

# PERSONAL CHECKLIST

1. Arrange your vacation time.
2. Arrange your transportation to arrive in Florida the day before we leave for Haiti and depart from Florida the day after we return from Haiti. Contact OAKS when your arrangements have been finalized so we can make plans to pick you up at the airport if needed.
3. Add the monthly team building dates to your calendar.
4. Get you anti-malaria medication. Make sure you understand when you are to start it and how often you are to take it.
5. Pack your bag using the following packing Guidelines. Remember no more than 30 pounds of luggage including your carry on



# PACKING GUIDELINES

- \_\_\_\_\_ 5 sets of Medical-scrubs are provided by OAKS
- \_\_\_\_\_ 7 pair of underwear and 7 changes of socks
- \_\_\_\_\_ 1 pair of heavy-soled shoes (for Construction Team)
- \_\_\_\_\_ 2 pair of sneakers or clinic shoes (for Medical Team)
- \_\_\_\_\_ 1 set of ministry clothes for church service  
(**Dress or skirt for women required and dress shirt & tie for men**)
- \_\_\_\_\_ 1 set of casual clothes for travel (Capri pants or skirts OK for women)
- \_\_\_\_\_ 1 pair of comfortable ministry shoes (closed toe) for church service
- \_\_\_\_\_ 1 pair flip-flops for shower and around compound
- \_\_\_\_\_ 1 hat to shield face from sun
- \_\_\_\_\_ 2 sets of casual clothes for compound (Capri pants, long shorts or skirts OK for women)
- \_\_\_\_\_ Rain poncho
- \_\_\_\_\_ Sweatshirt, sweater or jacket
- \_\_\_\_\_ Sunglasses & Bandanna (or dust masks)
- \_\_\_\_\_ Toiletries (incl. soap) for appropriate timeframe - remember no electric items
- \_\_\_\_\_ Bible/Pen/Journal
- \_\_\_\_\_ Towel and washcloth
- \_\_\_\_\_ Covered water bottle
- \_\_\_\_\_ Camera and film - if desired
- \_\_\_\_\_ Alarm clock with new batteries
- \_\_\_\_\_ Flashlight with new batteries
- \_\_\_\_\_ Insect repellent (w/deet), sunscreen and hand sanitizer (i.e. Purell)
- \_\_\_\_\_ Passport
- \_\_\_\_\_ U.S. driver's license
- \_\_\_\_\_ Personal money for souvenirs and extras (\$50 or so in small bills)
- \_\_\_\_\_ Malaria medications and any personal medications if applicable
- \_\_\_\_\_ Personal snacks (i.e. Small packs of peanuts, Granola Bars/Energy Bars, Trail Mix  
Favorite Candy Bar, Cheese Crackers, Peanut Butter Crackers, Crystal light powder to add to water)

**WEIGHT LIMIT IS THIRTY (30) POUNDS TOTAL (for both carry on and checked baggage)...**

*You will be asked to leave excess behind at the airport if your total combined baggage exceeds thirty pounds!!!*

