

Dominican Republic Sample Packing List

**** Passport ** ID ** Money ** Medical Cards ** Team Shirt ****

Clothing/Footwear

- Sneakers Work Shoes Church Shoes
- 6 Work Outfits: Work Shirts/ Shorts/ Socks/ Underclothing
- Church Outfits (**Guys: Long Pants, Girls: No Spaghetti Straps**)
- Clothes to sleep in
- Clothing for when not at work (8 days): Shirts/Shorts/Underclothing/Socks
- Bathing Suit
- Hat to wear at work/ Bandana
- Work Gloves
- Sunglasses

Shower Items

- Towel / Beach Towel
- Shampoo/ Conditioner
- Face Wash + Wash Cloth
- Soap
- Shower Shoes/Flip Flops
- Toothbrush/ Toothpaste/ Mouthwash/ Floss
- Razor / Shaving Cream
- Deodorant
- Hair Brush/ Comb/ Hair Stuff
- Tweezers
- If you need them: Glasses/ Contact Lens Solution & case
- Personal Items / Girl Stuff

Medications + Preventative Items

- Sunscreen/ after Sun lotion or Aloe Gel
- Chapstick with Sunscreen
- Malaria Pills/ Cipro/ Flagyl
- OTC Meds:** Tylenol, Imodium AD, Dramamine, Acne Medication, Vitamins, and Antacids
- Any Prescription Medication/Inhalers
- Alcohol Wipes/ Wet Ones with Antibacterial
- Antibacterial Hand Gel
- Powdered Gatorade/PowerAde
- Bug Bands/ Insect Repellant

Water Bottle: REMEMBER TO NOT SHARE AND MAKE SURE THE TOP IS COVERED!

Optional Personal Items

- Bible/Notebook/Writing Implement/Journal
- Spanish Dictionary/Creole Dictionary
- Bag for dirty laundry
- Snacks/ Energy Bars/Gum
- Flash Light/ Batteries
- CD Player/ I-pod
- Camera/Film/Charger
- Ear Plugs
- Bottle Opener
- Duct Tape
- Give Away's—Stickers are a great idea
- Lysol Spray (some want this to spray their beds)
- Cell Phone/Charger (for use in the airports and as an alarm clock)
- Deck of Cards/ Games to play in the dining hall during evening free time

Memo's

- Liquids cannot be packed in carry on luggage. This includes toothpaste.
- Bags must be **50 Pounds** or under
- Sweatshirt or longed sleeved shirt for in the airport—it gets chilly!
- Prescription Drugs must be in their **original containers** and the name must match your name on your passport.
- Carry prescription drugs in your carry on**—if your luggage is lost you could be without your luggage for more then 24 hours.
- Lip-Gloss is considered a liquid.
- Packing your clothes in large ziploc bags saves space, and you can close the dirty clothes back up—this also protects against ants.