



Medical/Nursing Packing List – Dominican Republic Mission Trips

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
- Notebook or journal and Pen
- Pocket-size English/Spanish
- Clinical equipment :
 - Stethoscope
 - Blood pressure cuff
 - Watch (not your nice one!)
 - Ink Pens
 - Pen Lights

Camera with charger and photo transfer cable

Flashlight with batteries

Cell phone (check rates before coming, calls can be very expensive)

Photo of yourself with your family, your church, your pets etc.

Sunscreen, sunglasses and hat

Money: Spending money (about \$75, No ATMs are available); Funds to cover charge for second suitcase

Toiletries: soap, shampoo, toothpaste, toothbrush, tissues, etc.

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 is needed if on your itinerary. Other towels may be needed depending on your lodging site. Check with your group leader.

Bedding needs depend upon lodging site. Check with your group leader.

T-shirt and shorts for sleeping

Ear plugs for light sleepers

Enough modest clothes items for 5-6 days

Clothes for clinics:

- Scrubs
- Comfortable Shoes

Clothes for optional church service:

- Women: short sleeves, skirts or dresses to knee or longer. No scrubs or sleeveless tops permitted
- Men: Collared sleeved shirt and long pants

Backpack or bag to carry personal supplies

Portable water bottle

- 1 roll of toilet paper (septic friendly)
- 2 packs wet wipes and 2 hand sanitizers. One for personal use and one to share with team and staff

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!