

# 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