

Haiti Packing List

The following list is to be used in conjunction with the following standard Mobile Sleeper Company packing list. Pack to be as self-sufficient as possible for a minimum of 30 days. Assume that you will not be able to get anything while on location. Do not pack anything that is irreplaceable or would cause you to become distraught if lost or ruined.

- Sturdy Footware-multiple pairs
- Light weight long sleeved shirts and long legged pants
- Hat
- Rain gear
- Bug spray (with DEET if possible)-multiple cans/bottles
- Personal flashlight and extra batteries
- Sunscreen (minimum 15 SPF), lip screen
- Comfort material: family photo, favorite music, books, religious material, etc.
- Personal alcohol based hand sanitizer – multiple bottles
- Feminine hygiene supplies*
- Personal medication for the duration of the trip and an extra supply (blood pressure, cholesterol, insulin, etc.), minimum of 30 day supply
- Over the counter meds: Anti-fever medication (Tylenol, Advil, etc.), antacid, laxative, anti-diarrheal, decongestant, antihistamine, anti-motion sickness, antifungal and antibacterial creams, hydrocortisone cream, anti-itch gel or cream for insect bites and stings, aloe gel for sunburns, moleskin blisters *
- bandaids
- Toiletries- such as tooth brush/paste, shampoos, soap, deodorant, Q-tips, razors, toe nail clippers, etc.
- Photo copy of all travel documents: next-of-kin contact information, first page of passport, driver's license, emergency telephone numbers, blood type, Social Security number.

*These items are recommended and are not required. We strongly suggest you have them available, especially if you have previously experienced any symptoms that required any of these over the counter treatments.

Mobile Sleeper Company Packing List

Required

Accurate watch
Work Gloves
Flashlight
Alarm clock
Company work shirts
Blanket/sleeping bag, pillow
Tennis shoes or work boots
Cool weather sweatshirt or jacket
Towel
Laundry bag

Personal necessities

Underwear
Socks
Toiletries
Shower shoes
Medication-minimum of 30 day supply

Additional Items

Hat, extra t-shirts**
Shorts
Paperback books
Notebook pens/pencils
Small —tunes provider (am/fm radio, ipod, personal cd player, etc)

It is always good to have a few recreational items along with you-because there will be down time while on location. For example, travel games, cards, cross stitch, knitting-or anything else within reason. Do not bring anything that if lost or broken will devastate you. Remember, all your items are subject to the weather conditions just like you! If you have any questions regarding these or any other items not mentioned, please ask.

** Feel free to bring extra shirts that are not part of the daily uniform, absolutely no tank tops or spaghetti strap tops-all personal shirts must have sleeves. Due to the variety of T-shirts available, we request that you only bring solid color shirts as your extras. The purpose behind such simplicity is to avoid accidentally offending someone by the design and/or wording of our clothing. Remember, even though we are —off duty we are still in our working environment