections above regarding medications and insurance).

Leave Copies of Documents and Itinerary With Relatives in the U.S.

Leave a copy of the itinerary with family or friends at home in case they need to contact you in an emergency.

Make two photocopies of the passport identification page, airline tickets, driver's license and the credit cards you plan to take. Leave one copy of each with family or friends at home, and pack the other copies separately from the originals. Leave a copy of the serial numbers of your travelers' checks with a friend or relative at home. Carry your copy with you in a separate place and, as you cash the checks, cross them off the list.

Plan for the Unexpected

Take with you items that you will need if your trip is unexpectedly extended. These items may include extra money or medications. See the section on "Additional Fees," above.

Travelers' Health Kit

The purpose of a Travel Kit is twofold: to allow the traveler to take care of minor health problems as they occur and to treat exacerbations of pre-existing medical conditions. Persons with pre-existing conditions, such as diabetes or allergies to envenomations or medications, should consider wearing an alert bracelet and making sure this information is on a card in their wallet and with their other travel documents. A variety of health kits are available commercially and may even be purchased over the Internet (see below); however, similar kits can be assembled at home. The specific contents of the health kit are based on destination, duration of travel, type of travel, and the traveler's pre-existing medical conditions. Basic items that should be included are listed below. See also Chapters 8 and 9 for additional suggestions that may be useful in planning the contents of the kit.

Medications

Personal prescription medications in their original containers (copies of all prescriptions should be carried, including the generic names for medications, and a note from the prescribing physician on letterhead stationery for controlled substances and injectable medications)

Antimalarial medications, if applicable

Over-the-counter antidiarrheal medication (e.g., bismuth subsalicylate, loperamide)

Antibiotic for self-treatment of moderate to severe diarrhea

Antihistamine

Decongestant, alone or in combination with antihistamine

Anti-motion sickness medication

Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever

Cough suppressant/expectorant

Throat lozenges

Antacid

Antifungal and antibacterial ointments or creams
1% hydrocortisone cream

Other Important Items

Insect repellent containing DEET (up to 50%)
Sunscreen (preferably SPF 15 or greater)
Aloe gel for sunburns
Digital thermometer
Oral rehydration solution packets
Basic first-aid items (adhesive bandages, gauze, ace wrap, antiseptic, tweez-ers, scissors, cotton-tipped applicators)
Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol (1)
Moleskin for blisters
Lubricating eye drops
First aid quick reference card

A final reminder: a health kit is useful only if it is available. It should be carried with the traveler at all times, e.g., in carry-on baggage when allowable, and on excursions. All medications, especially prescription medications, should be stored in carry-on baggage, in their original containers with clear labels. With heightened airline security, sharp objects and some liquids and gels will have to remain in checked luggage.

More Information About Malaria

Malaria is always a serious disease and may be a deadly illness. Humans get malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health-care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites ([see below](#)).

Travelers to [malaria risk-areas in Haiti](#), including infants, children, and former residents of Haiti, should take one of the following antimalarial drugs listed above.

Symptoms

Malaria symptoms may include

- fever
- chills
- sweats
- headache
- body aches
- nausea and vomiting
- fatigue

Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, you should see a doctor right away if you develop a fever during your trip.

Malaria may cause anemia and jaundice. Malaria infections with *Plasmodium falciparum*, if not promptly treated, may cause kidney failure, coma, and death. Despite using the protective measures outlined above, travelers may still develop malaria up to a year after returning from a malarious area. You should see a doctor immediately if you develop a fever anytime during the year following your return and tell the physician of your travel.

Items to Bring With You

Medicines you may need:

- **The prescription medicines you take every day.** Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. [Be sure to follow security guidelines](#), if the medicines are liquids.
- Antimalarial drugs, if traveling to a [malaria-risk area](#) in Haiti and prescribed by your doctor.
- **Medicine for diarrhea**, usually over-the-counter.

Note: Some drugs available by prescription in the US are illegal in other countries. Check the US Department of State [Consular Information Sheets](#) for the country(s) you intend to visit or the embassy or consulate for that country(s). If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

Other items you may need:

- Sunblock and sunglasses for protection from harmful effects of UV sun rays.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
- To prevent insect/mosquito bites, bring:
 - Lightweight long-sleeved shirts, long pants, and a hat to wear outside, whenever possible.
 - Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
 - Bed nets treated with permethrin, if you will not be sleeping in an air-conditioned or well-screened room and will be in malaria-risk areas. For use and purchasing information, see [Insecticide Treated Bed Nets](#) on the CDC malaria site. Overseas, permethrin or another insecticide, deltamethrin, may be purchased to treat bed nets and clothes.

See other suggested over-the-counter medications and first aid items for a [travelers' health kit](#).

Note: Check the [Air Travel section](#) of the [Transportation Security Administration](#) website for the latest information about airport screening procedures and prohibited items.

Staying Healthy During Your Trip

Prevent Insect Bites

Many diseases, like [malaria](#) and [dengue](#), are spread through insect bites. One of the best protections is to prevent insect bites by:

- Using insect repellent (bug spray) with 30%-50% DEET. Picaridin, available in 7% and 15% concentrations, needs more frequent application. There is less information available on how effective picaridin is at protecting against all of the types of mosquitoes that transmit malaria.
- Wearing long-sleeved shirts, long pants, and a hat outdoors.
- Remaining indoors in a screened or air-conditioned area during the peak biting period for malaria (dusk and dawn).
- Sleeping in beds covered by nets treated with permethrin, if not sleeping in an air-conditioned or well-screened room.
- Spraying rooms with products effective against flying insects, such as those containing pyrethroid.

Be Careful about Food and Water

Diseases from food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes.
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked.

- Avoid dairy products, unless you know they have been pasteurized.

Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases yourself.

What to Pack

Men should consider taking the following: (The list does not take into account clothing for building projects.):

- Comfortable shoes
- Casual cotton shirts and pants
- 1 lightweight sport coat, tie and dress pants for any church activities
- T-shirts (excluding shirts that make a statement or draw attention) or polo shirts for guest house or departure
- Cotton underwear

Women should consider taking the following: (The list does not take into account clothing for building projects.)

- Comfortable shoes (no heels)
- Cotton skirts/dress with a modest short-sleeve blouse
- Cotton slip
- Culottes or shorts for times at the guest house or departure
- Cotton underwear

All Travelers - Basic Items:

- Backpack for day trips
- LARGE sport bottle or Rubbermaid container with tight lid
- Toilet paper (in plastic bag, for emergency stops)
- Handi-wipes
- Liquid bacterial soap
- Bible
- Food for snacks (non-melting, high-protein such as Cliff Bars, Slim fast)
- Insect Repellent/Sunblock
- Soap
- Shampoo
- Wash Cloth (in plastic bag)
- Hat (with wide brim)
- Sunglasses
- Flashlight w/extra batteries
- Camera w/ waterproof case & extra batteries (Ask Haitians before assuming it is ok to take their picture. If in a potential hostile environment or crowded area, do not take pictures of people. People have had cameras and purses snatched from their hands while traveling. Use good judgment.)
- Toiletries
- Pens
- Games to play (deck of cards)

8. Note the additional safety recommendations

Never go barefoot anywhere

Do not drink the tap water, shower water, or faucet water

ONLY drink water or brush your teeth with bottled water provided.

Ice MUST also be "Culligan" ice. If in doubt, leave it out.

If you get carsick, you may want to bring Bonine pills. (Test them first in the US to see how your body reacts.)

9. Haiti Emergency Contacts

(It is sometimes difficult to get through in Haiti due to the phone system. Keep trying!)

US Consulate - 011-509-223-7011

011-509-223-8971

US Embassy - 011-509-222-0200

011-509-222-0368

011-509-222-0354

011-509-222-0612