

Planning a Trip to Haiti



Basic Pre Arrival Guide



Students for Haiti Inc.

<http://www.studentsforhaiti.org>

Haiti: A developing Country

For many of you this will be your first time traveling to a developing country, you might be excited and nervous all culminating in some turbulent emotions. Just remember that this will be an eye-opening experience and if you go into it with an open mind and heart you will enjoy your stay however long it is!

With this short guide we hope to touch on some pre-travel questions you might have! You can visit studentsforhaiti.org for a more in-depth look at these topics.



PASSPORT/VISA: DO YOU NEED ONE?

YES you will need a passport that does not expire 6 months after your arrival date to Haiti.
NO you will not need a visa unless you are a national from the following countries:
Colombia, Panama, Dominican Republic.

VACCINATIONS/MEDICINE

BEFORE traveling to Haiti it is strongly suggested to go to a Travel clinic. Here are some things you should ask about:

- ⌘ Hepatitis A/B
 - ⌘ Tetanus/Diphtheria (DT)
 - ⌘ Typhoid immunization
 - ⌘ Preventative malaria medication
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Things to Pack

CLOTHES:

Depending on the season this could vary but it is suggested to wear clothes that are conservative (i.e not overtly revealing or flashy). Leave jewelry and anything of value at home. Sweat-resistant clothes most useful.

MEDICINES:

A headache/ pain reliever, diarrhea medication, and depending on your ability to handle long, bumpy car rides a motion-sickness relief might also come in handy. Over the counter medication is



not readily available in Haiti so come prepared!

WATER CONTAINER/ FOOD:

A major challenge for you while in Haiti will be staying hydrated! Water sanitation can be precarious so bring a water canteen that you can easily refill when a clean water supply is accessible. When it comes to food, you will be able to bring sealed products into the country. Granola bars, oatmeal, and high protein/ nutrition bars can be a lifesaver. Gum/Mints for a sugar boost.

MISCELLANEOUS ITEMS:

- Hand Sanitizer/ Lotion
- Listerine/ Toothpaste
- Body spray/ Deodorant
- Zip-lock bags to protect from insects/water
- Cigarette/ tobacco users may want to bring nicotine gum/patches

MONEY:

In Haiti the currency used is the gourde however US dollars are used everywhere. How much to bring? Depending on the length of your stay and what you will be doing, this may vary. You may not need to bring much if food, travel, and lodging have been arranged. If you are only staying in Haiti for a few weeks \$100-150 USD will be more than enough. Be sure to bring cash in ones, fives, and tens. If you plan on buying a lot of things prepare accordingly.

SAFETY:

When visiting anywhere utilize common sense: here is our short list on what you can do to ensure your safety while in Haiti.



1. Keep passport on your person at all times and keep a photocopy in your bag
2. Never travel alone anywhere
3. Leave an itinerary of what you will be doing, where, and who to contact on the ground in Haiti; leave this with parents or reliable contacts
4. Decentralize important items: disperse money in several locations: carry-on, wallet, shoe, etc.
5. Dress conservatively nothing flashy or that will draw attention your way- wear as little jewelry as possible

More...

To find out more information on travelers insurance, medical insurance, best practices when interacting with Haitian people and some basic Haiti phrases to keep in your pocket please visit studentsforhaiti.org!

