

PACKING LIST

There are 2 sides to the coin. On one hand, this is going to be your home for the next 3 years or more so bring what will help it to feel like home. On the other side, try to keep simplicity in mind. Don't worry about packing EVERYTHING you may ever want... you will be able to get many things here. In Santiago, we have stores similar to Costco, and we do even have an Ikea in Santo Domingo!

As far as clothing, the temperature varies from the high 50s to the high 90s depending on the time of year. While the high 60s and low-mid 70s might not sound that cold, remember that whatever the temperature is outside, it is very close to that inside and there are no heaters here. Another thing to consider is that because you won't be going in and out of air conditioning, your body will adjust to the warmer temperatures so those 70s will begin to feel chilly (though not for everyone!!)

With those things in mind this is a *suggested* packing list. All things that you **MUST** bring are highlighted in **yellow**.

WORK CLOTHES:

- ☐ 3-4 pairs of **work pants**. Professional pants, khakis, or nice athletic pants with no patterns or visible branding can be worn. Ladies can also wear knee-length skirts. (If you're concerned with properly matching, the staff shirts are navy blue)
- ☐ **Work shoes**—tennis shoes, dress shoes, Chacos/Birkenstocks (must have heel strap). NO flip flops or sandals without a heel strap.
- ☐ Doulos Staff shirt – You will be given two polos locally made and branded. Some staff have also decided to buy their own polos and bring them down to be embroidered. These must be navy blue without any other visible logos.
- ☐ Jeans for Fridays (**No rips/tears/holes and only blue-colored**)
- ☐ One set of work clothes for potential service projects.
- ☐ Cardigan or jacket for when the weather gets cooler (no sweatshirts or hoodies)
- ☐ Rain Jacket for the rainy season (In the fall, usually November, and in May, it rains almost every afternoon for a few hours.).
- ☐ **Special events clothing** (explained more in the list below)

LEISURE/ HOME CLOTHES:

- ☐ Workout clothes (women often wear yoga pants and/ or shorts to work out)
- ☐ Shorts - Culturally, *most* women still wear pants out in public but shorts are becoming more and more acceptable. *Most* men do not wear shorts but that is

also growing in popularity.

- ☐ Nice jeans (2 pairs)
- ☐ You will need a few nice outfits (think wedding attire & business casual). See the [Dress Code](#) if you have further questions.
- ☐ Your favorite t-shirts - most staff cycle through their favorite 5-7 t-shirts each week.
- ☐ Bathing suits and a beach towel. Please note that bathing suits tend to wear out faster here, so bring a few.
- ☐ Hiking shoes if you like to hike. We live in the mountains and have ample opportunity to hike!
- ☐ Hat
- ☐ Sweatshirts - you will only need a few of these since most of the year you won't need them.
- ☐ Warm socks/slippers -- cold, damp weather combined with tile floors means cold toes!
- ☐ Athletic shoes - these tend to wear out quickly here.
- ☐ Slippers/ Flip Flops - for around your house/ apartment since the floors are all concrete and tile.
- ☐ ***You will be surprised how few clothing items you will need because of the daily staff uniform. Don't feel the need to bring everything you own.***

BEDROOM ITEMS:

- ☐ Sheets (single, full, or queen -- depends on what bed you want to buy. Remember that full sheets can be used on a single bed in a pinch but not the other way around)
- ☐ Blanket and pillow
- ☐ Photos of friends and family
- ☐ Flashlight or headlamp

BATHROOM/ MEDICINE CABINET ITEMS:

- ☐ Bug spray. Somehow the bugs know when someone new is in town. The #1 best defense is wearing pants, but bug spray is helpful too, especially when it is hot. This is very expensive to buy here.
- ☐ Sunscreen. This is also very expensive to buy here.
- ☐ **Prescriptions to last until your next trip to the States.**
- ☐ Eye care (contacts and solution as they are both very expensive here)
- ☐ Toiletries (All these can easily be purchased here, so just bring a small bottle of: shampoo/conditioner, toothpaste, toothbrush, floss, razors)
- ☐ 2 towels, 2 wash clothes, etc.
- ☐ Hair dryer/ curling iron
- ☐ Cold medicine (i.e. Dayquil, Nyquil), band-aids, ibuprofen, tylenol. (This is a school

and you will get colds. I would bring 2 boxes of Dayquil/Nyquil as there are no good cold medicines here.)

- ☐ Ladies: Menstrual cups (Diva Cup) are a great alternative to tampons. Pads are easily available. If you prefer tampons, bring those as they cost about \$1 each and can be difficult to find.
- ☐ Hydration powder. It is common to get a stomach bug and we find that the powders are a good way to stay hydrated if you end up with vomiting or diarrhea (brands like Liquid IV or DripDrop work well)

POTENTIAL CLASSROOM ITEMS:

- ☐ Posters or any wall decorations you desire
- ☐ Books for a classroom library
- ☐ Materials for special projects (scissors, “crafty” add ons)
- ☐ Expo Markers (dry-erase)
- ☐ Class set of Plastic folders with brackets and pockets (elementary teachers)
- ☐ Prizes/Rewards (elementary teachers)

MISCELLANEOUS ITEMS:

- ☐ Computer/tablet (you will need your own laptop or chromebook)
- ☐ HDMI adapter for your computer
- ☐ Bible/Journal
- ☐ Earplugs (The roosters and dogs are very loud!)
- ☐ Simple gifts to give for birthdays or special events (candle, hand towels, chocolates, etc)
- ☐ Copy of your passport and driver's license
- ☐ Stamps/Thank you cards
- ☐ Costumes: Think popular characters/ sports teams/ “crazy”
- ☐ Reusable Water Bottle
- ☐ Backpack
- ☐ Checkbook AND debit card/ credit card.
- ☐ Portable battery pack to charge devices when the power is out
- ☐ It is highly recommended that you bring your own snorkeling/ goggle set if you like to snorkel
- ☐ Smaller kitchen appliances - toasters/ griddles/ blenders are expensive and less quality (if you will have roommates be sure to check with them)

All purchases are ultimately at your discretion... Except for the few highlighted things, this list is intended to be a guide, not absolutes.

If you'd like further suggestions on what to bring, feel free to reach out to Mandy Langenfeld .