

# Haiti Travel List

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## PACKING LIST

- Vaccinations
- Malaria medication
- Passport (of course!)
- Bug spray or wipes
- Hand sanitizer
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- Flashlights
- Extra batteries
- Hydrocortisone cream
- After Bite
- Chewable Benadryl
- Rx medications
- Reusable water bottle
- Shower sandals
- Comfortable walking shoes (closed toe)
- Sandals
- Electrolytes

## PACKING LIST

- Food allergy cards
- Medical alert jewelry
- Snacks
- Tylenol or other OTC pain reliever
- Cooling towel
- Mini fan or misting fans
- Charging banks
- Journal or notebook
- Camera or camera phone
- Spare water bottle
- Ear plugs
- International calling or data plan for your phone
- Backpack, waist pack, or travelers stash pack
- Cash

## NOTES