



Packing List- 1 week trip

Must Haves:

- Work/Day Clothes
 - Shorts (MUST be below fingertips) or Pants
 - T-shirts (no holes, rips, or sleeveless)
 - Tennis Shoes / Sneakers (closed toe)
 - 2 Pairs Leather Work Gloves
- Church Clothes
 - *Females* -- Long Skirts/Dresses (sleeved & below the knee) for 2 (Sun/Wed) church services
 - *Males* -- Long Pants (not jeans) and Collared Shirts for 2 (Sun/Wed) church services
- Evening Clothes
 - Casual and Clean
- Bathing Suit
 - *Females*-- One-piece *only*
- Socks
- Underwear
- Sandals / Flip-flops / Shoes
- Bandanas / Hat / Visor
- Sunglasses
- Inexpensive Watch

- Washcloth
- Toothbrush & Toothpaste
- Deodorant
- Sunscreen
- Shaving stuff
- Bug Spray (at least 20% DEET)
- Personal Medications (under age 18, give list to your group leader)
- Multivitamins
- Pepto-Bismol
- Imodium AD
- Hand Sanitizer (travel size)

- Bible
- Small Notebook
- Alarm Clock
- Journal & Pen
- Spending Money (souvenirs and food on travel days)

Optional:

- Soap & Shampoo
- Contact Lens Solution and Glasses
- Pillow
- Baseball Glove & Ball
- Inexpensive Camera & Film
- Chapstick
- Granola Bars
- Dried Fruit
- Earplugs

Please **DO NOT** Bring:

- Shirts that show your shoulders or your belly (Including Sleeveless Shirts, Tank Tops and Spaghetti Straps or t-shirts with cut-off sleeves)
- Short Shorts (Shorter than fingertip length) or Short Skirts (Above the knee)
- Two-piece Bathing Suits
- Alcohol
- Drugs
- Computers/iPods
- Valuable Jewelry
- Expensive Cameras
- Knives

Note regarding clothing:

Many Americans tend to dress very casually when visiting the DR. While we understand the desire to be cool and comfortable, we encourage you to bring items that are slightly nicer (dress shorts, skirts, nice jeans, collared shirts, clean shoes, etc) for dinners out and non-working times. We believe that this small action communicates respect and appreciation for Dominicans and their culture. Thanks!