

**\*\*Before the Trip:\*\***

### **1. Documentation:**

- A valid passport book is needed to enter the Dominican Republic.
  - Website to start passport process and info: [travel.state.gov](http://travel.state.gov)
  - You will likely need to be seen at a local Post Office. See website for details.
  - Your passport must be valid at least 1 full year beyond travel dates.
- Fill out Dominican Republic entry information (We will do this during one of our meetings)
- Have \$10 cash to give to the customs agent in the Dominican Republic

### **2. Health Preparations:**

- Get an appointment with a travel doctor. If you can not see a travel doctor, discuss your travel with your primary physician. [CDC recommendations for DR Travel](#)
- Pack a basic first aid kit.
- Each individual will have travel insurance for their time in the Dominican Republic. (included in trip fee). More information will be distributed about the coverage.

### **3. Fundraising:**

- Plan and execute fundraising activities to support the mission trip.

**\*\*Packing List:\*\***

### **1. Clothing:**

*Modest and culturally appropriate clothing. Lightweight and breathable fabrics suitable for the warm climate.*

- Swimsuits (no bikinis or speedos)
- T-Shirts, T-Shirts, T-Shirts
  - No inappropriate language graphics. No graphics depicting violence, guns, or the military.
- Jeans or cargo pants
  - Stretch/yoga/workout pants can be worn at the hotel only.
- Shorts for the hotel and sightseeing day
- 3 pair of sunglasses (something you are ok losing or have damaged)
- Underwear and undergarments
- Lots of Socks
- Hat(s) (Baseball hat, Safari hat, Bucket hat)
- Church wear
  - Dress pants and polo or button up shirt for men and shoes
  - Dress or skirt and blouse for women and shoes
- Comfortable walking shoes or boots
- Lightweight and breathable fabrics suitable for the climate
- 2 plastic or metal water bottles

## 2. Essentials:

### *Personal hygiene items*

- Toothbrush and toothpaste
- Deodorant
- Shower gel or bar soap
- Shampoo
- Feminine hygiene products
- Shave Gel
- Razor or electric razor

- Sunscreen
- Insect repellent
- Hand sanitizer
- Travel-sized laundry detergent

### *Medication*

- Prescription Medication
- Diarrhea medicine (Pepto)
- Motion Sickness
- Tums
- Antibacterial ointment

### **3. Mission Supplies:**

- Bibles
- Journal

### **4. Technology & Other (Optional):**

- Phone
- Charger and cords
- Portable charger
- Cash (for souvenirs)
- Camera

**\*\*After the Trip:\*\***

### **1. Debriefing:**

- There will be a debriefing meeting a few weeks after we return. It will be updated on the schedule.

## **2. Follow-Up:**

- Share stories and updates with supporters.

## **3. Gratitude:**

- Express gratitude to team members, supporters, and the communities you visited.