

# WHAT YOU WILL NEED

- Passport
- Bible/Notebook/Pen
- Toiletries
- Towel/washcloth
- Flip Flops for shower
- Sunscreen
- Hat/Bandana
- Sunglasses
- Insect Repellent
- Work Clothes (old tshirts, etc)
- Shorts (no shorter than fingertips)
- Pants
- Casual cloths for evening activities (no tank tops please)
- Work Gloves
- Closed toe work shoes and socks
- Twin size sheets
- Pillow
- Flashlight
- Water Bottle
- Church Clothes
  - Men – Slacks & shirt with collar
  - Ladies – Conservative dress or skirt & nice shirt
- Bathing Suit (one-piece suits please)
- Camera
- Spending Money (\$50-\$100 – Please bring Cash – NO Traveler’s Checks or Credit Cards)
- Appropriate snacks (especially if you have food allergies or a special diet)

## OPTIONAL ITEMS

The following list contains things that many teams wish they had thought to bring.

- Imodium (or other diarrhea medicine) & laxative medicine
- Dramamine (Recommended if you get motion sickness, for the plane and also for the curvy ride across the mountains from Santiago to Puerto Plata)
- Baby powder / Gold Bond
- Aloe Vera
- Battery operated fan
- Scrubs (medical teams)

## SAVE SPACE

Save space in your luggage by leaving the following at home:

- Expensive jewelry
- Laptops
- A bunch of junk food
- Clothes that are not appropriate (short shorts, short dresses, strapless tank tops or dresses, spaghetti strap tank tops, low cut shirts, bikinis)