

MEDICAL MISSION TRAVEL GUIDE LINES June 8-14, 2010

1. APPLICATIONS:

- a. All team members must supply a copy of your medical license, application, notarized waiver, and copy of your passport to HBHH. This paperwork is due May 3, 2010.
Please mail to: HBHH, 2617 Prospect Rd. Tampa, FL 33629.

2. TRAVEL INSURANCE: (copy of coverage attached)

- a. HBHH will apply for this as a group and include average coverage cost for group.

3. REGISTRATION:

- a. All team members should register themselves with the US State Department
- b. (US Embassy – Haiti)
- c. <https://travelregistration.state.gov/ibrs/> register, short term traveler.
- d. You will need your passport info, destination info; Miragone, St. Therese Hospital, Haiti. phone numbers; Purpose of trip; humanitarian visit.

4. FEES: (Checks payable to HBHH: 2617 Prospect Rd. Tampa, FL 33629)

- a. From Tampa to PAP; Total cost is \$670- \$800 per person depending on flight. We will know after we book tickets.
- b. (Deposit \$500 due by May 3, 2010, balance by May 15th)
- c. All deposits must be paid before we can book the tickets.
- d. Fees include airfare, insurance, housing, transportation and food in Haiti. Does not include side excursions. All excursions or dinner in restaurants are at your cost.

NOT Included: \$30 deportation tax is due upon departure. You must have cash! You may need cash in case we shop at the market and when we return to the US for lunch.(bring \$1's, \$5's and \$10's) Tips to the cook and housekeeper are optional.

5. IMMUNIZATION:

- a. All members must have correct immunization. Please go to the health department's website for what is needed: www.cdc.gov/travel/caribbean.htm
- b. **You should take Malaria Medicine.** It is also wise to take a prescription of Cipro 500mg (take 1 pill 2x day) in case of stomach problems.
- c. Malaria Prophylaxis- Chloroquine Phosphate 500mg is the usual med, check with doctor.
Take 1 pill beginning 1 week prior to entering into malarial area. If this is not possible, on the first day take 1 pill as starter dose followed by taking another pill six hours later. Take 1 pill every week while in area. Take 1 pill per week for four weeks after leaving the area.

6. LUGGAGE

American Airlines flights to Haiti:

Customers traveling to Haiti are allowed:

- Two checked bags - 62 in/157 cm each (length + width + height) weighing no more than 50 lbs/23 kgs each
- One carry-on bag - 45 in/114 cm (length + width + height) weighing no more than 40 lbs/18 kgs
- Each passenger may check one additional piece of baggage. Excess baggage charges of \$100 per bag will apply
- Oversized (63 - 115 in/160 - 292 cm) and overweight bags (51 lbs - 100 lbs / 23 - 45 kgs) will be permitted. Oversize and/or overweight charges will apply

Itinerary	Overweight Baggage Charges	Oversize Baggage Charges
For travel to/from Port au Prince, Haiti (PAP)	<p>Checked baggage weighing over 50 lbs/23 kgs but not more than 70 lbs/32 kgs will be charged at the rate of \$50 per piece.</p> <p>Checked baggage weighing over 70lbs/32 kgs but not more than 100 lbs/45 kgs will be charged at the rate of \$100 per piece.</p> <p>Baggage weighing more than 100 lbs/45 kgs will not be accepted as checked baggage.</p>	<p>Checked baggage which is larger than 62 in/157 cm will be charged at the rate of \$150 per piece.</p> <p>Baggage measuring more than 115 in/292 cm will not be accepted as checked baggage.</p>

Suggested items to pack:

- * Passport, copy of Passport – put in suitcase
- * Have your phone changed for international calls, call your cell phone company. Wifi charges can be huge if you do not turn that off before you go.
- * \$30 cash for deportation tax, cash for tips, and in case you shop
- * Antiseptic wipes, hand sanitizer
- * No gold jewelry or showy items (plain gold wedding band, ok)
- * Deet bug spray (deep woods)
- * Sunglasses, hat, travel alarm, mirror, sunscreen
- * Ear plugs & Tylenol PM (for night noises, if you're a light sleeper)
- * Small umbrella or poncho, extra shoes in case it rains
- * Personal snacks - granola bars, crackers, snacks, etc.
- * Personal medicines - cold, headache, msc. over the counter and prescriptions
- * Please carry your personal meds in your carry-on bag
- * Flashlight and/or night reading light, book for night reading
- * Journal to record each day's adventures, pens and pencils
- * Camera, extra batteries
- * One water container, to keep with you at all times
- * Bottle or bottles of wine or cocktail preference (remember, no ice in Haiti)
- * **Personal items** - soap, shampoo, toothbrush, toothpaste, razor, feminine products, hair brush, or comb, deodorant, extra contacts/glasses, and body powder (helps with the heat) (no mirrors in Haiti, please bring one)

- * **Shoes** - closed toe, tennis shoes are great (flip flops for inside and shower only).
You must wear shoes at all times, even inside the house.
- * **Women** - Scrubs or skirts at least to the knee, shirts with cap or short sleeve
Modesty is a must in the village. Sunday church outfit & shoes
- * **Men** - scrubs, shorts, t-shirts for evening, Sunday church outfit, long pants, polo or
button down shirt

- * **Medical items to pack:**
Stethoscope, otoscope, ophthalmoscope, reflex hammer
Penlight or headlight (battery powdered)
Other things you think you'll need

8. **Miscellaneous Information:**

Emergency contact information:

HBHH contact - Hillary Aubin 813-928-8022 or Patricia Eddy 813-390-6611

Books on Creole:

Educa Vision Inc. www.educavision.com

www.HBHH.org: go to blog to see some pictures from one of the last trip