

Way To Health

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Haiti Mission Trip June 2022

Before you go:

One of the most important things you can do to ensure you experience the best possible mission trip is to plan ahead. Third world travel can be unpredictable and always requires flexibility, but you can eliminate many “surprises” by being well prepared.

Passport: The Haitian authorities require that all Americans entering Haiti have a valid passport. You will not be allowed into Haiti without one. Check with your post office for a passport application, or go to the U.S. Department of State web page, <http://travel.state.gov/passport>

All travelers should bring two colored photocopies of your passport. Give one to the team leader and keep one in your personal baggage.

Immunizations/Medical requirements

Because we are a medical mission, we recommend the following (more information is available on CDC.gov):

Anti-Malaria medications. Usually this is Doxycycline 100mg, 21 tablets. One a day for 7 days before you leave, one a day while in Haiti and continue one a day after arriving home until all tablets are gone. Ivermectin is a good choice for Malaria plus parasites.

Typhoid vaccine, is a tablet

Influenza (if in season)

Tetanus injection

Hepatitis A and B vaccines. Both of these are a series of three separate vaccinations.

Cipro antibiotic if dysentery should settle in your bowels.

Covid 19 test within 3 days of travel, bring printed test results. Our return to the US will require a negative covid test which we will secure in Haiti before our return.

Medications

Medical Identification Bracelets must be carried by anyone with chronic illness such as diabetes or heart condition. List medical diagnosis on mission information page, your team leader will need to know this information. If you are taking prescription medications, bring enough to last the entire trip.

Each person should bring with them an anti-nausea/motion sickness drug like Phenergan (ask your Dr) and an anti-diarrheal like Pepto Bismol. Also strongly consider bringing bug spray and sunscreen.

Jewelry

Leave it at home! We do not want to bring attention to ourselves with expensive jewelry or diamonds. Wearing a simple cross necklace can be beneficial but nothing expensive please.

Packing

Everyone is permitted one large piece of luggage weighing no more than 50 lbs., one carry on suitcase and one backpack/purse/satchel. The airline will outline the exact dimensions if you need to check. We ask that you use the carry on and or backpack for your personal items so that we are able to use the large checked suitcase for group items or medical supplies that we have collected to go into Haiti.

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In your carry on/backpack:

Passport

Color copy of your passport, give one copy to the team leader

Covid test result printed

Medications

Money-small bills

Toiletries, anything over 2 ounces put in a large group suitcase

Sweat rag/bandana

Refillable water bottle (fill with water after we pass security in the United States) Life Straw are preferred.

Ladies: nice skirt/dress for church, everyday wear, and at least one set of scrubs (I get mine at Goodwill).

Gentlemen: nice shirt and pants for church, everyday wear and at least one set of scrubs (I get mine at Goodwill).

Comfortable walking shoes and sandals

Swimsuit

Large Suitcases, up to 50 lbs.

Haiti lunch snacks (power bars, jerky, cheese & crackers etc.) enough for 8 people for 7 days

Team Medical Kit

Oral rehydration salts 50 doses, team antibiotics, sunscreen, bug spray, Pepto Bismol tablets, wound care, etc.

Supplies/medicines from US (Roloids, Visine, Ziploc bags, reading glasses, Childrens fever medication, Miconazole creams, Aleve, Cloth diapers, Condoms, Tylenol, Ibuprofen, Silvadene, hand sanitizer, Hydrocortisone cream, Diabetic supplies, wound care supplies etc.)

Notes:

A few things to know about your trip...

Customs

When going through customs when entering Haiti, you will pay \$10 and be issued a “green” card that you need to have with you when departing Haiti. Tuck it in your passport. When we leave for home you will need to present this green card back the Haitian authorities.

Water

Never drink or brush your teeth with any water in Haiti except from purchased bottled water passed through another filter

Consume 1-2 gallons of purified water per day.

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Personal water bottles can be refilled with Culligan purified water when available. When we purchase bottled water out in the streets, be sure the cap is factory sealed. Do not use ice or, drink water when showering or brushing your teeth. Rinse with purified water when brushing teeth.

Food/Meals

When first arriving, you want to avoid eating salads or fresh fruit and eat only food that which has been washed properly and thoroughly cooked. Everyone is different and some will have more sensitive stomachs than others.

We will eat traditional Haitian meals and may find ourselves eating out at local restaurants. Only take what you can eat and are willing to eat. Not finishing a meal is considered an insult.

Clothing

Dress comfortable and proper. Purchase scrubs here in the US for clinic days.

We will find laundry service, otherwise washing clothes in the shower or sink does the trick.

Money

The amount of money you take will depend on your desire to help those special people that God puts on your heart. Do not bring travelers checks, they are impossible to change. We recommend bringing \$100-\$200 in cash for helping others and/or souvenirs. Do not bring bills larger than \$20. Your team leader will change money into Haitian gourdes for you when needed.

NEVER give money to anybody. Please talk with your team leader if you feel led to give. Chaos can happen very quickly, and hundreds will surround you if word gets out! Many people will ask you for a dollar when we are on the streets, I shake my head no and keep moving. “Bondye Beni’ ou”, which means God bless you, in Kreyol is also nice.

In the field

Stay with the team.

Stay hydrated. Consume 1-2 gallons of purified water per day.

A team member(s) will be assigned to bring snacks (granola bars, nuts, beef jerky, dried fruit, etc.) for when the situation arises that we get hungry. A team member will also be in charge of water duty and another for our medical kit.

We will not always have access to toilets in the field. We suggest that you get in a routine of using the bathroom at the guesthouse before you leave each morning. Although you will be drinking a gallon of water or more during the day, with the weather being hot most of your hydration is sweated out. You will not need to go that often. Wipes will be with your team member who has the medical bag. If diarrhea begins, see your team member with the medical bag to begin anti-diarrheal medications immediately.

Haitians will offer us the use of their toilet. Be polite, they are offering you their best.

Communication

Adjust your cell phone to ‘Cellular Data’ OFF when we depart the U.S.

Our team will have a photographer and writer. We ask that you refrain from taking your own photos unless everyone involved is comfortable with having their picture taken.

WTH uses a consent form if we plan to use the photo for marketing.

Some Wi-Fi will be available, but it is limited to a 2G network. Email and Facebook may be available at times.

Trip Daily Schedule

Day 1 is travel day. Meet early at the airport or designated house, flights do run on time and the airlines board passengers sometimes 40 minutes before flight departure time. Fill your water bottle at the Miami airport. There are documents to fill out on our flight from Miami to Port Au Prince, the team leader will have an example filled out for you to use. Our team arrives in Port Au Prince airport in the afternoon. We will stay as a group as we go through Foreign Passport (they will request \$10 from each traveler and the green document you filled out on the plane, team leader will be ready to pay). The green card is then in your possession for you to save through the entire trip, you will have to present this green card as we leave the country. I leave my green card in my passport. Next is Customs Declaration, have your passport and white form you filled out on the plane ready to show Customs. Be professional, we are there to help. Next we go downstairs for luggage pick up. This area has many people, some will be grabbing at your luggage trying to help so they can make a dollar. Tell them politely “No mesi.” We will wait in one more line, if the guard asks you what is in the suitcase, answer “my clothes, and shoes”. When we enter outside, stay as a team, and again men will be asking to carry your luggage. Your response “No mesi.” Our driver and translators will be waiting for us, we will follow them to the truck and load up. Drink your water. We go directly to the guesthouse where we will unload the luggage, the group will begin to sort and put items where they need to be. After this is complete, and you are drinking water, we can relax and enjoy the guesthouse grounds. Dinner is served by 6 (this time always varies a little). WIFI is available to communicate back home. The router is 2G so please go two at a time or it doesn’t work and limit your times so others can all home. Download WhatsApp in the states to communicate for free.

From 7pm-7am a security guard will walk our premises all night. Let him get to know you, and you him. If the guest house does not employ a security guard, they may be using guard dogs. Obey the rules for when the dogs are out.

Dinner at 6pm, please only take what you can eat. We will donate the leftover food to the house staff/cook if you guys choose.

Team meeting at 7pm, review the day, scripture and “word of the day.”

Who you are rooming with is up to you. The bedrooms have bunkbeds and a bathroom to share.

Our personal safety is number one, always stay inside the compound. When we are out in the truck or doing projects, stay together. If someone has to use the restroom, let the team leader know who is going with you. Never go anywhere alone please.

You can leave your spending money and passport at the guesthouse, in your room. I always leave mine out of sight, maybe in a shoe or tucked hidden inside my suitcase.

The translators will be with us the entire trip. They know the area and people. Feel free to ask them lots of questions. If you are ever in doubt, ask them, and if they say “it is OK” then you can. If the translator says “no, not good” then do not do what you are

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thinking. As we are out and about, use the translators to communicate to children and adults.

Day 2

Full day in Port Au Prince: Today is spent purchasing and preparing for the Cite Soleil and prostitute medical clinic. Medications are purchased with donor money. They will be purchasing and organizing today, depending on how and where the supply of medications we need are located and how quickly we can get them dose packed out into baggies. We will be working on organizing the medications from arrival forward. If Paydes is able to dose pack out the prescription medications before our arrival, and the organization looks good, we will go out and perform our first clinic in Cite Soleil. Wear scrubs this day or comfortable clothing. Pack team medical bag, waters, snacks. Be drinking water, water, water. Use the restroom before we leave the guesthouse. The driver will arrive at 8am.

This could be a full Clinic day in Cite Soleil. Breakfast at 7am. Driver at 8am. Dress in scrubs, have ready to load your task backpacks. You are well hydrated, drinking water. (Continue this for the entire trip, 1-2 gallons of water intake per day). Spray down with mosquito spray and sunblock (and throughout the day). Load medical bags, task bags, snack bags and water. On arrival at clinic, unload bags and organize supplies. There may be a line of Haitians outside already. Do not feel rushed, we will do our jobs well. A full day of assisting, teaching and helping Haitian staff. If you are not comfortable with a position, please let the team leader know about this.

Paydes (who you will know by now) and our team will set up benches and tables for clinic on arrival. We will have several translators with us throughout the day, so whatever job you are doing you will have a translator. The medical supplies brought into Haiti that have been organized at the guesthouse are to be unloaded and organized. Haitian women and children will be waiting outside for us to open. Drink lots of water. You already have skills, they will be used today-helping with registering patients, taking vital signs, working next to the Haitian Doctor, taking care of prescriptions, keeping the team hydrated (water, water, water) etc. We are fortunate enough to have a photographer and storyteller on this team, they will be busy.

Day 3

Breakfast is at 7am, the driver will arrive at 8am. Today we will spend the morning in church in Cite Soleil. Please dress appropriately-women a dress is preferred, men nice slacks and polo shirt. We will bring water, team medical kit, lunch snacks. The afternoon will be free, the team can decide with Paydes' judgement what we can do until dinner.

If you are ever uncomfortable, please or not feeling well please see your team leader immediately.

Day 4

Full Clinic Day in Cite Soleil. Breakfast at 7am. Driver at 8am. Dress in scrubs, have ready to load your task backpacks. You are well hydrated, drinking water. (Continue this for the entire trip, 1-2 gallons of water intake per day). Spray down with mosquito spray and sunblock (and throughout the day). Load medical bags, task bags, snack bags

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Day 5

Another Cite Soleil clinic day. Breakfast at 7am, driver arrives at 8am. Dress in scrubs, be drinking water and bring your assigned items (team medical bag, lunch snacks, water jugs etc.)

Snacks for lunch today, in private, then back to work. The day will wrap up about 3pm. We will all pack up and set up, clean up and leave the church the way we found it. You will have made friends in Cite Soleil; they will ask for your Facebook name and have grown fond of you. Feel free to share information, but also be cautious. Do not give money, or items to anybody. One nice act could put the whole team in danger.

If the team leader, or Paydes, at any point during the day says "lets go" then immediately stop what you are doing, and get into the truck quickly. We leave extremely fast if there is even a hint of danger.

Dinner at 6, team meeting to follow. Scripture and word of the day.

Dinner at the guesthouse by 6pm.

Day 6

We will spend the morning and early afternoon with 50 or more young ladies who sell their bodies for food. Most of them are homeless and live in the park that we will be working in. They have been prostituting since they were young, most don't know their dates of birth or exact age.

A Haitian Doctor will join us and teach the ladies on the contents of their medication bags that they get when they see the Doctor. The team sets up the clinic inside a man's storage space, next to the police station. One team member is with a translator at the entrance to take the ladies name, DOB and demographics and record the information on a patient card. Relax, at this point it seems we are being rushed but we have time. Then each patient sees the Doctor for an assessment. A team member can sit with the Doctor to learn his skills. A nurse gives the birth control injection to those consent.

The content of each bag (preparation of 70 bags):

Doxycycline 100mg 14 tablets. 1 tablet twice a day for 7 days for vaginal infection

Metronidazole 500mg 4 tablets. 1 tablets every day for fungal infection

Fluconazole/Diflucan 150mg, 1 tablet Single dose for yeast infection

Condoms. Stock divided.

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Vaginal wipes, hand wipes if we have available. Donated supplies may be available. We plan on being back to the guesthouse by 3pm.

Day 7

Paydes may have a group that needs medical help from us, or this day we can set up another clinic in Cite Soleil. Breakfast at 7am, driver arrives at 8am. Bring water jugs, snacks, team medical bag etc.

Day 8

Plane departs early and the airport gets full quickly. Breakfast is early and the driver arrives 3 hours before out flight time. Be prepared with your passport and green form for foreign passport. On arrival at the airport we wait in ticketing line (as we are unable to do this online because of the slow internet and we are international travel). From there we go through security (no liquids, take our computers if you have one (like the US)), then customs to show our passport and green card. Then upstairs to another security. There are only 3 or 4 gates at the airport.

Arrival in US we will stay as a team through customs and immigration. We have to pick up any checked luggage and recheck it also. After all this is finished, an American snack seems to delight most of us.

Re-entry in the US is different for all of us, and it can be difficult. Talk with each other, share with those who are willing to listen (some people are not interested and that's ok). Go back to your routine. Seek religious counsel.

Often teams will call a meeting one to two weeks after coming back home. It is healthy and okay to have the feelings you may have. Call each other because only another missionary will understand what you have been through.

Coming Back Home:

We have found when we get back home we are so full of excitement and awe.

We also feel some guilt at our abundance and maybe even a bit judgmental of our culture and how we spend money and lack Godly priorities. Recognize these feelings. Begin to make changes in your own life. Pray. Share your experiences with your family, your church, your friends, your co-workers. Show them your photos, put a presentation together and ask God to help you raise awareness and funds for Haiti. Hopefully on your trip you saw very clearly how one person can impact a life.