

Dominican Republic Short-term Trip Travel Tips and Packing List

Fast Facts

Currency: Dominican Peso

Electrical: 120V

Languages Spoken: Spanish

Time Zone: AST (Atlantic Standard Time), 1 hour ahead of EST

Weather/Climate: Tropical climate, hot all year round, with a hotter and muggy season from May to October and a relatively cool season from December to March, while November and April are intermediate months.

Lodging: Teams will stay in one of the dorms, which has separate sleeping and bathroom areas for men and women. Dorm amenities include bunk beds with mattresses and indoor plumbing.

Meals: Three hot meals are provided daily, prepared by local leaders. Meals are served cafeteria style. Expect an array of delicious chicken, rice, beans, bread, and fresh Dominican fruits.

Water: Only use bottled water for drinking and brushing your teeth. Bottled water will be provided so be sure to bring a refillable water bottle.

Spending Money: Your basic expenses will be covered; however, you may want personal cash for snacks, souvenirs, or love offerings. \$50-100 is recommended. Bring cash only – No Traveler's checks or credit cards.

Currency Exchange: The best location to exchange money is at the airport upon arriving in Dominican Republic, unless your team leader has made other arrangements.

Shopping: There will be an opportunity to shop for souvenirs.

What to Wear

Our desire is to make sure we dress in a way that will not offend our hosts. Please dress conservatively and modestly. A flashy wardrobe can be a stumbling block to our friends who may have far fewer material goods. We ask that there be no tank tops, nothing tight-fitting or low-cut, no clothing that contains innuendos/political messages/profanity, and nothing with rips/holes.

- **Air Travel:** Dress casually and comfortably. No leggings or clothing with rips or holes.
- **Community / Work Projects:** Dress casually and comfortably, such as light-weight pants, long shorts, capris and t-shirts. Bring an extra outfit to change into after you've cleaned up at the day's end.
- **Church Service:** Men should wear slacks and shirt with collar. Women should wear a conservative dress or skirt and nice shirt.

Packing

- Keep your passport with you, do not pack in checked baggage.
- Carry-ons: One suitcase that fits in overhead compartment, and one personal item that fits under seat in front of you.
 - Be sure to follow airlines size and weight guidelines.
 - It is also recommended to have a change of clothes in your carry-on in case your luggage is delayed.
- Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: Plan to bring 1 large suitcase.
 - Be sure to follow airlines size and weight guidelines.
 - 1 suitcase will carry half of your belongings and half team supplies.
- Be sure to include identification on and inside each piece of luggage.
- Be sure to weigh and measure your bags before travel day.

Other Travel Tips

- Watch your luggage, passport, and belongings at all times. Pickpockets and petty thefts are common within airports and tourist areas.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American.

Travel Items

- ☐ Passport
- ☐ Insurance card
- ☐ Backpack, passport pack
- ☐ \$50-\$100 (personal spending)
- ☐ Flight schedule, emergency contacts
- ☐ Travel toilet paper, Kleenex
- ☐ Personal snacks (especially if you have food allergies or a special diet)

Linens

- ☐ Bath towel, wash cloth
- ☐ Bag for laundry
- ☐ Twin size sheets
- ☐ Pillow

Clothing

Women:

- ☐ 2-3 pants, capris, long shorts
- ☐ Tees, sleeve less shirts (no tank tops) (1/day)
- ☐ Extras to change into at end of day
- ☐ Long skirt (below the knee, church)
- ☐ Nicer shirt/blouse (church)
- ☐ Swimsuit (modest, one piece)

Men:

- ☐ 2-3 pants, long shorts
- ☐ Tees, shirts (1/day)
- ☐ Extras to change into at end of day
- ☐ Long pants, collared shirt (church)
- ☐ Swim shorts (modest, long)

All:

- ☐ Long pants
- ☐ Long sleeve shirt
- ☐ Light jacket, sweater, hoodie
- ☐ Sleepwear, Underwear, socks
- ☐ Bandana/Hat (sport or wide brimmed)
- ☐ Sandals with heel straps (comfortable for walking)
- ☐ Sneakers, closed toe shoes (work, ministry, hiking)
- ☐ Work gloves
- ☐ Flip flops, shower shoes
- ☐ Outfit for plane home

Other Items

- ☐ Masks
- ☐ Plane neck pillow
- ☐ Toiletries: soap, shampoo, shaving, feminine prods, etc.
- ☐ Glasses, contacts, solution, strap for glasses
- ☐ Sleep aids: meds, earplugs, mask, etc.
- ☐ Personal meds/prescriptions (pack in carry-on)
- ☐ Cipro – Rx
- ☐ Baby powder / Gold Bond
- ☐ Aloe Vera
- ☐ Battery operated fan
- ☐ Motion Sickness meds/patches
- ☐ Hand Sanitizer, Wipes
- ☐ Sunscreen, Sunglasses, Chapstick
- ☐ Bug repellent, repel wipes (containing DEET)
- ☐ Reusable water bottle
- ☐ Headlamp, flashlight, batteries
- ☐ Alarm clock (Battery)
- ☐ Rain Gear: jacket, umbrella, poncho (dollar store)
- ☐ Bible
- ☐ Notebook, notepad, journal
- ☐ Devotion for day scheduled
- ☐ Pens, pencils
- ☐ Life token
- ☐ Playing cards, games
- ☐ Headphones
- ☐ Camera, Batteries
- ☐ Phone, charger, cord, portable charger
- ☐ Plug adapter for 3 prong plugs
- ☐ Family photos
- ☐ Ministry supplies as designated by team