

DOMINICAN REPUBLIC/HONDURAS PACKING LIST

DRESS FOR THE WEATHER

Be sure to get a weather report for Santiago, Dominican Republic/Tegucigalpa, Honduras so you are more informed on what to pack!

TRAVEL BASICS

- Passport (Make a copy of the photo page of your passport. Leave it in a different place than where you keep your actual passport.)
- Paper ticket or E-ticket
- Phone numbers, addresses, email addresses of family and friends
- Currency converter cheat sheet (www.oanda.com)

CLOTHING

- Khakis, jeans, long capris, scrubs, long skirts, t-shirts, sweatshirts, etc. Bring different layers (*Because we are trying to be culturally sensitive, we ask that you wear NO Shorts or Tank-Tops when working out at the mission site*)
- Items that can be worn a long time and won't show dirt; easy care, clothes that don't need ironing are best
- Sometimes you may need: light jacket or raincoat
- Sturdy, comfortable, waterproof walking shoes, and work boots/shoes
- Take along 1 nice outfit and shoes for special occasions and church.
 - Ladies: Long dresses (below the knee), chest and shoulders must be fully covered. ULTRA MODEST is the key!
 - Men: Dress shoes with khakis or slacks, polo shirt or button down
- Bring a belt. If you plan to wear pants more than one day, you might be surprised how much the humidity will stretch them out!
- Flip flops for the shower
- Leave nice jewelry at home
- Pack at least one change of clothing in carry-on luggage
- Wear comfortable, lightweight clothes for travel days

PERSONAL

- Bible, journal, and pen
- Prescription medications for entire length of trip (place in carry-on luggage)
- Toiletries (shampoo, soap, toothbrush and toothpaste, personal hygiene items, feminine items, febreze)
- Towel and washcloth...our hotel does provide these, but some people are more comfortable bringing their own
- Mask, ear plugs, neck pillow (optional)
- Camera, batteries, chargers, extra memory cards
- Money for souvenirs and food while in airports

MEDICINE/HEALTH

- Over-the-counter medicine (cold and cough, upset stomach, pain relief, Tylenol PM for flights)



- Eyeglasses/contact lenses-with extras for emergency (Pack in carry-on luggage)
 - Antibacterial hand sanitizer and wipes
 - Sunscreen (at least 15 or 30 SPF), bug spray and hat
 - Band-aids, antibiotic ointment, antiseptic
 - Lip balm/Chapstick
 - Gatorade or electrolyte packets to add to water bottles to help you stay hydrated
 - Pro-biotics
- http://www.akins.com/shop/product_view.asp?id=2474&StoreID=A59A6B1C10E44C9E9420A7A75B27460A&private_product=0

VACCINATIONS:

The only vaccination that is required is an up to date tetanus shot. For more information about health concerns please visit the Centers for Disease Control's website:

<http://wwwnc.cdc.gov/travel/destinations/dominican-republic.aspx>

MISCELLANEOUS (optional)

- Toilet paper and small packets of tissue
- Small flashlight with batteries
- Books/magazines for airplane
- Travel alarm clock
- Mini sewing kit and safety pins
- Stain stick for laundry
- Travel games/deck of cards
- Money/Passport pouch
- Ziploc bags in assorted sizes
- Snacks that withstand travel and heat:
Granola bars, energy bars, dried fruit, dried veggies, nuts, peanut butter, instant drinks etc.

HYGIENE ISSUES

Don't forget hand sanitizer for times when you can't wash hands with water or baby wipes in small packs to take with you. Perfume and cologne are not suggested since bugs are drawn to flower smells and you are more likely to get bitten. This also applies for hair products. Try to avoid these. It's a good idea to wear flip-flops in the shower or bathtub. This is good protection against fungal problems.

VITAMINS/MEDICATIONS/SUPPLEMENTS

Keep all medicines, supplements in original bottles as much as possible. Pills in plastic bags look suspicious. Buy smaller bottles and take these with you. While first aid kits are provided for construction projects, you may want to consider buying a small first aid kit in case of small medical issues.

SUNSCREEN/BUG SPRAY

Be sure to wear sunscreen, with an SPF rating between 15 and 30 or higher, as the sun is much stronger there and you will be more susceptible to burns if you don't. Bug spray is also recommended.



PACKING/SUITCASE

Frequently, suitcases are transported on the top of vehicles. It is not the time for that brand-new beautiful matching luggage! Make your luggage identifiable. Be sure ALL luggage, even carry-ons, have your name and address. A brightly colored tie is a good idea. Lots of people have the basic blue or black canvas luggage. You don't want someone picking up your bags by mistake.

With this packet, you have been provided three Trash Mountain Project bright orange luggage tags to mark all of your team bags. This will make it easier to identify your bags in international airports.

