



PRE-TRIP INFORMATION

Haiti Service Trip

JANUARY 12-19, 2019

MISSION OF
Hope
HAITI

HAITI

Haiti is in desperate need of economic improvement. The lack of market activity has led to tremendous unemployment, food scarcity and poor education.

- Haiti is ranked 149th out of 177 on the 2009 United Nations Human Development Index.
- Port-au-Prince is ranked 213th out of 221 on the 2010 Mercer world cities livability index.
- The World Food Program reports that food supply covers only 55% of the population.
- Haiti ranks among the worst three countries in the world in daily caloric intake per person.
- 42% of children less than five years of age suffer from stunting of growth.
- Literacy rates in Haiti for the general population were 45% in 2010.
- Unemployment is now 90% in Haiti and 80% of Haiti's people live in abject poverty.
- There are over 400,000 children without parents in Haiti.
- There are still over 17,000 children in Mission of Hope's surrounding area that will never go to school, due jointly to lack of money and lack of schools.
- 1 out of 5 children will die before the age of five.



GEOGRAPHY

Haiti occupies the western third of the Caribbean island of Hispaniola, sharing a border with the Dominican Republic. It sits about 700 miles off the coast of Miami and occupies an area just slightly smaller than the state of Maryland.



CAPITAL

Port-au-Prince

LAUNGUAGES

Haitian Creole, French

POPULATION

Over 9 million people live in Haiti.

CLIMATE

Being a tropical climate, Haiti is hot and humid during most months of the year. Some areas of the country, however, can be almost desert-like and dry where the mountains cut off the trade winds.

TERRAIN AND ENVIRONMENTAL ISSUES

Most of Haiti is rugged and mountainous. Mass deforestation and poor environmental controls have left large areas of the country bare and contributed to large-scale loss of topsoil. Much of the remaining forested land is being cleared and used as fuel.

GEOGRAPHY

Haiti lies in the middle of the hurricane belt and subject to severe storms from June to October. In 2010, Haiti experienced a magnitude 7 earthquake.

DEMOGRAPHICS

Haiti has a very large young population, in part because of a high birthrate and shorter life expectancies – 37% of Haitians are younger than 14, 59% are between 15 and 64 years old, and just 3% are 65 and older.

ECONOMY

Haiti is the poorest country in the Western Hemisphere. More than two-thirds of the population is unemployed. Its main exports are apparel, oils, cocoa, mangoes and coffee.

RELIGION

Roughly 80 percent of Haitians are Roman Catholic, while fewer than one in five claims to be Protestant. Roughly 95 percent of Haitians – regardless of religious affiliation – hold at least some Voodoo beliefs or superstitions.

HISTORY

The native Taino Amerindians inhabited the island of Hispaniola when it was discovered by Columbus in 1492. Within 25 years the Taino Amerindians had been virtually annihilated by Spanish settlers. In the early 17th century, the French established a presence on Hispaniola. Haiti became a bustling French colony, based on forestry and sugar-related industries, Haiti became one of the wealthiest

colonies in the Caribbean but only through the heavy importation of African slaves and considerable environmental degradation. African slaves were imported by the thousands to work on sugar, tobacco and coffee plantations. A long and violent slave uprising finally led to Haitian independence in 1804. Haiti became the first black republic to declare independence. However, the country could not revive its profitable plantation economy. Haiti has been plagued by political violence for most of its history. Haiti endured a series of occupations by U.S.

Marines and, beginning in the 1950s, a period of rule by brutal dictators François “Papa Doc” Duvalier and “Baby Doc,” his son. During that period, an estimated 30,000 Haitians were killed for being opponents of the Duvalier regime. The country returned to a few brief months of democratic rule under President Jean-Bertrand Aristide, who was temporarily overthrown in a coup that eventually led to intervention by the United Nations, which continues today. Haitians currently live with a tentative restored government and a demobilized military. In 2008 Haiti was hit by four tropical storms back-to-back, which severely damaged the transportation infrastructure and agricultural sector. Then on January 12th, 2010 a massive magnitude 7.0 earthquake struck Haiti with an epicenter about 15 km southwest of the capital, Port-au-Prince. The earthquake is assessed as the worst in this region over the last 200 years; massive international assistance is required to help the country recover.



MISSION OF HOPE

In 1997, Brad Johnson and his wife Vanessa went to Haiti on a week-long trip to serve the people there. While serving, they watched an 18 month old baby die as her father held her on their way to a clinic. They learned the baby had starved to death from the parents not having any food. This moment was etched in their mind forever and they could not escape the image of the grieving parents as they mourned the loss of their daughter. A year later, Brad and Vanessa moved full time to Haiti to begin work on the Mission of Hope Haiti property.



Officially founded in 1998, Mission of Hope has since grown from a small mission located on barren piece of land, to a fruitful organization that now houses an onsite orphanage, medical facility, school, and church. Through partnerships, the Mission also serves outside of its property by helping other orphanages, churches, and schools throughout the country.

VISION

As an organization following Jesus Christ, Mission of Hope exists to bring life transformation to every man, woman, and child in Haiti. We desire to serve the nation of Haiti, and see lives changed.

RESOLUTIONS

- Relational Proclamation: Intentionally modeling Christ's love through relationships.
- Evangelistic Saturation: Repeatedly sharing the Gospel message in targeted geographies.
- Indigenous Mobilization: Strategically developing national leaders to carry the vision to the nation.
- Holistic Transformation: Continuously pursuing God's physical, mental, social and spiritual destiny for every man, woman and child.
- Excellent Implementation: Responsibly utilizing all resources and talents to their fullest potential for God's glory.



MINISTRIES OF MOH

Mission of Hope's primary efforts are focused on

- Church Advancement
- Education
- Orphan care
- Health Care
- Nutrition
- HaitiOne Network

CHURCH ADVANCEMENT

Church advancement is the Church of North America partnering with Mission of Hope, Haiti to serve the Church in Haiti. Singularly, or along with other churches. Community of Grace partners with the individual village of **Source Matelas** to focus the efforts of Church Advancement. Through this progress, the goal is to see the church in Haiti strengthened, villages changed, the Gospel proclaimed and lives transformed.



To help lead the ministry of Church Advancement, Mission of Hope has sought out some local christian leaders in each community to become Village Champions. Village Champions work with local pastors, coordinate service teams, and minister to their community. The village champions of Source Matelas are



Roselaure



Fritznel



Herlo

EDUCATION

The School of Hope provides quality education for children from Kindergarten through High School. Each day, the students are provided with a full meal, and are taught with Christian curriculum. In addition to attending class, twice each week the students go to Chapel, with worship led by the high school students.

The School of Hope follows the moto “Mwen Kapab” which means “I Can”. MOH strive to promote academic excellence. As a result, the School of Hope is one of the top performing schools in the nation. In fact, last year we had a 100% passing rate for the standardized government exams.



ORPHAN CARE

There are over 62 wonderful children currently at the Village of Hope orphanage, ranging in age from infant to young adult. Children are provided 24-hour care by “mommies” who live on campus. Each mommy takes care of about 6 children, which provides the feeling of family and ensures each child is given attention. Pastors act as the spiritual fathers of these children, mentoring and discipling them alongside the mothers to provide a godly example of manhood and sonship. The children come in hopeless, and through Jesus, they now have great hope, both for this life and all eternity.

HEALTH CARE

The Clinic of Hope currently consists of a fully operational outpatient clinic, mobile clinic, prosthetics lab, and a community health program, and is amidst an expansion into a hospital focused on emergency care and maternal health. MOH's desire is to minister through patient education and the relief of suffering to as many patients as possible. MOH's mission is to fight the health risks Haitians face by serving through local churches and schools with on-going mobile clinics and community health initiatives, as we leverage these services to expand our Gospel impact in these communities.



NUTRITION

Through our partnership with Convoy of Hope, and over 390 partners in country, MOH is able to feed over 91,000 meals a day now to children in schools and orphanages throughout Haiti. For many children, a school time meal provided by Mission of Hope may be the only food they receive during the day. The program allows us to provide meals, vitamins, health education and hope in Jesus to a generation in need in a way that is economically responsible and beneficial to our communities. A big part of the vision to see Haiti transformed long-term is through sustainable local agriculture and meal packaging initiatives. These programs help farmers improve their livelihoods, provide for their families, and can ultimately play a big role in feeding the children of Haiti. Additionally, they also open up many new ministry opportunities to share the Gospel.



HAITI ONE

HaitiOne was birthed from a vision of God's people wanting to work together to see Haiti transformed for Christ. HaitiOne seeks to be more effective in bringing positive change to Haiti, as they resource each other's strengths and expand our impact together. Mission of Hope is a vital partner with HaitiOne.

POSSIBLE MINISTRIES TO BE INVOLVED WITH...



Each year, hundreds of people travel to Haiti with Mission of Hope. Short-term mission trips are an incredible opportunity to grow spiritually, to cultivate an awareness of the world and needs around you, and to respond to God's call to share the Gospel through personal and servant ministry. As a mission, MOH looks forward to the opportunity to introduce visitors to all the work God is doing in Haiti.

MOH and CGLC hope you will catch a glimpse of their vision and hope you will be excited to be a part of it. No two mission trips are the same. The most successful trips generally have a few things in common: strong group leaders, humble team members with a willingness to learn and serve, and respect for the host country and missionaries. Haitian lives are changed as a result of the groups that visit, and just as many North American lives are changed, too.

MOH and CGLC strive to offer everyone the opportunity for hands-on ministry. We trust that God will work through all the planning, preparation, and prayer to make your trip a powerful experience that glorifies Christ.

Groups have been known to do:

CHURCH ADVANCEMENT PROJECTS

Most teams will have 2 full days of work projects. These are specific projects that contribute to the physical needs of the village. These projects are a continuum of a transformation plan that has been developed by the local pastors in their village. Mission of Hope is continuing to build homes and latrines for those in surrounding villages. Many projects include light construction include laying block, shoveling, light roofing, gardening, painting etc.



STRATEGIC VILLAGE TIME MINISTRY

Teams will also have 2 full days of strategic village time ministry. At Mission of Hope one area of focus is to empower the local church and come alongside and support it in any way possible. Strategic Village Time allows us to build & maintain meaningful relationships with the Haitian people, train Haitian families in basic hygiene and gather significant demographic information with GPS coordinates of the homes we visit. We will be able to provide local pastors with a strategic view of their community. Your team will partner with MOH in this initiative to measure our effectiveness to reach every man, woman and child with the Gospel and evaluate our progress to bring life transformation to Haiti.

MOBILE MEDICAL CLINIC



As a medical group, your team will have the opportunity to participate in a mobile medical clinic. MOH runs mobile clinics to those that have limited access to medical care. Mobile clinics are carried out in surrounding communities in partnership with churches/schools that are part of the Mission of Hope network.

If you are interested in being part of the Mobile Medical Clinics while in Haiti, please contact Perry for more information.

PREPARING FOR YOUR TRIP

PASSPORT

All North Americans traveling to Haiti are required to have a passport for entry in to Haiti. You can check with your local post office for a passport application. Or, you can go to the U.S. Department of State web page: [travel.state.gov//content/passports](https://travel.state.gov/content/passports). If you are applying for a new passport, please allow 4 – 8 weeks to receive it. All travelers should bring a photocopy of the first two pages of their passport in their carry-on luggage in the rare event that your passport is lost. Your passport must not expire within six months following our travel dates. If that is the case, you must renew your passport prior to travel

TRANSPORTATION

All transportation in Haiti will be provided by Mission of Hope and accompanied by a translator. A Mission of Hope representative will meet our group at the airport in Port au Prince to escort us to their campus.



TRAVELERS INSURANCE

Traveler's insurance will be provided by Mission of Hope during our stay in Haiti.

MALARIA PILLS

We require that everyone acquire anti-malaria medication. You should consult your doctor for proper dosages.

Each person should bring an antibiotic such as Cipro and an anti-diarrheal medication.

IMMUNIZATIONS AND GENERAL HEALTH INFORMATION

All groups are encouraged to have the following vaccinations prior to traveling to Haiti:

- Required: Tetanus/Diphtheria (DT or Td)
- Required: Preventative malaria medication
- Typhoid immunization
- Hepatitis A/B

For complete information on immunizations and health while traveling to Haiti, please refer to the Haiti page on the Centers for Disease Control travel site at <http://wwwnc.cdc.gov/travel/>.



Allergy Disclaimer:

Haiti is an exporter of peanuts. If have this allergy it may not be safe for you to go to Haiti. Also, MOH uses peanut butter on the food buffets several times each week. If you have additional food allergies (gluten, dairy, etc.), you will need to bring supplemental food, as we are not able to avoid cross contamination. Due to kitchen limitations and lack of storage space, this food needs to remain with you and needs to be non-perishable (rice cakes, peanut butter packets, tuna packets, Chex cereal, protein bars, trail mix, etc). Thank you for your understanding. For severe food or substance allergies, plan to carry TWO Epi-pens.



Pregnancy Disclaimer: As a precaution, MOH recommends that any women who are pregnant or think they might be pregnant NOT come to Mission of Hope until further notice due to the potential risk of the Zika virus. While the infection is generally mild, it can be very dangerous to a developing fetus and has been linked to microcephaly in babies when the mother is infected with the virus during the first trimester.

Physical Condition Disclaimer: If you are over the age of 50 or have any health conditions (heart disease, diabetes, asthma, lung problems, severe allergies, mental illness, etc), have a thorough medical evaluation before traveling to Haiti and communicate those conditions/needs before arriving. Also, if you have a newly diagnosed condition or become ill before the trip, you should delay or reschedule your trip. Medical identification (tags, bracelet, card, etc.) must be carried by anyone with chronic illness such as diabetes or heart conditions.

Trips to Haiti can be moderately physically and mentally stressful and sometimes, greatly so, with high temperatures, intense sun, mosquitos, hilly terrain, and lots of walking. Persons with mental illness or physical disabilities are required to disclose such information to the CGLC & MOH before being approved to travel. Be sure to carry all prescriptions/required medications in your carry-on luggage. If you have a history of asthma or sinus/allergy problems, bring your medication, even if you haven't used it in a long time or don't need it at home.

COMMUNICATION AVAILABLE



MOH staff carries working cell phones, to be used in emergencies only. These are not to be used for any other communication by team members. Some American cell phone companies work on our campus. Reception may be spotty, as the MOH campus is located in the foothills. MOH recommends contacting your provider about costs to use your service in Haiti. Internet is available at the MOH guesthouse for purchase at \$5/hr or \$50/unlimited. Those purchasing will need a credit card, as well as a personal device.

PLANNING FOR EVERYDAY IN HAITI

BUNKING/ELECTICITY/FANS

Team members will stay in the MOH Guest Houses. Your team members will be separated by gender into separate rooms, each with up to seven twin bunk beds. You may want to bring earplugs, if you are a



light sleeper! There is no air conditioning; however, the rooms have ceiling fans and we encourage individuals to bring small personal fans. Standard US three-pronged electrical outlets are available in all rooms. Each room has a standard bathroom with running water. Mission of Hope will provide a pair of clean sheets for you, as well as a pillow. All rooms are locked and team members are given entry codes.

WATER

Please do not drink or brush your teeth with our tap water. Purified water will be provided for you at the Mission. We encourage you to drink as much purified water as possible. Make sure you are drinking continuously, even when you do not feel thirsty. You will need to bring areusable water bottle for the week.

SHOWERS

Please shower with as little water as possible as water is very precious in Haiti. It is strongly encouraged to turn the shower on to rinse, off to lather, and on to rinse again. The same is suggested for the washing of hands: on, off, on.

FOOD

Our team has been given a required materials list from the stateside Mission Trips Coordinator. MOH will prepare most of the meals for you and other visiting



groups' meals throughout the week with these items. This is an effort to reduce

overall trip costs, as it is more cost effective to purchase these items in North America. Our team will enjoy a variety of both Haitian and American meals.



HANDOUTS TO LOCALS

Mission of Hope kindly asks you not to hand out any items to local Haitians while you are interacting inside or outside of the Mission of Hope campus. This includes but is not limited to money, candy, toys, or water. MOH is working for lasting change in Haiti and are trying to discourage local Haitians from seeing/expecting handouts from North Americans visiting in-country. Mission of Hope is striving to encourage a culture of Haitians helping Haitians. There will be an opportunity to donate items at the end of your mission trip. These items will be distributed through the local church & Village Champions to the surrounding partner villages.



MARKET OF HOPE & SOUVENIR OPPORTUNITIES

Mission of Hope has a gift shop on campus with many items to choose from. We carry the 3 Cords ministry handbags and accessories. Other items include shirts, hats, Haitian art, baskets and journals. There is also Haitian coffee available for purchase. The amount of money you take will depend on your desire to buy souvenirs. Cash and credit cards are accepted. We recommend bringing cash in small bills. There is a Haitian vendor set up on campus called Madame Cheap Cheap's. Here you will find all sorts of local Haitian art and souvenirs. Additionally, there are beach vendors on your final day at Wahoo Bay Beach. Madame Cheap Cheap & the beach vendors are cash only.

LOSSES

Mission of Hope & CGLC and/or its employees, agents, or volunteers are not responsible for any team member's lost money, stolen money, damaged luggage, lost luggage, or loss of any other personal property. We do everything possible to prevent these unfortunate incidents; however, they sometimes occur despite our efforts.



OTHER POLICIES:

MOH is a smoke free environment. However, if you must smoke, inform the stateside Mission Trips Coordinator prior to leaving for Haiti. All alcohol, drugs and firearms are prohibited by all MOH guests.



DAILY GROUP DEVOTIONS

Each day, First Lutheran's group will gather to spend time talking through trip details, sharing about our experiences, and praying. During this time we will have time for a short devotional time lead by people on our trip. If you are interested in leading one of these devotional times, please contact Perry.

Typical Daily Schedule:

7:00-7:30	Breakfast (people often up between 6:00 and 6:30)
7:30-8:00	Devotional time
8:00-12:00	Work Project (including physical, manual labor)
12:00-1:00	Lunch
1:00-5:00	Work Project or visits to the village of Source Matelas
6:00-7:00	Dinner
7:00-9:00	Reflection Time Rotate dish duty Free time (cards or games) Tuesday evening worship Friday movie night with Hope House kids Other (evening worship/testimony by MOH personnel)



Sunday morning is worship, followed by lunch and another planned activity

First and last days are full travel days

Day before departure generally intended to be a beach day

MEETING YOUR SPONSOR CHILD

Mission of Hope is blessed to host the School of Hope with almost 37,700 students attending as well as the Village of Hope Orphanage with over 62 children being cared for full-time. If you are a sponsor of one of these precious children and would like to schedule a meeting, please let Perry Petersen know. If another child sponsor asks you to deliver a package, please make sure Perry is aware of that so we can include that child's name in the request we make to MOH. If the child's name is not in our request, we won't be able to present that package in person.



Perry will work with Mission of Hope staff to arrange your meeting during our time serving in Haiti. Visits with students at our main campus in Titanyen will take up a half day of our trip schedule.



If you would like to take a package for your sponsored child, please do the following:

1. Prepare a gift package that will fit in an 8"x10" envelope and in your own luggage.
2. Possible gifts to include: short letter to your child that will be translated, pictures of you/your family (although none that serve to display "wealth"), a small photo book that could be used to keep these and future pictures, paper and crayons, hard candy, hair accessories for girls (especially the pony tail bands with small plastic balls, or barrettes), balls (especially soccer balls - - these are a huge hit), small dolls for young girls, t-shirt if you're familiar with your child's size (always erring on the larger size), small cars/trucks for young boys, etc. These



are just ideas - every gift is precious to these children/young adults!

3. Please know all efforts will be made by CGLC and MOH staff for you to spend time with your sponsored child. Just in case the student is not available during the time we are on our trip your package can still be given to your student later. To help this happen please write on the outside of your package your child's first and last name, their # (important to include for identifying the sponsored children), and your name.

FLIGHT INFORMATION

Flights from the Twin Cities have been arranged through Community of Grace. Please meet Perry at the main Minneapolis airport-Terminal 2 in front of the Southwest check in at no later than 5 a.m. Below is the information on our the flights.

January 12	Flight AA4608	MSP to MIA	6:05AM	10:45AM
January 12	Flight AA971	MIA to PAP	3:37PM	5:38PM
January 19	Flight AA903	PAP to MIA	1:55PM	4:08PM
January 19	Flight AA4678	MIA to MSP	8:35PM	11:23PM

FINANCIAL INFORMATION:

MOH Costs (lodging, meals, transportation, etc.)	\$575 person/\$285 child (ages 12 & under)
Estimated airfare (Flights through group sales)	\$950
Estimated additional food/supply cost/person	\$75
Total	\$1,600 person/\$1310 child

**(High School or younger students will have \$100-300 in sponsorships available from a fund set aside by the missions fund and student ministries.)*

Costs above paid to CGLC will receive a receipt from CGLC.

Additional out-of-pocket costs you may incur:

- 1) \$90 for checked bag of supplies at the airport. Break down-\$25 each way for your first checked bag and \$40 one way for our trip supply bag.
- 2) The costs of vaccinations and prescriptions, if not covered by insurance; (Hep A, Hep B, Typhoid, anti-malarial, antibiotic, and Tetanus if not current)
- 3) The costs of your food at airports on the two travel days
- 4) \$10 Tourist Tax that you pay in the PAP airport
- 5) \$5/hour or \$50/unlimited Internet for the week
- 6) Souvenirs available at MOH store, MOH vendors, and beach vendors

Payment Due Dates

Spots on the trip are currently limited at 20 spots at this price. The first 20 deposits secure a spot and are on a first come, first served basis. Additional spots may be acquired at additional cost.

- October 7: \$400 deposit
- December 9: \$1,165 final payment (minus any fundraising)

Important Dates

- **November 4:** Medical Release of Liability waivers are due.
- **December 9: Team Meeting-**All people going on the trip need to attend this important meeting. At the meeting we will go over up-to-date trip information and get to know others who are going. At this meeting final payment is due. The meeting will be at 10:30 a.m. in the Fireside room (across from the nursery)
- **January 6: Commissioning and Final Meeting-**The Service Team will be commissioned as missionaries by our church at each of our four worship services. This is a great experience as our church family prays for us and the ministry of MOH. Also on Sunday there will be the final meeting for the trip following the commissioning at the 10:30 service in the Fireside room. At this meeting we will go over final details on our trip and hand out your second checked bag
- **TBD: MOH Weekend-**A time to celebrate our partnership with MOH through a gathering on Saturday night and at worship on Sunday. On Saturday night, trip members get together to reconnect, share pictures, and share their trip experience with other trip alumni and child sponsors.



Brushing up on Creole

You may want to brush up on your Creole before coming. Take a look at the phrases below!

HAITIAN	ENGLISH
<i>Mesi...Padkwa</i>	Thank You...You're Welcome
<i>Alo...M'ale orevwa</i>	Hello...Good-bye
<i>Eskize'm...</i>	Excuse me
<i>Bonjou...Bonswa</i>	Good morning...Good evening
<i>Bonjou madanm...Bonjou Mesye</i>	Good morning madam...Good morning, sir
<i>Bonswa manman...Bonswa Papa</i>	Good evening mommy...Good evening daddy
<i>Ki jan ou ye?</i>	How are you?
<i>Byen mesi, e ou menm</i>	Fine thank you, and you?
<i>Tre byen, mesi</i>	Very Well, thank you
<i>Pa two byen</i>	Not too well
<i>Ki jan tout moun yo ye?</i>	How is everybody?
<i>Tout moun yo tre byen</i>	Everybody is fine
<i>E ki jan fanmi ou yo ye?</i>	and how is your family?
<i>Fanmi' yo byen, mesi'</i>	My family is doing well, thank you
<i>M kontan we ou</i>	I am glad to see you
<i>M'ale, n'a we pita</i>	Goodbye, I will see you later
<i>Konbyen?</i>	How much does this cost?
<i>Ki laj ou gen?</i>	How old are you?
<i>Ko' man ou rele?</i>	What is your name?
<i>Shita</i>	Sit
<i>Kampe</i>	Stand
<i>Vini</i>	Come
<i>Souri</i>	Smile
<i>M pa Konnen</i>	I don't know



DRESS CODE

Haiti's culture is one where someone can easily offend another by wearing an inappropriate outfit. The local Haitian pastors have requested that, in order to respect the culture and be most effective in ministry, we abide by the following dress code. MOH & CGLC staff on the ground reserves the right to ask you to change if you do not comply. Thank you for your understanding!

WOMEN

Skirts

- Bring 2-4 skirts that are at least to the knee or longer
- Must wear for church on Sunday
- Must wear during SVT
- Leggings can be worn under skirts that are to the knee or longer

Shorts/Pants/Capris

- Bring 1-2 pairs of shorts to the knee/loose-fitting pants/loose-fitting capris
- Can be worn in village on CA Project days
- NO yoga or workout pants outside of Guest Housing
- Jeans can be worn to church on Tuesday night.

Shirts

- Bring 4-6 simple, solid, light weight, breathable shirts
- Shoulders, chest, and back must be covered
- NO tank tops or spaghetti straps outside of Guest Housing

Swim Suits

- One-piece or tankini

Shoes:

- Durable sandal (Chacos/Texas)
- Tennis shoe
- Shower flip-flops

MEN

Shorts

- Bring 2-3 pairs of shorts
- Athletic shorts can be worn for CA Projects
- Khaki, Cargo, or Hiking Shorts (non-athletic) can be worn for SVT in the village

Pants

- Bring 1-2 pairs of pants for church on Sunday and Tuesday
- Nice jeans recommended and dress pants are preferred

Shirts

- Bring 4-6 simple, solid, light weight, & breathable shirts
- Collared Shirt for church on Sunday and Tuesday
- No tank tops outside of Guest Housing

Swim Suits

- Trunks – No Speedos!

Shoes

- Durable sandal (Chacos/Texas)
- Tennis shoe
- Shower flip-flops



MOH PERSONAL PACKING LIST

- Passport
- Personal size water bottle (1 quart size is recommended, one that can be used all week)
- Hat
- Sunglasses
- Small fan (electric)
- Journal, pen, and Bible
- Camera
- Old outfit for working/painting
- Church appropriate outfit (see Dress Code)
- Pair of comfortable shoes
- Pair of sandals
- Women-4-6 skirts past knees
- Toiletries (toothbrush, toothpaste, soap, shampoo)
- Towels (bath /beach) & wash clothes
- Sunscreen
- Insect repellent
- Personal and group snacks
- Anti-diarrhea medicine
- Malaria medicine
- \$1 bills for soda and souvenirs
- Work gloves
- Mosquito nets w/four corners
- Flashlight
- Gift for sponsor child (optional)



PICTURES FROM PAST TRIPS



gracepeople.church/haiti