

DOMINICAN MEDICAL THINGS TO BRING

Each participant may bring (1) CHECKED BAG and (1) CARRY-ON BAG. You may be asked to pack up to 5lbs of team supplies in your checked bag so leave space. Do NOT bring valuables you would be upset to lose, like expensive cell phones, iPods, tablets, expensive jewelry, etc.

Carry-On Bag (Small backpack or day pack)

- Passport Book (must be valid until February 1, 2018)
- Spending money for snacks/souvenirs/laundry
- Bible, devotional book, pens
- Ministry supplies (leadership will provide more details near to departure date)
- Prescription or personal medication

Checked Bag (45lbs or less, rolling suitcase/hiking backpack, no hard shell cases)

- Personal medical equipment (optional): stethoscope, blood pressure cuff, etc.
- Twin-sized sheets, a light blanket, and a small pillow
- Outdoor supplies (sunscreen, insect repellent, sunglasses/hat)
- Swimsuit (Girls one-piece or dark-colored t-shirt over two-piece; Guys wear t-shirt to/from pool or beach)
- (8) Sets of undergarments and socks
- (5) days of scrubs (for clinic days, if you choose to wear scrubs)
- Guys: 5-6 t-shirts, 2-3 pair of shorts, 2-3 pair long pants (one nice for church)... think cool!
- Girls: 5-6 t-shirts, 2-3 pair of shorts, 2-3 pair long pants/capris, 1 ankle-length skirt... think cool!
- (1) Pair of pajamas/conservative sleepwear
- (1) Pairs of tennis/athletic shoes, comfy for walking, closed-toed for clinics
- (1) Pair of flip-flops and/or shower shoes
- (1) Sweatshirt/jacket
- (1) Plastic bottle of peanut butter and one of jelly (grape/strawberry)
- Towel & washcloth
- Toiletries (shampoo, soap, deodorant, toothpaste, toothbrush, contact solution, etc.)
- Toilet paper (2 rolls), baby wipes, small container of laundry detergent (powder only)
- Contacts or glasses (if you wear them)
- 32oz Water Bottle (Nalgene or similar, must be re-useable and shatterproof) (Plus, gatorade/lemonade packets)
- Miscellaneous extras (alarm clock, camera, flashlight/batteries, umbrella, healthy snacks)
- Optional: earplugs, concealed pouch for money, small gifts for nationals (bubble gum, candy)