

**Personal items**

- Backpack
- Hand sanitizer & wipes
- Toothbrush, toothpaste, floss
- Shaving gear
- Bath towel & washcloth
- Soap, shampoo, deodorant
- 2 rolls of toilet paper
- Feminine hygiene items
- OTC pain relief/diarrhea meds (Tylenol, Advil, Imodium, Pepto Bismol, etc.)
- Beach towel
- Camera, extra batteries or charger
- Flashlight
- Bible / Study material
- Personal journal
- Insect repellent - 20% or higher DEET recommended
- Sunscreen - high SPF
- Hat / sunglasses
- Personal medications
- 2 pairs of work gloves (basic, inexpensive are fine)
- Tools as assigned by your team leader
- Snacks (granola/energy bars, cookies, candy, peanut butter, jerky, etc.). Bring extras to share with the team and our local helpers.
- Sports drinks powder (Gatorade, Crystal Light, etc.), if desired
- Water bottle (consider bringing a spare)
- Phone & charger, if desired

**Money**

- \* All of your meals while at the mission house and work site are covered in your team fee. You will need money for meals when you arrive in the country and on your way home (approx. \$25-40).
- \* Spending money for souvenirs and ice cream when we visit downtown Barahona (\$25-75, depending on your interest in souvenirs).
- \* Many businesses (particularly in the airport) do not take debit/credit cards. You may also use a debit/ATM card to withdraw Dominican Pesos from an ATM at the airport, if you wish.

**Remember your passport!**

**Clothing**

*(Refer to Dress Code in Short-Term Mission Trip Policy)*

*For Worksite:*

Jeans, Bermuda shorts, T-shirts, work shoes or work boots, hat or cap, sweat band, sunglasses

*Beach Time!*

Modest swim suit (NO bikinis or spaghetti straps), **beach shoes that you can wear in the water** (beach is large pebbles/stones, including swimming area).

*For Church:*

Dress is casual at the church we attend. Pack what you would be comfortable wearing.

Men: Jeans or Bermuda shorts, slacks, T-shirt or button-up shirt

Women: Jeans or Bermuda shorts, pants, T-shirt or blouse, skirt, dress

**Most importantly,  
pack a *BOLD & FLEXIBLE* spirit!**