



DR Mission Trip Packing List

Carry everything on the airplane you will need for the first 48 hours (in case of loss) .

- Passport and copy of your passport carried separately
- Bible (Christian mission trips)
- Notebook or journal and Pen
- Pocket-size English/Spanish Dictionary
- Flashlight with batteries
- Photo of yourself with your family, your church, your pets etc.
- Sunscreen, sunglasses and hat
- Money: Spending money (about \$75, ATMs are available); Funds to cover charge for second suitcase; \$10 US (in cash) tourist card (entrance fee). The departure fee is included in your airline ticket price.
- Toiletries: soap, shampoo, toothpaste, toothbrush, powder, tissues, etc.
- 1 roll of toilet paper (septic friendly)
- 2 packs wet wipes and 2 hand sanitizers. One for personal use and one to share
- Shower sandals to only be worn in bathroom
- Personal medications you take
- Mosquito repellent with DEET
- One-piece swimsuit or tankini (no bikini's)
- Towels: 1 beach towel. Other towels may be needed depending on your lodging site. Check with your group leader
- Backpack or bag to carry personal supplies to site each day
- Portable water bottle
- Bedding needs depend upon lodging site. Check with your group leader.
- T-shirt and shorts for sleeping
- Ear plugs for light sleepers

. Enough clothes items for 10 days (Hand washing a few clothes may be possible)

- **Work clothes:** (for about 5-6 days of construction)
 - ⊘ 2 pair of sturdy work gloves. (Will leave there when finished)
 - ⊘ Light cotton short-sleeve T-shirts and long shorts or skirts are good outfits daily
 - ⊘ Sturdy work shoes that can be used in wet concrete and left at end of trip
 - ⊘ **Typical work outfit for men:** short sleeve T -shirt, long pants (boys can wear long shorts) with socks, sturdy work boots or athletic shoes, hat and gloves
 - ⊘ **Typical work outfit for women:** short sleeve T -shirt with long shorts, long skirt or long pants, strong athletic shoes, socks, hat and work gloves (no spaghetti strap tops)

- **Worship and VBS clothes as applicable:** *(For three worship services, at least two VBS sessions and medical clinic if it is held in a church)*
 - ∕ Different pair of shoes for these events than shoes worn for construction
 - ∕ **Women** must wear skirts or dresses down to the knee or longer for worship, the evangelism activities and VBS. No sleeveless tops permitted.
 - ∕ **Men** should wear cotton button shirts and long pants.
- VBS materials collected and/or school supplies
- Musical instruments to play with team singing (e.g. guitar, tambourine) if you can play
- Items for Medical clinic, if applicable
 - ∕ Prenatal, adult and children vitamins (expiration dates 6 months beyond trip)
 - ∕ Adult and children pain relievers, especially Tylenol/acetaminophen (expiration dates 6 months beyond trip)
 - ∕ Topical anti-fungals (e.g. Lamisil, Ketoconazole, Clotrimazole)
 - ∕ Reusable shopping bags
 - ∕ Stethoscope, blood pressure cuff, and/or otoscope, if you are a health care provider

MOST IMPORTANT: Be sure to pack a good attitude and remain flexible.

This trip is NOT about us; we are there to serve as a first priority!