



International
Medical Relief

HAITI DISASTER RELIEF PACKING LIST

CLOTHING

- ☐ Appropriate clothing for the conditions: rainsuit/rain jacket, hat, under- garments, socks, t-shirts, lightweight long sleeves, pants
- ☐ 1 pair comfortable shoes for hotel-wear/ airplane; light sweater for plane
- ☐ Day pack for use in clinic
- ☐ Close-toed shoes for clinic - REQUIRED

SUPPLIES

- ☐ Medical references; downloaded calculators and Rx apps on your phone
- ☐ Medical equipment & diagnostics (stethoscope, gloves, bp cuff, otoscope/ ophthalmoscope, penlight, thermometer, N 95 mask, etc)
- ☐ Sharpies, pens, duct tape and scissors
- ☐ Ear plugs - there are a lot of loud noises day and night, optional
- ☐ Headlight (300 lumens) for clinic
- ☐ PPEs for the entirety of your trip, including gloves in your size
- ☐ Toothbrushes to donate

PERSONAL ITEMS

- ☐ Copies of important documents (passport, driver's license), new US or country currency in excellent condition
- ☐ Insurances Required: Medical Evacuation Insurance, Trip Cancellation/ Interruption Insurance - NO EXCEPTIONS
- ☐ Secure body holder for passport, money, credit card, and professional license copy
- ☐ Sunscreen & mosquito repellent (with DEET recommended)
- ☐ Eye glasses/ sunglasses, personal meds (Tylenol/Aleve, Benadryl, etc)
- ☐ Extra batteries & chargers for phone, camera, etc

SLEEPING

- ☐ Sleeping bag, pad and pillow
- ☐ Mosquito net (free-standing only, always recommended)
- ☐ Watch/Alarm Clock/or phone

COOKING/FOOD

- ☐ 1 gallon of water
- ☐ Dried "camping" food for breakfast, lunch, dinner and snacks, rehydration for personal use, coffee or tea if desired
- ☐ All individual snacks and meals
- ☐ Utensils, cup and/or bowl
- ☐ dried beans and rice

BATHING/ TOILETING

- ☐ Small, personal wipes & hand sanitizers
- ☐ Showering: shower shoes, swimsuit, soap, shampoo, quick-dry towel, washcloth
- ☐ Toothbrush, toothpaste, floss picks
- ☐ Menstrual supplies, required for women of appropriate age