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# MFH Team Member Information

**Mission for Haiti, Inc.**

2123 Old Spartanburg Road, Suite 196

Greer SC 29650

864.631.2233

Team Information at: [www.missionforhaiti.org](http://www.missionforhaiti.org)

*(Summer 2017 Revision)*

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Dear Friend:

We are so delighted that you are interested in traveling to the Republic of Haiti to help with the mission work founded by Oran and Arshaloos Bell in 1947. The information in this booklet will aid you in all areas of preparation.

The primary goal of Mission for Haiti, Inc. is to evangelize the lost and disciple the saints in the Word of God. The various team activities (construction, medical, etc. ) are merely the means to accomplish our ultimate goals.

Because Haiti is a Third World country, preparation is very important. Please refer to this booklet often. Personal items should be lightweight and all toiletries should be in miniature. You may check *one* 50 lb. piece of luggage, have a personal carry-on item, and another small carry-on — all free of charge. (*Always be sure to read current on-line TSA requirements as well as baggage information listed for your airline and flight.*)

Mission for Haiti requests that our guests not enter into any agreement with or make any financial gifts to any of our Haitian nationals without first consulting with the directors.

If you have any questions about your trip, please do not hesitate to call us or your team leader. May the Lord bless you as you serve Him in Haiti!

Sincerely in Christ,

Tom and Sarah Bennett

***“Taking Root Downward ~ Bearing Fruit Upward”***

## Documentation & Immunizations

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- Valid US passport (*cannot expire 6 months from your date of arrival in Haiti*)
- Typhoid Vaccine
- Hepatitis A and B Vaccines
- Tetanus Vaccine
- Other immune system builders of your choice

Notes: \_\_\_\_\_  
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- Begin your immunizations early! You may be immunized by your regular physician or at your local health department.

## Money Checklist

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**DOMESTIC AIR FARE** (*round trip to/from Haiti; approx. \$600-\$800*) \$ \_\_\_\_\_

**AIR or LAND TRAVEL FARE** (*to & from Port au Prince and Jacmel*) \$ \_\_\_\_\_ 60

**TAXI & TIPS, etc.** in Port au Prince (*round trip to/from main airport to MAF*) \$ \_\_\_\_\_ 25

**FOOD, UTILITIES, HOUSEKEEPING SERVICES** per week \$ \_\_\_\_\_ 185

- Check made payable to “Mission for Haiti” by: \_\_\_\_\_
- Have lots of \$1.00 bills to allow for tipping, a Coke along the way or general miscellaneous to and from Haiti.
- See “Last-day Checklist” on back.

## Mandatory Insurance

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- Each team member must secure his or her own emergency medical insurance.
- Alyssa Wright - Insurance Brokers of America
- (800) 647-4589
- alyssa@isabrokers.com
- Proof of coverage and the “Permission/Medical Emergency Form” must be given to your team leader one month in advance.
- Another excellent plan (Emergency Assistance Plus) is offered through NRA. Visit [www.nraendorsedinsurance.com/emergency-assistance-plus](http://www.nraendorsedinsurance.com/emergency-assistance-plus)

## Just for Ladies

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- 5-6 very lightweight, cotton jumpers or skirts w/tops, or dresses\*
- 1 "Sunday" outfit
- tennis shoes or sandals for traveling
- sandals/flip-flops
- 1 pr. "Sunday" shoes (opt.)
- 7 prs. underwear, numbered & initialed
- at least 1 roll of toilet paper per week of your visit! (not optional!)
- razor
- wetting/cleaning solution for contact lens
- eye glasses/reading glasses
- sunglasses
- toothpaste/brush/retainer
- dental floss
- small container of liquid body soap for your personal use
- deodorant
- small mirror
- small scissors/tweezers
- baby powder/talc
- shampoo/conditioner
- hair rollers/hair spray
- brush/comb
- blow dryer/curling iron (opt.)
- vitamins
- medications
- Neosporin®/Lomotin®/Cortisone cream/Benadryl
- Band-aids®
- Off! Skintastic Insect Repellent®-unscented or Deep Woods OFF!® (must be 20-30% DEET®)
- Tylenol®
- sanitary supplies
- Kleenex®
- alarm clock
- ear plugs
- small Bible
- camera
- good flashlight with extra batteries

**• All liquids, pastes, gels, and aerosols in your carry-on must be in 3-ounce or smaller containers and fit into 1 quart-size, clear plastic, zip-top bag.**

- Please ladies, no spaghetti straps or tank tops unless you plan to wear a top underneath. Loose fitting tops, skirts and dresses are best. Sleeveless is fine if it does not cut in too far at the shoulder or under the arm. No jeans or shorts, please. Dress modestly as it is too hot to wear a slip.

## Just for Men

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### • Initial all clothing with a permanent marker!

- \_\_\_ 3 very lightweight, cotton shirt and pants/shorts sets
- \_\_\_ 1 short-sleeve dress shirt, tie, and pants for Sunday
- \_\_\_ work shoes
- \_\_\_ 3 pairs underwear and socks
- \_\_\_ at least 1 roll of toilet paper per week of your visit! (**not optional!**)
- \_\_\_ razor/shaving cream or electric razor
- \_\_\_ wetting/cleaning solution for contact lens
- \_\_\_ eye glasses/reading glasses
- \_\_\_ sunglasses (*opt.*)
- \_\_\_ toothpaste/brush/retainer
- \_\_\_ dental floss
- \_\_\_ small container of bar soap for your personal use
- \_\_\_ deodorant
- \_\_\_ brush/comb
- \_\_\_ vitamins
- \_\_\_ Neosporin®/Lomotin®/Cortisone cream/Benadryl
- \_\_\_ medications
- \_\_\_ Band-aids®
- \_\_\_ Deep Woods Off !® or 100% DEET (Walmart)
- \_\_\_ Tylenol® or other
- \_\_\_ ear plugs
- \_\_\_ small Bible
- \_\_\_ camera (*opt.*)
- \_\_\_ good flashlight with extra batteries
- \_\_\_ 2 pairs WORK (not leather) gloves
- \_\_\_ sun screen
- \_\_\_ baseball or sun hat
- \_\_\_ eyedrops

### Tools

- \_\_\_ good hammer
- \_\_\_ tape measure
- \_\_\_ sheet rock knife
- \_\_\_ carpenter pencil
- \_\_\_ tools of your particular trade

• **All liquids, pastes, gels, and aerosols in your carry-on must be in 3-ounce or smaller containers and fit into 1 quart-size, clear plastic, zip-top bag.**

• Leave all jewelry at home; wear a cheap watch.

## Food, Serving, and Misc. Items to Take \_\_\_\_\_

- The amount paid to Mission for Haiti, Inc. listed under “Money Checklist” includes laundry, cleaning, water, electricity, propane gas, and food. We ask that you bring the following items to help with meals.

\_\_\_\_\_ 2 large cans white **chicken** (approx. 12 oz. each)

\_\_\_\_\_ 2 large cans Albacore **tuna** packed in water, NOT oil (approx. 12 oz. each)

\_\_\_\_\_ 2-1lb. canned **ham** (DAK) OR 1 lb. other brand

\_\_\_\_\_ 1-8 oz. **cheddar cheese** (Please do NOT forget & leave in frig at home!)

\_\_\_\_\_ 1-18 oz. pkg. **Gatorade®**

\_\_\_\_\_ 1-18 oz. pkg. **Tang®**

\_\_\_\_\_ 1-18 oz. pkg. **Country Time Lemonade**

\_\_\_\_\_ 6 small lemon or lime **Kool Aid®** packets

- Feel free to bring snacks such as:

\_\_\_\_\_ snack crackers

\_\_\_\_\_ cookies

\_\_\_\_\_ Pringles

\_\_\_\_\_ peanuts

\_\_\_\_\_ M&M's

- Please check with Sarah Bennett (864.631.2233) concerning paper products and which items below you should bring for **your particular group**.

\_\_\_\_\_ 25 heavy paper plates (Team total: 250 plates)

\_\_\_\_\_ 25 plastic forks

\_\_\_\_\_ 1 **roll toilet paper** per week of your visit (*not optional!*)

- Please always keep weight and size in mind. Also remember, your canned food items, cheese (whether liquid, paste, or gel) may NOT be in your carry-on.

## Haitian Customs

- Do not give anything—money, clothing, shoes, or candy to the Haitians without first asking Sarah Bennett.
- Avoid games and horseplay with bodily contact.

# Important Information \_\_\_\_\_

Mission Directors	
Tom & Sarah Bennett	(864) 631-2233
Construction Team Leaders	
Craig Dehmel	(810) 348-0363
Other Team Members	
Physician	
Other Important Numbers	

- Your team leader must be made aware of any physical or medical precautions!
- There must be two copies of your “Permission/Emergency” form. One copy must travel with your team leader to Haiti, and one copy must be on file at the Mission for Haiti office in Greenville. *(You will receive a PDF.)*

## Last-day Checklist

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My carry-on contains:

- passport
- plane ticket(s) or e-ticket | boarding pass
- money
- 1 small plastic container of water (*opt.*)
- snacks
- toiletries (All liquids, pastes, gels, and aerosols in your carry-on must be in 3-ounce or smaller containers and be able to fit into 1 quart-size, clear plastic, zip-top bag.)
- 1 change of underwear
- glasses
- medications
- cell phone | charger (*opt.*)
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- Also remember that your canned food items, mayonnaise, cheese, etc. may NOT be in your carry-on.

## Creole/French Words & Phrases

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good morning	bonjour [bo-zuir]
good evening	bonsoir [bo-swair]
Mr.	monsieur [meh-sjur]
Miss	mademoiselle [ma-dm-wa-zel]
Mrs	madame [ma-dam]
thank you	merci [meh-see]
yes	oui [wee]
no	non [no]
God	Bondye [bo-dee-yuh]
How are you?	Comment ça va? [ko-mah sah vah?]
Fine	Bien [bee-ye]