

Dominican Republic Mission Trip Packing List

Clothing

- Work clothes for 5 days (modest, breathable, and durable)
 - T-shirts, shorts fine
 - Women: knee-length shorts; sports bras should not show; no strapless. This is the rule for all Dominican women at Sociedad Lucas.
 - Closed-toe shoes for work (leather boots preferred for construction)
 - Church clothes
 - Dress or pants for girls (no strapless)
 - Pants/collared shirt for guys
 - Casual clothes for 3 days (shopping, sightseeing)
 - Swimsuit (modest; one-piece or tankini for girls)
 - Undergarments
 - Socks
 - Flip-flops or sandals
 - Tennis shoes (2 pair)
 - Hat or bandana
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Toiletries & Health

- Toothbrush/toothpaste
 - Shampoo, soap/body wash
 - Deodorant
 - Sunscreen
 - Bug spray
 - Personal medications (headaches, stomachaches, heat rashes, backaches, sleep aids, etc.)
 - Simple first aid kit and emergency meds available
 - Wet wipes
 - Hepatitis A & updated Tetanus shots suggested.
 - Ear plugs for sleeping
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Gear & Supplies

- Backpack
- Bible
- Cell phone

- (For US airports; can also use for alarm/flashlight. Leader's phone will be available to use for free. Best to keep phone on airplane mode unless using Wi-Fi or have an international carrier plan. Wi-Fi is limited.)
 - Water bottle (2) VERY IMPORTANT
 - Sunglasses
 - Towel and washcloth (2)
 - Portable fan (battery or plug-in used for sleep)
 - Extension cord (standard outlets)
 - Surge protector/multi-outlet adapter
 - Power bank/portable charger
 - Garbage bags for wet or dirty clothes
 - Snacks (granola bars, trail mix, etc.— consider heat/melting)
 - Drink mix packets
 - Bag of candy (to give away at VBS)
 - Coloring books, jump ropes, frisbees, or small games for kids (optional donation items)
 - Trowel
 - Work gloves - 2 pair for worksite
 - Playing cards/games (optional for down time)
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Travel Essentials

- Passport (Apply ASAP. Make sure it's valid through your return date.)
 - Copy of your passport stored separately from the original
 - Cash for souvenirs or snacks (U.S. dollars are often accepted, but small bills are best)
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Important Reminders

- Pack light—50 lb. and 62 linear inch (length+width_height) limit for checked luggage.
 - One checked bag, one personal item allowed. You'll be responsible for carrying your own luggage.
- Leave valuables at home.
- Do not need bedding or pillows. These are provided.
- We are representing Christ to the DR. Please maintain Christian character and modest dress. No drinking or smoking.
- Prepare spiritually: pray for flexibility, humility, and a heart to serve.