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**Planning for Your Trip: Part 1**

**This form is to be provided by the local trip coordinator to each participant at the first planning meeting.**

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PLEASE READ THIS MEMO IN ITS ENTIRETY. EACH PARTICIPANT IS RESPONSIBLE FOR ALL INFORMATION IN THIS MEMO.

1. Your first step after God has called you to participate in His work in Haiti is to complete **an application and consent form**. You will find these forms on the Mission Haiti Medical website, under the Resources tab (trip kit). **You must turn your application, consent form, photocopy of your passport, and your $100 deposit in to your local trip coordinator in order to secure your spot on the trip.** *Please make your check out to the organization affiliated with your local trip coordinator (usually a church), rather than Mission Haiti Medical, Inc.* The total cost of the trip is $600 plus the cost of your flight, usually a total cost of $1400-1600. *Please note that your $100 deposit is nonrefundable.*
2. Use the to-do list from your trip kit (from the website) to help you plan for medical needs and obtaining your passport. You should begin referencing this at least 7 months in advance of your trip.
3. Also in the trip kit is a packing list, which is helpful when it comes time to pack. *Do not bring anything with you that you would be upset to lose.*

DO NOT bring plug-in appliances for hair care, such as blow dryers, curling irons, straighteners, etc. These appliances require too much power and are a drain on the generator. If you would like to curl your hair during the trip, you may purchase a butane curling iron and put it in your packed luggage.

1. For medical trips: This clinic supplies list changes frequently as the availability of various medications in Haiti changes. When possible, it is better for the local Haitian economy for medicines to be purchased in Haiti. Dr. Mark should be consulted before gathering medicine to determine the appropriate medications that can be brought into the country. ***Each participating church should make plans to collect medicines or provide money to help cover the purchase of medicines.***
2. Packing: For large groups, there will be a “packing party” before departing for Haiti. At this “party”, you should bring an empty suitcase to pack. Regulations regarding number of bags allowed and associated rules change frequently. Your trip leader will inform you whether or not you will be allowed a second suitcase, or if all your personal items must be packed in your carry-on and “personal item” (usually a backpack). Please do not assume you can bring an extra suitcase and just plan to pay the fees – some flights may have smaller planes, where luggage space is limited. We want to be sure our luggage travels with us, so we decrease the possibility of losing luggage or not having medical supplies when needed. You should check with the airline before packing to become familiar with current regulations as to size and weight of allowable bags for international travel.
3. Conduct: There will be no alcohol, tobacco, or illegal drugs tolerated on the trip. If you bring personal medication, please bring it in the pharmacy container in which you received your medication. If you bring unidentified medication, you may lose it in Haitian customs. ***If you bring illegal drugs or if you purchase illegal drugs in Haiti, you will be sent home immediately at your own expense***. Not only can use of Haitian-purchased street drugs be lethal, but possessing or buying illegal drugs in Haiti can put the entire group at risk. There will be no exceptions to this rule.
4. Attire: Women should dress modestly at all times. You may wear fingertip or longer shorts on the compound, sleeveless or short-sleeved tops (no spaghetti straps), and should wear knee-length or longer skirts/dresses or scrubs off the compound. Never should cleavage or midriffs be shown. Swimsuits should be modest and one-piece. Men should dress modestly and should wear long dress pants or khakis to church. Speedo swimsuits should not be worn to the beach. Haitians generally wear their finest clothes to church, and generally women’s shoulders are not bare. In Port au Prince and other more metropolitan areas, acceptable dress is different than in rural areas. If your trip includes days only in the Port au Prince area, you may wear fingertip or longer shorts/pants and sleeveless tops (women). It is still more preferable for men to wear long pants, but jeans are acceptable in Port au Prince.
5. You should review **F3 Planning for Your Trip do’s and don’ts**. You will be responsible for this information.
6. To get the most out of your trip, and to be the most effective, it is strongly encouraged that you read Giving Wisely by Jonathan Martin before going on the trip. This book can be purchased for $10 from your local trip coordinator.