

# Farsight Christian Mission, Inc.

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## Haiti trip preparation list.

**Passport:** The first thing you do: send me a passport number and personal information sheet and release form. If you are in anything less than excellent physical condition and health please add sufficient comments to the information sheet to let me know what your condition is. Also, there is no better time than NOW to begin improving your physical condition.

**Medicines:** Tetanus shot in last 7 years.

**Sleeping Bag** (We have bunk beds on the mountain.) and small pillow (optional).

Bible and Journal for study and quiet time. Flash light (extra set of batteries), poncho.

**Work shoes:** Anything that will survive a couple days of rocky terrain. Travel shoes- rugged sandals - athletic shoes, sandals (or water socks optional) for showers and at the beach.

Personal toiletries: Antibacterial liquid soap, sun block, toothpaste and toothbrush, one towel and wash cloth, One roll of toilet paper in a ziplock bag sunglasses, ball cap, etc. If you wear contacts bring your glasses and/or a spare set of contacts.

Other things to consider: Hand sanitizer, Sun block, Ear plugs (snoring), Chapstick w/ SPF, Motion sickness medicine, Travel size Kleenex, Tylenol/Advil, Wet wipes (large package, antibacterial if possible)

\*\*At least one person in your group should have these items easily accessible for the airport in Haiti and travel up the mountain

(Ladies: Come prepared for your biological clock to be thrown off schedule.)

Air Travel. We provide team shirt, you will want comfortable shorts/skirt/slacks. (Shorts/skirts should be conservative/modest). Khaki color goes well with current team shirts.

**In-Country Travel:** Something you can wear riding in the back of a truck for 8 hours, loose, durable, and cool.

Nights are cool so you will need one set of warm clothes for evenings and sleeping. Clothes can be worn multiple days.

**New baggage rules. Put nothing in carry-on that is sharp, metal, hard, or could be turned into any kind of weapon. No disposable razors, nail clippers, files, mirrors, jack knives, aerosols, or large metal flashlights. All this needs to be checked, and will be consolidated in Florida prior to the flight to the mission field. You will also need to check these items on your way to Florida.**

**Workdays:** Durable clothes for work in concrete, or work in med. clinic, hiking up mtns. (Bring a pair of gloves if you have them)

Church clothing: Ladies; long skirts, tops that cover the shoulder, a bandana or cap for your head. Guys; slacks and a shirt with a collar.

**Swim wear:** You will see a wide variety of swim wear. It may be au natural, under-clothing, European to American styles. We will go American one piece/conservative 2 piece, guys wear boxer type trunks.

In Port Au Prince at Wall's guest house or at the missionary's house.. Sundress or shorts and tops casual tourist wear.

**Return Air travel:** Team shirts and skirts/pants/shorts for air travel home.

Farsight will supply Food, Shelter, and Travel arrangement Miami -Haiti - Miami. Other travel arrangements upon request. We supply cooking supplies, building materials and tools, insect repellent (very few biting bugs on the mountain), and water purification.

Your goal is to pack everything for your week in an oversize carry-on and a VERY small backpack (bookbag style). A typical carryon is about 24" long x 12" x 12".

We will pack your sleeping bag in with other stuff in the checked baggage. You just need to get it to Florida.

It's a good idea to buy a box of one-gallon ziplock bags and seal all your clothes in them. Put the clothes in the bag, set on it and zip it shut. You will also want a couple trash bags for storing dirty clothes that you want to bring home. Clothes you decide not to bring home can be left on the mtn. for the local folks. All lotions, shampoos, crèmes and liquids should be ziplocked separately and the lids tightened before you pack them. They tend to leak during the trip.